

INSTANT NOODLES

Instant noodles are convenient and cheap, but can be high in energy and salt.

Tips to provide healthier options:

Use a 'baked not fried' product.



Instead of using the flavour sachet, make your own soup with hot water or salt-reduced stock, and vegetables.



Add a source of protein like tofu, an egg, or can of fish or chicken.



THE ICING ON THE CAKE



Buttercream frosting and chocolate chips are high in sugar and fat.

Instead of creamy icing and chocolate chips, a piece of fruit and yoghurt are also good options for topping.

CHOCOLATE MUFFIN MAKEOVER



Traditional chocolate muffins are high in sugar and fat.

Make it smaller.

Or only sprinkle chocolate chips on top of fruit (banana, blueberry, apple) muffins.

SERVE BETTER CHIPS



Use thick cut chips or potato wedges as they absorb less oil during frying. Baking instead of deep frying is even better.

Serve chips with salad.

TOPPING IDEAS FOR BAKING

Icing adds sweetness and flavour to baking but is high in energy (kJ), sugar and saturated fat. These topping ideas are healthier than icing, but still look and taste great.



Fruit



Oats



Fruit and yoghurt



Zest



Nuts



Seeds