

# Making healthy meals

Follow these tips to make a healthy meal using a new recipe or by adjusting a family favourite:



Make room for vegetables



Select the right ingredients

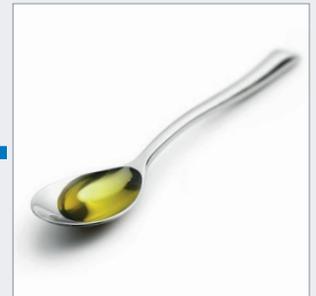
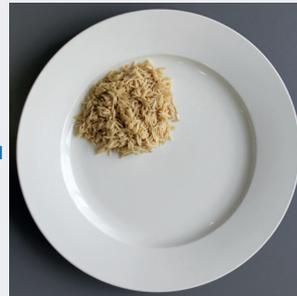
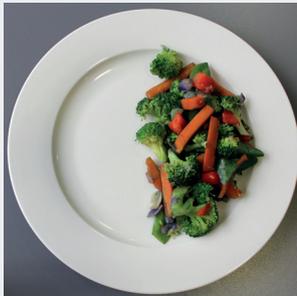


Use a suitable cooking method

## Aim for balance

### 1 Put vegetables first:

Aim for half of your recipe, chopping board or plate to be vegetables



### 2 Pick a protein:

Fish, skinless chicken, lean red meat, lentils, egg or tofu

### 3 Choose a lower GI Carbohydrate:

Corn, sweet potato, pasta, quinoa, grain bread or barley

### 4 Add a healthy fat:

Cook with extra virgin olive oil or drizzle it on salad



## Reducing energy (kJ) and staying satisfied

You can reduce energy (kJ) and increase vegetables with these simple swaps.

### Swap this:

- 2 cups pasta
- 1 cup vegetables
- Cream sauce



### Into this:

- ✓ 1 cup pasta
- ✓ 2 cups vegetables or salad
- ✓ Tomato-based sauce
- ✓ Lean mince



- 2 cups cooked rice
- 200g chicken
- 1 cup stir fry vegetables



- ✓ 1 cup cooked rice
- ✓ 100g skinless chicken or tofu
- ✓ 2 cups stir fry vegetables



# Making healthy meals

Swap this:		Into this:	
<ul style="list-style-type: none"> <li>• 250g steak</li> <li>• 2 cups wedges</li> <li>• 1 cup steamed vegetables</li> </ul>		<ul style="list-style-type: none"> <li>✓ 150g steak</li> <li>✓ 1 medium potato</li> <li>✓ 2 or more cups steamed vegetables</li> </ul>	
<ul style="list-style-type: none"> <li>• Full fat cheese and salami</li> <li>• White bread</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduced fat cheese or lean meat</li> <li>✓ Plenty of salad vegetables</li> <li>✓ Multigrain bread</li> </ul>	
<ul style="list-style-type: none"> <li>• Meat or chicken kebab</li> </ul>		<ul style="list-style-type: none"> <li>✓ Kebab skewers with half meat and half vegetables</li> </ul>	

## Ingredient swaps

Swap this:		Into this:	
<ul style="list-style-type: none"> <li>• Roast potato</li> <li>• Sweet potato</li> <li>• Pumpkin</li> </ul>		<ul style="list-style-type: none"> <li>✓ Roast capsicum</li> <li>✓ Eggplant</li> <li>✓ Zucchini</li> </ul>	
<ul style="list-style-type: none"> <li>• Potato mash</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce potato amount and mash with cauliflower, celeriac or frozen peas</li> </ul>	
<ul style="list-style-type: none"> <li>• Noodles</li> </ul>		<ul style="list-style-type: none"> <li>✓ Replace half your usual serve of noodles with shredded cabbage, bean shoots or try konjac noodles.</li> </ul>	
<ul style="list-style-type: none"> <li>• Spaghetti</li> </ul>		<ul style="list-style-type: none"> <li>✓ Replace half your usual serve of spaghetti with peeled zucchini "ribbons" or try konjac pasta</li> </ul>	
<ul style="list-style-type: none"> <li>• Rice</li> </ul>		<ul style="list-style-type: none"> <li>✓ Place cauliflower florets in a food processor and chop fine to create "cauliflower rice" or try konjac rice.</li> </ul>	

# Making healthy meals

## Healthy cooking methods



### Foil parcels

Wrap food in foil to make a sealed parcel and cook in oven. Add herbs and spices to increase flavour.

Great for:

- Jacket potato, beetroot, pumpkin
- Fish, meat or chicken fillets



### Slow cooking

Brown lean meat or skinless chicken and an onion in 2 tablespoons oil. Add a variety of vegetables, a can of diced tomatoes and enough water to cover. Simmer for 1–2 hours. Adjust flavour by adding different herbs or spices, pepper or mustard.



