



# **SIMPLE SWAPS**

## **MAKING THE OLD NEW AGAIN**

Making healthy changes doesn't need to mean a completely new menu.

It's possible to offer tasty, nutritious alternatives to your current crowd favourites.

Boost the nutritional value of menu items by simply swapping to healthier ingredients, or using healthier cooking methods on site.

# MEALS

## MADE ONSITE

Ingredient swaps		
If a recipe says...		Use this instead
Butter	→	Polyunsaturated vegetable spread
White Bread/roll/wrap	→	Wholemeal or multigrain bread/roll/wrap
Cream	→	Evaporated milk or yoghurt
Coconut cream	→	Evaporated milk with coconut essence
Mince	→	Lean mince
Hard taco shells	→	Soft tacos
Nacho corn chips	→	Homemade nachos made from Pita chips or use a baked potato for the base
Pizza bases (small)	→	English muffin, toast base
Full cream dairy products	→	Reduced fat/skim dairy products
Beef/lamb	→	Use a lean option
Commercial meal and snack swaps		
When you want to buy this		Consider doing this instead
Commercially fried rice	→	Homemade fried rice with salt reduced soy sauce
Cream-based pasta dish	→	Tomato-based pasta sauce Evaporated milk or yoghurt base
Popcorn (highly salted, butter)	→	Popcorn (lightly salted or no salt) Wholemeal rice or corn cakes
Chips	→	Popcorn (lightly salted or no salt)
Lollies or jelly	→	Dried fruit mixes (popcorn), seasonal fruit, mixed fruit salad, or canned fruit in natural juice
Muffins	→	Homemade, fruit-based muffins, fresh or canned fruit, or fruit crumble
Ice cream/ice block	→	Reduced fat yoghurt and fruit cups (made onsite), frozen fruit pieces, or 125ml frozen fruit juice

# HEALTHY COOKING METHODS

## Cooking with oil

If you add fats when cooking, start by using healthier oils such as olive and canola oil. Instead of pan frying, use a spray oil and roast or bake.

## Retain nutrients

Water-soluble vitamins are delicate and easily destroyed during preparation and cooking. Leave the skin on produce whenever you can. Microwave, steam or stir fry vegetables instead of boiling.

## Reduce salt

Salt is hidden in many of our foods, so it is a good idea to avoid adding it when cooking if possible. Use reduced-salt stocks and sauces and try adding a splash of olive oil or lemon juice at the end of the cooking to enhance flavour.

## Add flavour with herbs and spices

Herbs and spices can be used to add delicious flavours without the need for salt or oil.





## EXAMPLE 1 HAM + CHEESE SANDWICH

Original ingredient	Healthier option	Effect of change
White bread	Wholemeal bread	Increase fibre content
Butter	Polyunsaturated vegetable spread or butter blend	Reduce saturated fat content, increase polyunsaturated fat content
Ham	Reduced fat, low salt ham	Reduce saturated fat and sodium content
Cheese	Reduced fat cheese	Reduce saturated fat content
No salad	Added salad	Increase vegetable, fibre, vitamin content

## EXAMPLE 2 PASTA BOLOGNESE

Original ingredient	Healthier option	Effect of change
Mince	Lean mince	Reduce saturated fat content
Mince	Replace some mince with canned lentils	Increase vegetable, fibre, vitamin content
White pasta	Wholemeal pasta	Increase fibre content
Onions and celery	Add grated carrot & zucchini, finely chopped mushrooms and capsicum	Increase vegetable, fibre, vitamin content



## EXAMPLE 3 CHICKEN BURGER

Original ingredient	Healthier option	Effect of change
Crumbed chicken patty	Marinated baked chicken breast	Reduce saturated fat content, reduce sodium content, reduce industrial ingredients
White bread roll	Wholemeal bread roll	Increase fibre content
Butter	Polyunsaturated vegetable spread or butter blend	Reduce saturated fat content, increase polyunsaturated fat content
Mayonnaise	Reduced fat mayonnaise	Reduce saturated fat content
Lettuce	Add grated carrot, tomato, beetroot, pineapple, cucumber	Increase vegetable, fibre, vitamin content



## EXAMPLE 4 FRIED RICE

Original ingredient	Healthier option	Effect of change
White rice	Half white, half brown rice	Increase fibre content
Vegetable oil - fried	Bake in oven, reduce amount of vegetable oil	Reduce fat content
Bacon	Reduced fat, low salt ham	Reduce saturated fat and sodium content
Corn and peas	Add finely chopped carrot, mushrooms and capsicum	Increase vegetable, fibre, vitamin content

## EXAMPLE 5 MINI-BBQ PIZZA

Original ingredient	Healthier option	Effect of change
White pizza base	Half a wholemeal English muffin	Increase fibre content
Commercial BBQ pizza sauce	Home made BBQ sauce made in bulk with extra vegetables	Reduce sodium content, increase vegetable, fibre, vitamin content
Bacon bits and ground beef	Lean mince, cooked	Reduce saturated fat and sodium content
Cheese	Reduced fat cheese	Reduce saturated fat content
Onion	Add finely chopped carrot, mushrooms and capsicum	Increase vegetable, fibre, vitamin content



## EXAMPLE 6 BAKED MUFFIN

Original ingredient	Healthier option	Effect of change
White flour	Half white, half wholemeal flour, add bran or rolled oats.	Increase fibre content
Butter	Polyunsaturated vegetable spread	Reduce saturated fat content, increase polyunsaturated fat content
Sugar	Replace some/all with mashed banana or other pureed fruit	Reduce added sugar, increase fruit and fibre content
Milk	Reduced fat milk	Reduce saturated fat content



## EXAMPLE 7

# ANZAC BISCUITS

Original ingredient	Healthier option	Effect of change
White flour	Wholemeal flour	Increase fibre content
Quick oats	Rolled oats	Increase whole grain ingredients
Butter	Polyunsaturated vegetable marg	Reduce saturated fat content, increase polyunsaturated fat content
Sugar	Reduce total amount of sugar	Reduce sugar content, reduce kilojoule content
Golden syrup	Reduce total amount of syrup	Reduce sugar content, reduce kilojoule content

## IN SUMMARY

An effective method to improve the health credentials of a menu without making huge changes is to look at the items currently available and find ways to make them healthier.

When thinking about your menu, can you think of any ingredients that might be able to be swapped out for a more nutritious option while keeping the menu essentially the same?

