



# healthyfood@sport

## Swapping Less Healthy for More Healthy - Fact sheet

Here are a few tips for food preparation and recipe revamping to help you eat healthier. You may need to experiment at first with new recipes and foods to find the exact amount, but try the following ideas.

### Reducing Saturated Fat

Instead of these...	Try these...
Full cream milk	✓ Skim or reduced fat milks
Full fat yoghurt	✓ Skim or reduced fat yoghurt
Cream	<ul style="list-style-type: none"> <li>✓ Use evaporated skim milk, chilled before whipping</li> <li>✓ Blend ricotta cheese, honey and vanilla</li> </ul>
Sour cream	<ul style="list-style-type: none"> <li>✓ Blend reduced fat yoghurt with reduced fat ricotta</li> <li>✓ Use evaporated skim milk and lemon juice</li> </ul>
Cream cheese	✓ Reduced fat ricotta, cottage or cream cheese
Full fat cheese	✓ Use smaller amounts of reduced fat cheese varieties
Mayonnaise & dressings	<ul style="list-style-type: none"> <li>✓ Use reduced fat varieties</li> <li>✓ Make your own using reduced fat yoghurt, buttermilk, lemon juice and reduced fat ricotta cheese</li> <li>✓ Use commercial 'no oil' dressings</li> </ul>
Butter, margarine & oils	<ul style="list-style-type: none"> <li>✓ Use less and preferably poly- or mono-unsaturated margarine</li> <li>✓ Try reduced fat poly- or mono-unsaturated spreads</li> <li>✓ Use a pastry brush to brush only a small amount on pans</li> </ul>
Meat & chicken	<ul style="list-style-type: none"> <li>✓ Remove skin from chicken</li> <li>✓ Choose lean meat and trim all fat before using</li> <li>✓ Reduce amount used and replace with vegetables and legumes</li> </ul>
Gravy & sauces	<ul style="list-style-type: none"> <li>✓ Use apple or mint sauce</li> <li>✓ Lemon juice</li> <li>✓ Salt reduced gravy mix made up with water NOT pan juices</li> <li>✓ Reduced fat plain yoghurt mixed with herbs</li> </ul>
Pastry	✓ Use filo pastry, brushing layers with reduced fat milk or yoghurt



## Increasing Fibre

Instead of these...	Try these...
White bread	✓ Heavy ryes, wholegrain, wholemeal and white hi-fibre types
White flour	✓ Wholemeal flour ✓ 50/50 mixture of white and wholemeal flours
Fruit and vegetables	✓ Avoid peeling ✓ Include some at each meal and in baking
White pasta and rice	✓ Wholemeal and brown versions

## Reducing Sugar

Instead of these...	Try these...
Sugar (white, raw or brown)	✓ When baking cakes reduce sugar to ¼ cup per 1 cup flour
	✓ Stew fruit without sugar. Add apple for extra sweetness when stewing tart fruits (e.g. rhubarb and plums). Add cinnamon or cloves for extra flavour.
	✓ Use canned fruit in natural juice NOT syrup. Drain before using.
	✓ Use low joule jelly and set with added fruit or yoghurt.

## Reducing Sodium

Instead of these...	Try these...
Salt	✓ Choose reduced salt or low salt products (especially bread, sauces and canned vegetables)
	✓ Do not add extra salt when preparing or cooking foods
	✓ When preparing food, slowly reduce the amount of salt added or used each time it is made, members will adjust to the flavour gradually and not even notice
	✓ Use herbs and spices when cooking to add flavour
	✓ Do not add salt to water when cooking pasta, noodles or rice. Give it a stir to stop the pasta sticking.

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