

COMPANION KIT · CHAPTER 11

My Everyday Food Swaps Toolkit

A 2-week plan, a practical checklist and a daily diary for everyday food swaps, with a two-swap budget and time planner and a page to review how it went. Print it, or fill it in on screen.

Start
Read the safety notes on the first page.

Track
Follow the plan and fill in the diary each day.

Review
Use the last page to decide what to do next.

INSIDE

01 Safety notes and my main question
02 A 2-week plan
03 My practical checklist
04 My repeatable diary
05 Overview · days 1–14
06 Two-swap budget and time planner
07 Review and next steps

My Everyday Food Swaps Toolkit

For adults. General information and diary pages to use alongside advice from your own doctor, nurse or pharmacist. Never stop or change a prescribed medicine without the prescriber's agreement. Read the safety page before using this workbook.

NO STRICT FOOD RULES

NOVA is a classification with limitations, not a test that an ingredient is toxic. Food is not a moral score. Do not ban entire food groups or diagnose "food addiction" from a worksheet.

PROTECT ADEQUATE INTAKE

Underweight, eating-disorder concerns or a child's restricted diet require professional help before large changes. This adult workbook is not a calorie-restriction plan.

RESPECT MEDICAL DIETS

With active IBD, discuss changes with the gastroenterology team. IBS/low-FODMAP readers need tolerable swaps. Build fibre gradually rather than replacing everything overnight.

SEEK CARE FOR WARNING SIGNS

Blood/black stool, unexplained weight loss, persistent pain or new persistent bowel changes need assessment; severe sudden pain, heavy bleeding or collapse require emergency care.

My main question / professional already involved

A 2-week plan

HOW TO USE THIS PLAN

Choose the steps that suit you. You do not need to do all of them.

Days 1–3 · Audit without changing

List or photograph regular packaged foods. Read ingredients and notice repeated drinks, breakfasts or snacks. No judgement and no required score.

Days 4–7 · Drinks first

Choose a suitable affordable drink swap, such as plain water or unsweetened tea. Adjust for your own medical dietary advice.

Days 8–10 · One breakfast swap

Try oats or plain yoghurt with fruit if suitable. Compare ingredients and practical cost, not the front-of-pack health claim alone.

Days 11–14 · One snack, then review

Try a tolerable snack option. At day 14, identify the two swaps you can afford and sustain, then choose whether to add another over the next fortnight.

The one step I choose first

Review date and who I will contact if needed

My practical checklist

Tick what you have done and note what to do next.

- [ ] I understand what NOVA Group 4 means and can spot the main ingredient markers
- [ ] I have read the ingredients list on at least three products I eat regularly
- [ ] I have replaced at least one sweetened drink with water or unsweetened tea
- [ ] I have replaced one ultra-processed breakfast item with a whole-food alternative
- [ ] I am not judging products by health claims alone
- [ ] If I have IBS, I have checked that new whole-food swaps do not add high-FODMAP ingredients
- [ ] I am increasing fibre gradually, as described in the Fibre and the 30-Plant Week chapter
- [ ] I have looked at the practical swaps table and chosen at least two that work for my budget

One question this checklist raised

My repeatable diary

Print a fresh page whenever you need one.

Ultra-processed drinks replaced with water or unsweetened tea (days per week)

Ultra-processed breakfast items replaced (days per week)

Ultra-processed snacks replaced (days per week)

Ultra-processed ready meals replaced with home-cooked (days per week)

Labels read before buying (this week)

Notes on symptoms or energy changes

My context / what else changed

Overview · days 1–14

A short summary of your diary. Leave a gap on days you do not record.

Scores are your own notes. A pattern here cannot show a food intolerance, a medicine effect or an IBS type.

Day / date	Drink swap yes / no	Breakfast / snack swap	Label read yes / no	Cost / tolerance
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

What helped, what was difficult, and what else might explain a change?

Two-swap budget and time planner

Choose swaps that fit your budget and your life.

My first regular product

What I buy, cost per portion, when it helps and what I want to change.

My first feasible swap

Alternative, cost per portion, preparation time and tolerance.

My second regular product

What I buy, usual portion and practical constraints.

My second feasible swap

Alternative, cost, storage/batch options and tolerance.

What I will keep

Two realistic swaps, shopping reminder and what I am not changing.

Review and next steps

Warning signs always need earlier care.

What changed, if anything?

Compare similar days and note gaps; no improvement is also useful information.

What might explain it?

Food, stress, sleep, medicines, timing and natural variation may overlap.

What I will keep or stop recording

Choose a manageable routine; stop burdensome tracking or a practice that causes distress.

What needs a professional conversation?

Questions, care contact, agreed action and follow-up date.