

BREAD-BASED ITEMS

Aim to tick all of these boxes for a healthy sandwich

	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE* (per serving)	AVERAGE QUANTITY PER 100g
ENERGY	690kJ	8%	930kJ
	165Cal	8%	222Cal
PROTEIN	6.7g	13%	9.1g
FAT, TOTAL	1.5g	2%	2.0g
- saturated	0.6g	1%	0.8g
CARBOHYDRATE	28.3g	9%	38.2g
- sugars	1.9g	2%	2.6g
DIETARY FIBRE	4.8g	16%	6.5g
SODIUM	295mg	13%	400mg

*Percentages Daily Intakes are based on an average adult diet.

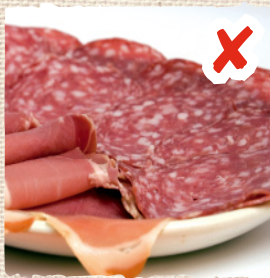
Bread

- ☐ Use wholemeal or whole grain bread, rolls, pitas or wraps.
- ☐ Use the Nutrition Information Panel to choose products with less saturated fat and salt, and more fibre.



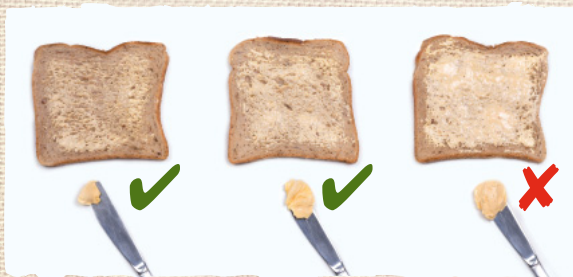
Vegetables

- ☐ Include a variety of colourful vegetable fillings (at least two colours).



Protein

- ☐ Ham and luncheon meat are often high in sodium. Use lean meat, poultry or fish instead (eg. roast chicken or beef or canned tuna).
- ☐ If using cheese, use low fat cheese eg. edam, reduced-fat cheddar, reduced-fat tasty cheese.
- ☐ Consider adding legumes (eg. baked beans or hummus)



1/2 teaspoon
(2-3g)

1 teaspoon
(about 5g)

2 teaspoons
(about 10g)

Spread

- ☐ Use no more than 1 teaspoon of spread (eg. margarine) per slice of bread.
- ☐ Avoid spreads high in salt or sugar (eg. yeast spreads, jam or chocolate spread). Use hummus, avocado or nut/seed butter instead.



1 teaspoon 1 tablespoon



1 teaspoon 1 tablespoon

Mayonnaise

- ☐ No more than 1 tablespoon (10g) per sandwich if using.

FRUIT MUFFIN

Basic Recipe

MAKES 12



INGREDIENTS

- 2 cups self-raising flour
- ½ cup sugar
- 1 cup milk
- ⅓ cup vegetable oil
- 1 egg
- 1 cup frozen blueberries



Variations

- Instead of self-raising flour, you can use plain flour and baking powder. (1 cup flour : 2 teaspoons of baking powder)
- You can substitute half the white flour with wholemeal flour.
- You can choose other fruit to replace blueberries, eg. 1 cup of diced apple, 2 mashed bananas.

METHOD

- 1 Preheat the oven to 180°C.
- 2 Mix the flour and sugar in a large bowl.
- 3 Blend the milk, oil together and beat in the egg in a separate bowl.
- 4 Fold in the frozen blueberries.
- 5 Pour the liquid ingredients into the dry mixture, and fold together gently.
- 6 Spoon into muffin pans. Bake in preheated oven for 20-25 minutes.

