



healthyfood@sport

Healthy Swaps Made Easy – Fact Sheet

Swapping RED or AMBER for GREEN!

If you are not sure how to move away from the red items on your menu, here are some easy swap ideas you can try.

Healthy Food and Beverage Swaps		
RED	AMBER	GREEN
Soft drinks	100% fruit or vegetable juice, 250mls or less (e.g. Just Juice, Extra Juicy) Full fat plain or flavoured milk, 375mls or less (e.g. Breakas)	Bottled Water(plain) Low or reduced fat plain or flavoured milk, 375mls or less (e.g. Nippy's, Moove, Canberra Milk)
Packaged potato chips	Parkers baked pretzels snacks Sunbites popcorn packs	Plain air-popped popcorn
Soft lollies	100% True Fruit bars Sunbeam dried sultana packs	Fresh fruit – e.g. apples, bananas, oranges
Chocolate bars	Kellogg's K-time twists Nestle Milo Oatie bars	Lucky nuts snack packs
Iced cakes, slices	Un-iced fruit muffins (small serve size)	Raisin bread Un-iced fruit bun
Chocolate coated ice creams	Streets Paddle pops (chocolate, rainbow, banana)	Yoplait Go-gurts

Healthy ingredient swaps

Many ingredients have counterparts that can be swapped to make a recipe healthier. Below are some examples:

Healthy ingredient swaps

RED	AMBER	GREEN
Sour cream	Natural yoghurt	Reduced fat natural yoghurt
Coconut cream	-	Coconut flavoured evaporated milk
Bacon	Ham	Roast beef
Puff pastry	Reduced fat puff pastry	Filo pastry
-	Full fat milk	Reduced fat milk
Butter	Margarine	-
Chocolate chips	Chopped dates	Fresh fruit



Quick tips for making a healthy pizza

The ingredients used in a single recipe can determine whether it is categorised as **RED**, **AMBER** or even **GREEN**! Consider this example for a home-made pizza:

Ingredients

- Wrap bread (pizza base) **GREEN**
- Tomato paste (no added salt) **GREEN**
- Cheese (full fat) **AMBER**
- Pepperoni **RED**
- Capsicum **GREEN**
- Pineapple **GREEN**



RED

This pizza recipe is **RED** because pepperoni is high in sodium and saturated fat, making it a **RED** ingredient.

How could you make this pizza recipe **AMBER**?

- Wrap bread (pizza base) **GREEN**
- Tomato paste (no added salt) **GREEN**
- Cheese (full fat) **AMBER**
- Ham **AMBER**
- Capsicum **GREEN**
- Pineapple **GREEN**



AMBER

Swapping the **RED** pepperoni for an **AMBER** alternative, such as ham, makes this pizza recipe **AMBER**.

How could you make this pizza recipe **GREEN**?

- Wrap bread (pizza base) **GREEN**
- Tomato paste (no added salt) **GREEN**
- Reduced fat cheese **GREEN**
- Poached chicken **GREEN**
- Capsicum **GREEN**
- Pineapple **GREEN**



GREEN

By using reduced fat cheese instead of full fat varieties and swapping ham for unprocessed poached chicken, this pizza recipe can become **GREEN**.

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