

Ingredients and Healthier Alternatives

Ingredient/ food	Suggested alternatives	Result
Bread, Pita Bread	-Whole meal bread or pita	More fibre
Breadcrumbs (white)	-Whole meal breadcrumbs	More fibre
Butter	-Unsaturated margarine/oil and lite margarines. Reduce amount needed, if possible	Less saturated fat
Braises/Stews	-To thicken and extend – add rice, barley, oats, red lentils	More fibre
Cheddar Cheese	-Lower-fat hard cheese, e.g. edam or mozzarella -Add cheesy flavour with a small amount of parmesan	Less fat
Coconut Cream/Milk	-Use lite coconut cream/milk or lite evaporated milk with coconut essence -Use low-fat yoghurt and small amounts of desiccated coconut -Dilute with low-fat milk	Less fat Less fat Less fat
Corn Chips	-Specify weight of chips or number of tacos per serving -Toast pita bread chunks or tortilla wraps and cut to use with dipping sauces	Less fat
Cream	-Reduced-fat cream if it doesn't require whipping -Substitute or use with low-fat natural yoghurt	Less fat
Cream Cheese	-Low-fat soft cheese, e.g. cottage cheese, ricotta, quark or lite cream cheese	Less fat
Fish – Canned	-Canned in water (not brine or oil)	Less fat and salt
Flour	-Wholemeal flour or ½ white, ½ wholemeal	More fibre
Fruit – Canned – Fresh – Frozen	-Lite syrup, non-sweetened or canned in own juice -Peel only when necessary and limit the amount of added sugar or honey	Less sugar More fibre

Icing	-Dust with icing sugar	Less sugar
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Icing – Cream Cheese	-Use ricotta cheese, yoghurt and honey, lite or extra lite cream cheese	Less sugar and fat
Margarine or Oil	-Lite margarines, oil sprays -Reduce amount, if possible	Less fat
Mayonnaise, Salad Dressings	-Use reduced fat mayonnaise -Dilute with low-fat yoghurt or milk	Less fat Less fat
Meat	-Choose lean meats, remove visible fat -Reduce quantity and extend with dried beans, peas or lentils, rice, pasta or vegetables	Less fat
Milk	-Low-fat skim milk, trim milk (1.5% fat or less)	Less fat
Offal Meats	-Small servings	Less fat
Pasta	-Wholemeal pasta	More fibre
Pastry – Savoury Dishes	-Mini serves, use one pastry crust. Use filo pastry lightly brushed with oil/water/egg white -Bread cases -Potato/pumpkin/kumara/rice bases	Less fat Less fat Less fat
– Sweet Dishes	-Top with vegetable puree -Dust with icing sugar -Layer with fresh fruit	Less fat Less fat More fibre
Peanut Butter	-Use low-salt varieties -Use in small amounts	Less salt and fat Less salt and fat
Poultry	-As skin is removed, sprinkle with chopped fresh herbs	Less fat
Rice	-Brown rice (requires longer cooking)	More fibre
Salad Dressing	-Choose lite dressings	Less fat
Salami/Bacon	-Use very small amounts to flavour dishes	Less fat and salt
Salt	-Reduce amount -Use iodised salt if required -Add flavour with herbs, spices, lemon juice, pepper	Less salt
Sauces	-Use low salt/sodium stocks, water, fruit juice, wine, low-fat milk, yoghurt and thicken with flour, cornflour or arrowroot	Less salt and less fat
Sauces – Commercial	-Use very small amounts -Use low-fat or low salt/low sodium varieties	Less salt Less fat and salt
Sausages/Sausage Meat	-Reduce amount, extend with rice, pasta, legumes or vegetables	Less fat, more fibre
Shortening/Lard	-Margarine or healthy oil	Less saturated fat

Sour Cream	-Reduced-fat sour cream, or unsweetened low-fat yoghurt	Less fat
Ingredient/ food	Suggested alternatives	Result
Soy, Fish, Oyster and Other Asian Sauces	-Use low-salt varieties -Reduce amount used	Less salt Less salt
Stock Cube	-Use home-made stock -Reduced vegetable cooking water -Low salt stocks	Less salt Less salt
Sugar/Honey/Golden Syrup	-Reduce, if possible -Use natural fruit, fruit puree or fruit juice to sweeten	Less sugar
Taco Shells	-Use with low-fat toppings and plenty of vegetables	Less fat and salt
Vegetables – Fresh – Canned – Frozen	-Peel, only when necessary -No added salt -Use a variety of colours	More fibre Less salt More antioxidants
Yoghurt	-Reduced-fat -Natural, unsweetened	Less fat Less sugar