How to make muffins healthier

	Tips	Improvements
Flour	<ul style="list-style-type: none"> • Substitute self-raising flour with 1 cup plain flour, 1 cup wholemeal flour and 4 teaspoons baking powder. 	Decrease in sodium Increase in fibre
Fat/oil	<ul style="list-style-type: none"> • Avoid butter. Use vegetable oil or margarine instead. If butter is used, no more than 2 tablespoon (30g) in 1 cup of flour. • Flour to oil/margarine ratio can be up to 1 cup flour : ¼ cup (60g) oil/margarine. • Replace half the oil with yoghurt. 	Decrease in saturated fat Yoghurt cuts the fat and adds a creamy texture and tenderness
Sugar	<ul style="list-style-type: none"> • Flour to sugar ratio: at least 1 cup of flour to ½ cup of sugar. • For fruit muffin, flour to sugar ratio: 1 cup of flour to ¼ cup of sugar. • No confectionary within baked products. 	Decrease in sugar
Chocolate muffin	<ul style="list-style-type: none"> • Avoid large amount of chocolate chips. Use cocoa powder instead. See below for topping ideas. 	Decrease in saturated fat and sugar
Fruit	<ul style="list-style-type: none"> • Include fruit in your sweet muffins. Banana, apple, dried fruit and canned fruit are some cheap and all-year-round options. 	Inclusion of fruit can improve the fibre and other nutrient levels
Topping	<ul style="list-style-type: none"> • No icing, or lightly dust with icing sugar. • Sliced fruit, rolled oats, nuts, seeds and/or yoghurt are good topping options. 	Decrease in sugar and fat
Portion control	<ul style="list-style-type: none"> • Each muffin weighs no more than 80g – it is the size of a 'mini' muffin (1 cup flour makes 6 muffins).  <p>50g 80g 100g</p> <p>Muffin size for children: no more than 80g per muffin</p>	Avoid excess energy intake

STIR-FRY

Vegetable and
meat rice/noodles

MAKES 10 SMALL SERVES
OR 7 LARGE SERVES



INGREDIENTS

- 500g rice
- 600ml water
- 50ml vegetable oil
- 5 eggs
- 750g vegetables
eg. chopped cabbage or
frozen mixed vegetables
(peas, corn, carrot)
- 200g chicken breast or
lean beef (diced)
- 1 teaspoon salt or 3 tablespoons
reduced-salt soy sauce

METHOD

- 1 Rinse the rice under running water. Combine rice and water and cook in rice cooker.
- 2 Lightly beat the eggs.
- 3 Heat a wok or frying pan and add some oil. When the oil is hot, add the eggs. Cook until they are lightly scrambled. Remove the scrambled eggs and roughly chop them.
- 4 Add the rest of the oil, brown the diced chicken (or beef), then add the cooked rice. Stir-fry for a few minutes, season with salt or soy sauce.
- 5 Add the scrambled egg and vegetables. Cook through and mix thoroughly.



Variations

- Use egg noodles or rice noodles to substitute rice. Boil noodles according to the package directions. Drain the noodles well when they are cooked.
- Onion, fresh ginger or spring onion will give added flavour to the dish.
- To make the meal vegetarian, replace meat with more eggs (8 total). Include broad beans or edamame (soy) beans in the vegetable mix.
- Use brown rice to substitute plain rice. Cook according to the instructions on pack.

CHICKEN + PINEAPPLE PIZZA

MAKES 1 SERVE

INGREDIENTS

- 1 wholemeal pita bread (50-60g, 9-10cm diameter)
- 1 teaspoon tomato paste
- 30g grilled chicken breast (shredded)
- 1 tablespoon canned pineapple pieces
- 1 tablespoon edam cheese (grated)

METHOD



- 1 Spread tomato paste over pita bread.



- 2 Arrange chicken over the top.



- 3 Top with pineapple.



- 4 Top with the grated cheese.



- 5 Grill in 180°C oven for 5 minutes.

