



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



✓ 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

Beat those sugary and high-fat snacks by swapping an unhealthy treat for a healthier one.



✓ Share it

Share your habit-breaking ideas on our Facebook page and help other people across Scotland who want to cut down on unhealthy snacks too.

For helpful ideas and advice visit
foodstandards.gov.scot