

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).

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
Diary products and alternatives	
Cream	Evaporated skim milk, ricotta or cottage cheese, yoghurt
Cream cheese	Blended cottage cheese or ricotta and cream cheese
Sour cream	Yoghurt

Regular ingredients

Healthier ingredients

Meat and alternatives

Meat with visible fat or the skin on

Lean meat e.g., skinless chicken and turkey, roast beef, kangaroo, lamb or 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/butter

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

Plain and dry roasted nuts and seeds with no added fat or salt

Chocolate spreads, honey, jam

Regular varieties of condiments (e.g. barbeque, HP, soy, sweet chilli, tomato sauce)

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 or salt reduced varieties

Stock, regular

No added salt or salt reduced 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, ham)

Skinless chicken or turkey meat, lean beef; 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