MACARONI CHEESE

MAKES 10 SMALL SERVES
OR 7 LARGE SERVES



INGREDIENTS

- 400g macaroni (raw dry)
- 100g plain flour
- 2 teaspoons mustard powder
- 2 teaspoons tabasco sauce (optional)
- 1 litre trim milk
- 500g frozen mixed vegetables eg. peas and corn (cooked)
- 200g reduced-fat cheddar (grated)
- ¼ teaspoon salt

METHOD

- 1 Cook pasta in plenty of boiling water for 10 minutes (or according to instructions on pack) until just tender to the bite. Drain well.
- 2 At the same time, combine flour, mustard and tabasco sauce in a saucepan to form a smooth paste. Blend in milk and place over a medium heat. Cook for 5-10 minutes, whisking continuously until a smooth sauce forms.
- 3 Add cooked vegetables and grated cheese and stir until melted.
- 4 Stir in cooked pasta then season with salt.

Variations

- You can also add tomato, cooked onion, ground black pepper and parsley to macaroni.
- Instead of cheddar cheese, you can use reduced-fat tasty cheese or a combination of 150g edam cheese and 50g parmesan cheese.

How to make macaroni cheese a healthier item

	Tips
Cheese sauce	<ul style="list-style-type: none"> • Use low fat milk (light blue) or trim milk (green) • Use vegetable oil instead of butter • Use lower fat cheese eg. edam, reduced-fat cheddar or reduced-fat tasty cheese.
Macaroni	<p>Control the quantity:</p> <ul style="list-style-type: none"> • Small serve: 30-40g raw macaroni pasta • Large serve: 50-70g raw macaroni pasta. • Ensure portion sizes are appropriate for the age of the children.
Vegetables	<ul style="list-style-type: none"> • Inclusion of vegetables, eg. onion, corn and/or peas add flavour, texture and colour to the dish.



PIZZA BASE

MAKES 10 SMALL BASES
OR 6 LARGE BASES



INGREDIENTS

- 1 tablespoon dried yeast
- ½ teaspoon sugar
- 1 cup warm water
- ½ teaspoon salt
- 1¾ cup high grade white flour
- 1 tablespoon oil

METHOD

- 1 Preheat the oven to 220°C.
- 2 Combine yeast, sugar and water in a bowl. Set aside in a warm place for 15 minutes until frothy.
- 3 Combine salt and flour in a large bowl.
- 4 Add yeast mixture and oil and mix until ingredients form a soft dough.
- 5 Transfer the dough to a lightly floured surface. Knead for 5 minutes until smooth and elastic.
- 6 Lightly oil a large bowl. Sit dough in the bowl and cover with a clean damp tea towel. Stand in a warm place to 'prove' until the dough doubles in size, about 45 minutes.
- 7 Lightly grease an oven tray with cooking oil.
- 8 Push your fist into the middle of the dough to knock it down. Transfer to a lightly floured surface. Knead for 1 minute.
- 9 Cut the dough into 10 or 6 equal pieces. Roll each piece into a circle to form the pizza bases.
- 10 Place the bases on the greased oven tray and spread them with tomato paste.
- 11 Top with a selection of toppings and bake for 20-30 minutes in preheated oven, or until golden brown.

How to make healthier pizzas

	Tips
Pizza base	<ul style="list-style-type: none"> • Use ½ wholemeal and ½ plain flour • Pizza base: 50g for a small serve and 80g for a large serve • To keep the portion suitable for children, you can use a slice of bread or a small pita bread (50g) as pizza base • Choose a wholemeal pita bread with sodium less than 400mg/100g.
Meat	<ul style="list-style-type: none"> • Ham and luncheon meat are often high in sodium. Instead of using ham and luncheon meat, use roast chicken or cooked lean mince. • Try seafood such as cooked mussels or shrimps.
Tomato sauce, paste, puree	<ul style="list-style-type: none"> • If a recipe calls for tomato sauce, choose one with less sodium • Use tomato paste or puree instead of tomato sauce, choose one with sodium less than 100mg/100g.
Cheese	<ul style="list-style-type: none"> • Use low fat cheese eg. mozzarella, edam, reduced-fat cheddar, reduced-fat tasty cheese • Only use small amounts: no more than 1 tablespoon for a small serve or 2 tablespoons for a large serve (see picture on right).
Vegetables	<ul style="list-style-type: none"> • Include at least one vegetable or fruit (eg. tomato, pineapple, corn, peas).



