What Are ‘Sometimes’ Foods?

‘Sometimes’ foods are foods that are high in saturated fat, added salt, and added sugars – like sweets, chocolate, pies, cakes and pastries. The dietary guidelines say that for most people, these foods should be saved for special occasions. If you have a poor appetite or have lost weight without trying, this does not apply to you as it’s important to eat whatever you enjoy to avoid losing more weight.

No matter how old you are, your diet plays a big part in your health. Eating less ‘sometimes’ foods can help you to stay healthy by keeping diseases like diabetes, heart disease and high blood pressure in check. You don’t have to give up the things you enjoy to stay healthy:

* Share a dessert with a friend instead of having one each.
* Try a glass of flavoured mineral water instead of fizzy drink or cordial.
* Swap take-away food for home-made, or choose healthier takeaway options like grilled fish instead of deep-fried.
* Use chilli, lemon or herbs to flavour your meals instead of adding salt.

*Updated April 2019*