



Healthy Cooking



Make healthier meals & snacks which taste great

Guidelines:

1. Keep the 3 key nutrition messages in mind
2. Swap to smaller portions, use the healthy plate as a guide for meals
3. Find recipes in The Healthy Food Fast Cookbook
4. Use the tips below!

SWAP THIS



FOR THIS

Full fat milk / yoghurt	Skim/Low fat milk or yoghurt.
Cream	Reduced fat natural yoghurt/ricotta cheese/ light evaporated milk.
Sour cream	Natural yoghurt or mix evaporated skim milk and lemon juice.
Cream cheese	Low fat ricotta, cottage or cream cheese.
Cheese	Use small amounts of reduced fat varieties
Mayonnaise & dressings	Make your own using low fat natural yoghurt, lemon juice and ricotta cheese. Or 'no oil' dressing eg. Balsamic
Butter, vegetable, palm, sesame oil	Margarine, olive oil, canola oil
Processed meats; bacon, salami, devon, cabana	Ham, chicken, turkey
Puff/shortcrust pastry	Filo pastry

White bread	Wholegrain, wholemeal, white hi-fibre
White flour	Wholemeal flour or a 50/50 mix
Bread crumbs	Oats
Chocolate	Fresh/Tinned/Dried Fruit
Sausages or regular mince	Lean steak or mince
Beef/chicken for casseroles/sauces	Remove excess fat & skin

Cups of sugar	¼ cup sugar per 1 cup of flour or natural sweeteners eg. Stevia
Stewing fruit with sugar	Stewing fruit with cinnamon, cloves, Add an apple to tart fruits eg. rhubarb

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