

HEALTHY RECIPE

SWAPS



Making a few small changes can make your favourite dishes healthier. This quick guide will have you modifying recipes in no time!

If your recipe says...	...try this instead
Meat and alternatives	
Beef mince	Low fat mince, chicken or kangaroo mince Use lentils or beans to replace half the meat
Preserved meats like bacon or salami	Lean meats like chicken or turkey breast
Sausages	Home-made rissoles, lean sausages, chicken or kangaroo sausages
Chicken thigh	Chicken breast
Tuna in oil	Tuna in springwater
Dairy	
Cream	Reduced fat evaporated milk in cooking Low fat natural or vanilla yoghurt
Sour cream	Light sour cream, low fat natural yoghurt or buttermilk
Cheese	Reduced fat cheese or use a smaller amount of a stronger tasting cheese eg. Parmesan
Breads and cereals	
White bread	Multigrain or wholemeal breads, wraps, muffins or crumpets
White pasta	Wholemeal or high fibre pasta Try adding some steamed ribbons of zucchini, carrot or pumpkin to your spaghetti
Rice	Brown rice or a low GI rice e.g. basmati. Try half white and half brown to get you started (remember brown rice needs to cook for longer than white rice)
Flavourings	
Salt	Herbs, spices, lemon, chilli, ginger, garlic
Stock or stock cubes	Home-made stock (no added salt), reduced salt commercial stock or water with extra herbs and spices
Sauces	No added salt or reduced salt versions, or swap for fresh herbs and lemon
Salad dressings	Make your own using vinegar or low fat yoghurt rather than oil or cream

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Baking	Sugar	Reduce the sugar to as little as ¼ cup for every 1 cup of flour Add cinnamon, allspice, vanilla essence and fruits for extra flavor
	Butter	Margarine or olive/canola oil Halve the quantity and replace the other half with unsweetened apple sauce or apple puree, low fat natural yoghurt or mashed banana
	Shortcrust or puff pastry	Filo pastry brushed with low-fat milk or a light spray of olive or canola oil between sheets Bread makes a good substitute for pastry in a quiche
	White flour	Wholemeal flour or use a mix of white and wholemeal
Fruit and vegetables	Canned fruit in syrup	Fresh, frozen or canned fruit in juice
	Canned vegetables	Fresh, frozen or reduced salt canned vegetables
	Coconut cream	Reduced fat coconut milk or evaporated milk flavoured with a couple of drops of coconut essence

For more healthy cooking tips, see the [Healthy Cooking at Home fact sheet](#).

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