### Steaming

Place chicken or fish in steamer basket over boiling water. Steam until flesh is cooked through, especially for chicken. Add vegetables for the last 5 minutes of cooking for a one pot meal.



### Oven baking

Lay lean meat, skinless chicken or fish on baking paper in an oven dish and spray or lightly coat with oil. Bake in the oven and add herbs and spices to increase flavour. This method can also be used for crumbed foods.



### BBQ or grill

Grill lean meat, skinless chicken, fish, seafood or vegetables on the BBQ or use a grill pan. Lightly coat food with oil to avoid sticking.



### Stir-fry

Cook finely sliced chicken, pork or beef in a tablespoon of oil on a high heat. Add plenty of sliced vegetables such as snow peas, capsicum, mushroom or Asian greens. Stir through bean shoots just before serving for extra crunch. Add fresh herbs or chilli for extra flavour.



### Poach

A great way to cook chicken or eggs. Place a pan with water (10cms depth) on a medium-low heat. When little bubbles appear on the bottom of the pan, add chicken or eggs. Cook for 2–3 minutes for eggs or 15–20 minutes for a skinless chicken breast until cooked through.



### Microwave

Place lean meat, skinless chicken, fish, eggs or vegetables in a microwave safe container. Microwave on medium-high until cooked. This is especially convenient for frozen vegetables.

# Making healthy meals

## Ideal ingredients

You can swap ingredients to reduce saturated fat, sugar and salt and increase dietary fibre.

### To reduce saturated fat

#### Replace this:

- Cream
- Sour cream
- Coconut milk



#### With that:

- ✓ Ricotta
- ✓ Natural yoghurt
- ✓ Evaporated milk – plain or coconut



- Full fat – tasty, feta or cream cheese



- ✓ Reduced fat – tasty, feta, cream or cottage cheese



- Butter
- Lard
- Ghee
- Coconut oil



- ✓ Olive oil
- ✓ Sunflower oil
- ✓ Peanut oil
- ✓ Canola oil
- ✓ Avocado



- Fatty beef, lamb, pork
- Sausage
- Chicken or turkey with skin



- ✓ Lean beef, lamb, pork
- ✓ Kangaroo
- ✓ Skinless chicken or turkey



- Puff pastry
- Shortcrust pastry



- ✓ Filo pastry



### To reduce salt

#### Replace this:

- Salt
- Seasonings with added salt



#### With that:

- ✓ Herbs and spices
- ✓ Garlic and ginger
- ✓ Lemon juice
- ✓ Vinegar



- Stock
- Sauces



- ✓ Salt reduced stock and sauces or canned tomato



# Making healthy meals

## To reduce added sugar

Replace this:	With that:	
<ul style="list-style-type: none"> <li>Chocolate</li> </ul> 	<ul style="list-style-type: none"> <li>✓ 100% cocoa powder</li> <li>✓ Sugar-free chocolate powder</li> </ul> 	200g chocolate = ½ cup powder
<ul style="list-style-type: none"> <li>Sugar</li> <li>Honey</li> <li>Syrup</li> </ul> 	<ul style="list-style-type: none"> <li>✓ Splenda Granular</li> <li>✓ Equal Spoonful</li> <li>✓ Natvia Baking</li> <li>✓ Sugar-free maple flavoured syrup</li> <li>✓ Raw Earth Stevia and Monk Fruit</li> </ul> 	1 cup sugar, honey or syrup = ½ cup Splenda or 1 cup Equal or ¾ cup Natvia or Raw Earth Stevia and Monk Fruit

## To increase dietary fibre

Replace this:	With that:
<ul style="list-style-type: none"> <li>White flour</li> <li>Panko crumbs</li> </ul> 	<ul style="list-style-type: none"> <li>✓ Wholemeal flour</li> <li>✓ Besan (chickpea flour)</li> <li>✓ Multigrain breadcrumbs</li> <li>✓ Quinoa flakes</li> </ul> 
<ul style="list-style-type: none"> <li>Mince meat</li> </ul> 	<ul style="list-style-type: none"> <li>✓ Halve the quantity of mince meat. Combine with lentils, legumes or mushrooms</li> </ul> 
<ul style="list-style-type: none"> <li>White pasta</li> <li>Couscous</li> <li>Rice</li> </ul> 	<ul style="list-style-type: none"> <li>✓ Wholemeal pasta</li> <li>✓ Barley</li> <li>✓ Legume pasta</li> <li>✓ Brown or red rice</li> <li>✓ Quinoa or bulgur</li> </ul> 
<ul style="list-style-type: none"> <li>Peeled vegetables</li> </ul> 	<ul style="list-style-type: none"> <li>✓ Unpeeled vegetables</li> </ul> 