

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, 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
- Provide a range of sandwiches, rolls or wraps with lean meat, 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 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, yoghurt |
| Cream cheese | Blended cottage cheese or ricotta, cream cheese |
| Sour cream | Yoghurt |
| 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 |
| 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 plain 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, cream cheese, light peanut butter |
| Coconut cream, milk | 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 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 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



Hungry for more?

fuelto go.com.au | fuelto go@education.wa.edu.au