SCONES

Basic Recipe

MAKES 10

INGREDIENTS

- 2 cups self-raising flour
- ¼ teaspoon salt
- 1 tablespoon margarine or oil
- ¾ cup milk

METHOD

- 1 Mix the flour and the salt together.
- 2 Make a well in the centre and add the oil and milk.
- 3 Mix to form a soft dough.
- 4 Knead gently and roll up to form a tube.
- 5 Cut into 12 pieces.
- 6 Bake at 200°C in preheated oven for 10-15 minutes or until golden brown.



Variations

Savoury scone

- Replace milk with water, add ¾ cup grated edam cheese. Replace half of the edam cheese with parmesan cheese to give the scone a stronger flavour.
- Include at least one cup of vegetables in recipe, eg. chopped onion, grated carrot, chopped parsley. Pepper or dry mustard will give more flavour.

Fruit scone

- Add 1 egg and 1 teaspoon of sugar to recipe.
- Add 1 cup of dried fruit to recipe, eg. chopped dates, raisins, dried cranberries or prunes.

How to make healthier scones

	Tips	Improvements
Flour	<ul style="list-style-type: none">• Substitute ½ of the white flour with wholemeal flour.	Increase in fibre
Cheese	<ul style="list-style-type: none">• Use low fat cheese eg. edam, reduced-fat cheddar, reduced-fat tasty cheese, or• Use smaller quantities of a highly flavoured tasty cheese, such as parmesan cheese.	Decrease in fat and saturated fat
Fat/oil	<ul style="list-style-type: none">• Use margarine or oil instead of butter• Do not spread cream, margarine, or butter on scones.	Decrease in saturated fat No addition of fat and saturated fat
Vegetable or fruit	<p>Include at least one vegetable or fruit</p> <ul style="list-style-type: none">• For savoury scones, you can try diced onion, grated carrot, chopped parsley• For sweet scones, add dates, raisins or orange.	Decrease in energy density Increase in fibre and other nutrients
Portion	<ul style="list-style-type: none">• Keep portion size suitable for children, eg. one cup of flour makes 5-6 scones or cut larger sizes into smaller portions.	Avoid large portions

SWEET MUFFIN CHECKLIST

Aim to tick
all of these boxes

- ☐ Each muffin weighs no more than 80g – smaller than a tennis ball.
- ☐ Fruit (fresh/dried/canned) is included.
- ☐ Flour to sugar ratio: At least 1 cup of flour to $\frac{1}{2}$ cup of sugar.
- ☐ Use a small proportion of fat or oil. At least 1 cup of flour to $\frac{1}{4}$ cup fat or oil.
- ☐ Chocolate muffins – only sprinkles of chocolate chips on top of each muffin rather than a large amount of chocolate chips folded in the batter.



Tick these boxes for an
even healthier choice

- ☐ Use bran or wholemeal flour.
- ☐ Use reduced-fat milk instead of full milk.
- ☐ Use margarine or vegetable oil instead of butter.

PASTA DISH CHECKLIST

Aim to tick all of these boxes



- ☐ Portion control:
 - ☐ Junior: no more than 250g/serve
 - ☐ Senior: no more than 350g/serve
- ☐ Use of reduced-fat cheese (eg. Edam or reduced-fat cheddar) in a mince pasta dish with cheese.
- ☐ Use low or reduced-fat dairy when making macaroni cheese.
- ☐ At least one vegetable and/or legume is included.
- ☐ Include beans and more vegetable.
- ☐ Use vegetable oil instead of butter.