

## Healthy cooking method swaps

The way a food or drink is prepared can significantly affect its nutritional quality. Use the following table to help you swap to a healthier cooking method that will ensure a healthier dish.

SWAP THIS...	FOR THIS...
<b>Meat and alternatives</b>	
Deep fried meat and alternatives	Bake, barbeque, grill, dry fry without added oil or fat Braise, poach or stew
<b>Eggs</b>	
Eggs fried in oil or fat	Use a non-stick fry pan, poach or boil egg Spray a pan or grill with a small amount of oil
<b>Fish and seafood</b>	
Deep fried fish and seafood	Bake, barbeque or grill without added oil or fat Steam or poach
<b>Fruit, vegetable and legumes</b>	
Deep fried vegetables (e.g. tempura) Stir-fried vegetables	Bake, barbeque, dry-fry, dry-roast, grill with minimal added oil or fat
Vegetables roasted in fat Deep or shallow fried legume products (e.g. falafel, vegetable or lentil patties)	Blanch, boil, par-boil, microwave, steam or steam-bake Vegetables brushed or sprayed with oil - bake or grill
<b>Hot savoury items</b>	
Deep fried potato products (e.g. potato chips, gems, hash browns, scallops and wedges)	Oven bake potato products without added oil or fat Bake plain potatoes with the skin without added oil or fat
Deep fried spring rolls, dim sims	Steam or oven bake without added oil and fat
Deep fried savoury pies and pastries	Oven bake reduced fat savoury pies and pastries
<b>Rice and noodles</b>	
Fried rice with added fat or oils	Stir fry the rice, vegetables and lean ingredients in a non-stick fry pan with a small amount of added oil or fat

## Healthy ingredient swaps

Selecting healthier ingredients can have a significant impact on the nutritional quality of the dish and increase the likelihood of classifying recipes as **GREEN**.

Use the table below to help swap to the healthier ingredient where possible.

SWAP THIS...	FOR THIS...
<b>Breads and cereals</b>	
White, refined varieties of breads, rolls, bagels, crumpets and English muffins	Wholegrain, wholemeal varieties
Crackers and savoury biscuits	Wholegrain varieties of plain crispbreads with reduced salt and fat
Savoury breads, twists and pull aparts containing high fat meats	Wholegrain bread with reduced fat cheese, lean meat and vegetable toppings
Fruit breads containing confectionary or icing	Wholegrain varieties with added vegetables and dried fruit without icing or confectionary
<b>Dairy Products</b>	
Cream	Evaporated skim milk, ricotta or cottage cheese, reduced fat yogurt (plain or vanilla)
Cream cheese	Blended cottage cheese or ricotta
Sour cream	Reduced fat natural yogurt
<b>Meat and alternatives</b>	
Meat with visible fat or skin on	Lean skinless options (chicken, turkey, roast beef, lamb, pork)
Crumbed or battered meat and fish patties	Fresh or frozen meat/fish fillets without crumbs
Fatty processed meats such as pepperoni, salami, mortadella	Skinless or turkey meat and lean processed meat varieties
Fish canned in oil or brine	Fish canned in spring water
<b>Oils, condiments and spreads</b>	
Butter and butter blends, copha, dairy blends, ghee, lard, palm oil, tallow Oils, condiments and spreads	Poly or monounsaturated fats (e.g. margarine) and oils (e.g. canola, olive, sunflower)
Coconut cream, milk and/or oil	Reduced fat evaporated milk flavoured with coconut essence
Cream-based dressings(e.g. Caesar, ranch, thousand island), mayonnaise	Dressings made with poly or monounsaturated oils or dressings based on lemon juice, balsamic vinegar or reduced fat yoghurt

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Full fat and high salt varieties of savoury spreads e.g. peanut butter and other nut spreads (e.g. almond paste), chicken, fish and meat pastes; yeast and vegetable extract pastes (e.g. Vegemite, Marmite)	Reduced fat and no added salt varieties of spreads e.g. peanut butter and other nut spreads (e.g. almond paste), chicken, fish and meat pastes; yeast and vegetable extract pastes (e.g. Vegemite, Marmite)
Gravy made from fatty meat juices and thickened with added fat or based on a roux; or regular packaged varieties	Gravies made from meat juices, drained of fat and thickened with corn/plain flour; or no added salt/fat packaged varieties Reduced fat mayonnaise
Regular varieties of condiments(e.g. barbeque, soy, sweet chilli, tomato sauce), Stock	Reduced salt varieties
<b>Pastry</b>	
All types of pastries brushed with butter (choux, flaky, puff, shortcrust, filo)	Filo pastry brushed with egg, milk or spray oil
<b>Drinks</b>	
Full cream flavoured milk	Reduced fat plain or flavoured milk
Sugar sweetened soft drinks	Plain mineral water or soda water with a squeeze of fresh fruit juice or essence
Sugar sweetened fruit or vegetable varieties	99% fruit or vegetable juice varieties limited to 250ml serve size