



Three Smart Swaps

OBJECTIVE

Understand the impact of **ultra-processed foods (PUs)** on your daily life and try **simpler alternatives that are closer to the real thing**, observing effects on energy, satiety, mood and concentration.

YOUR MISSION

For a **week**, make **three conscious changes** in your usual diet.

Step 1 – Identify the PUs

Choose **three ultra-processed** foods that you usually eat:

1. _____
2. _____
3. _____

Step 2 – Find alternatives

For each, it identifies a **minimally or moderately processed version**:

Usual UP	Simpler alternative

(e.g. biscuits filled → wholemeal bread with olive oil; soft drink → water or infusion; packaged snacks → fruit + nuts)



Step 3 – Try it for 7 days

Replace these foods throughout the week.

During this period, he observes:

- **Energy** ☐ increased ☐ as it ☐ decreased
- **Satiety** ☐ increased ☐ as it ☐ decreased
- **Mood** ☐ improved ☐ as it ☐ worsened
- **Concentration** ☐ improved ☐ as it ☐ worsened

Step 4 – Summary

Write **a sentence** about what made **the most difference** this week:

FINAL REFLECTION

Which of these trade-offs do you find easier to maintain in the long term? Why?

FOODWISELAB TIP

You don't have to eliminate everything at once. **Small and consistent exchanges** help build a more balanced and sustainable eating pattern.