

# Healthier ingredients



Creating a healthier menu doesn't have to be hard work! Sometimes small changes can make a big difference. Remember, the key message is to increase green items (e.g. fruit, salads, sushi, reduced fat flavoured milk) and decrease red (e.g. sugary drinks, deep fried foods, potato crisps, confectionery).

## Top tips for increasing green items

- Add fresh fruit to the menu
- Include salad as a standard inclusion on burgers and with main meals
- Use reduced fat dairy products (instead of full fat) in all recipes
- Provide a range of sandwiches, rolls or wraps with lean meat, reduced fat cheese and salad - serve fresh or toasted!
- Provide and promote water.



## Creating winning recipes

Simple ingredient swaps can make foods healthier, without compromising on taste.

Regular ingredients	Healthier ingredients
Breads	
White, refined varieties of breads, bagels, crumpets, English muffins and rolls	Wholegrain, wholemeal, multigrain, high-fibre white, rye, sourdough, lavash and other flat breads, bagels, wholemeal crumpets, English muffins, plain foccacias
Crackers and savoury biscuits	Wholegrain varieties of plain crispbreads, corn and rice cakes, lavash and water crackers
Savoury breads, twists and pull-aparts containing high fat meats and cheeses	Wholegrain bread with reduced fat cheese, lean meat and vegetable toppings
Fruit, vegetable and/or nut breads containing confectionery or icing	High fibre, wholegrain varieties containing added vegetables, dried fruit and/or nuts without icing or confectionery
Breakfast cereals	
Refined cereals with added sugar or confectionery e.g. Nutrigrain, Coco Pops, Rice Bubbles	Bran, breakfast biscuits e.g. Weetbix, oats/ porridge, wholegrain puffs, wholewheat flakes and muesli with or without added fruit e.g. Just Right, Sultana Bran

Regular ingredients	Healthier ingredients
Dairy products and alternatives	
Cream	Evaporated skim milk, ricotta or cottage cheese, reduced fat yoghurt
Cream cheese	Blended cottage cheese or ricotta, reduced fat cream cheese
Full fat cheese	Cottage cheese, paneer, ricotta or reduced fat varieties of cheddar, feta, mozzarella and cream cheese
Full fat milk	Plain or flavoured fresh, UHT and long life reduced fat milk
	Reduced fat evaporated milk
	Reduced fat buttermilk
Full fat yoghurt	Reduced fat yoghurt
Sour cream	Reduced fat natural yoghurt, light sour cream
Meat and alternatives	
Meat with visible fat or the skin on	Lean meat e.g. skinless chicken and turkey, roast beef, kangaroo, lamb, pork
Processed meats such as bacon, mortadella, polony and salami	Skinless chicken or turkey meat, lean beef, ham
Eggs	
Eggs fried in butter/fat/oil	Eggs fried on a non-stick surface with mono or polyunsaturated spray oil, poached eggs
Scrambled eggs made with cream	Eggs scrambled with reduced fat or skim milk and without the addition of fat (e.g. cream)
Fish and seafood	
Fish canned in oil or brine	Fish canned in springwater
Nuts and seeds	
Nuts or seeds roasted in oil and salted or coated in confectionery/honey/sugar	Plain and dry roasted nuts and seeds with no added fat or salt
Oils, condiments and spreads	
Butter and butter blends, copha, dairy blends, ghee, lard, palm oil, tallow, coconut oil	Poly or monounsaturated fats (e.g. margarine) and oils (e.g. canola, olive, sunflower, soybean, grapeseed)
Chocolate spreads, honey, jam	Vegemite, hummus, light cream cheese, light peanut butter
Coconut cream, milk	Reduced fat evaporated milk flavoured with coconut essence
Cream-based dressings (e.g. Caesar, ranch, Thousand Island)	Dressings made with poly or monounsaturated oils or dressings based on lemon juice, balsamic vinegar or reduced fat yoghurt
Gravy made from fatty meat juices and thickened with added fat or based on a roux; or regular packaged varieties	Gravy made from meat juices, drained of fat and thickened with corn/plain flour; or no added salt/fat packaged varieties
Mayonnaise	Reduced fat mayonnaise
Regular varieties of condiments (e.g. barbeque, HP, soy, sweet chilli, tomato sauce)	No added salt varieties
Stock, regular	No added salt varieties

Regular ingredients	Healthier ingredients
Pastry	
All types of full fat pastry	Wonton wrappers or oven baked bread cases Filo pastry brushed with egg, milk or spray oil Reduced fat puff or shortcrust pastry
Sandwich fillings	
Processed meats (e.g. salami, polony, mortadella)	Skinless chicken or turkey meat, lean beef or ham; with added salad
Meat alternatives	Eggs, fish (tinned in springwater) or reduced fat cheese; with added salad
Drinks	
Regular sugar-sweetened soft drinks	Soda water flavoured with fruit juice, fresh fruit and herbs such as fresh mint
Sugar sweetened fruit or vegetable juices	99% fruit or vegetable juice
Tea and coffee made with full fat milk	Tea and coffee made with reduced fat milk



Hungry for more?

[fuelto.com.au](http://fuelto.com.au) | [fuelto@education.wa.edu.au](mailto:fuelto@education.wa.edu.au)

