

Food
Standards
Scotland
#changeourfuture



**Unhealthy snacks
and treats could lead to
big problems in the future.**

✓ Drop it ✓ Swap it ✓ Share it

Visit [foodstandards.gov.scot](https://www.foodstandards.gov.scot) for helpful ideas and advice.

Let's change our future now.

Unhealthy snacks and treats like chocolate, cakes, biscuits and sugary drinks can be hard to resist, and many of us know we treat ourselves and our kids too often. But if we carry on, 2 in 5 of the Scottish population will be obese by 2030 – that's just 14 years away.

We don't have to accept this future. There are many things we can all do.

Take a look at the ideas below to get started, and visit our website for more help and advice.



✓ Drop it

We know it's not easy to give up snacks. So why not start by dropping just one a day and taking it from there? Or go one step further to join us in [#treatfreetuesdays](#) for one snack-free day a week.



✓ Swap it

We can help you with lots of ideas to swap those unhealthy sugary and high-fat treats for healthier ones. Why not try swapping crisps for homemade plain popcorn? It just takes a little oil, some popcorn kernels and a pan with a lid – easy! Or you could swap your morning biscuit for a crumpet with mashed banana?



✓ Share it

Share your own habit-breaking ideas on [Facebook.com/FoodStandardsScotland](#) and help other people across Scotland who want to cut down on unhealthy snacks too.

Find loads more tips and tactics at [foodstandards.gov.scot](#)