



## Healthy Hints for Modifying Recipes

### Fats and Oils

- Use low fat cooking methods such as steaming, stir frying, baking, grilling or microwaving
- Use small amounts of good oils such as canola oil or olive oil where recipes call for butter or large amounts of oils
- Use lower fat plant sterol, canola or olive oil margarines
- Try not using butter on bread or replacing with avocado, ricotta cheese, cottage cheese
- Try oil free dressings
- Don't add fat/oils when cooking meats or use cooking sprays
- Try using non-stick grills such as gorge foreman grills

### Cream

- Substitute with natural non fat yoghurt or lite fruche
- Substitute with evaporated skim milk
- Substitute with ricotta cheese or continental cottage cheese

### Sour Cream

- Substitute with natural non fat yoghurt

### Coconut Cream/Coconut milk

- Substitute with 1 tin of skim evaporated milk and 2 teaspoons of coconut essence

### Dairy Products

- Choose low fat varieties
- Use pre sliced low fat cheeses
- Use ricotta cheese mixed with 2 teaspoons dry parmesan cheese

### Meat, chicken, fish and eggs

- Choose lean varieties
- In recipes always add more vegetables and reduce the amount of meat
- Substitute some meat in mince meals with soft brown lentils
- Cut all visible fat off meat before cooking, remove skin off chicken
- If a recipe calls for eggs use two egg whites rather than the egg yolk
- Try to eat fish at least 2-3 times per week
- Boil or poach eggs rather than frying

### Sugar

- Half the sugar content in recipes
- In cakes substitute apple puree for sugar
- Use artificial sweeteners in recipes (check to ensure sweetener can be cooked)

### **Overall**

Always try and increase the fibre content of your meals by choosing wholegrain/wholemeal varieties and adding plenty of vegetables and legumes where possible.

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