

Recipes and food swaps

Limit foods that are high in saturated fat, added sugar and salt.

It is important to enjoy a variety of nutritious foods from each of the five food groups. Some foods are more nutritious than others and may contain less saturated fat, added sugar, and/or salt.











Making better food choices could include choosing wholegrain bread instead of white bread or eating a whole fruit instead of a sugar sweetened fruit drink.



Tip

You can use your label reading skills to assist you in making healthy food choices.

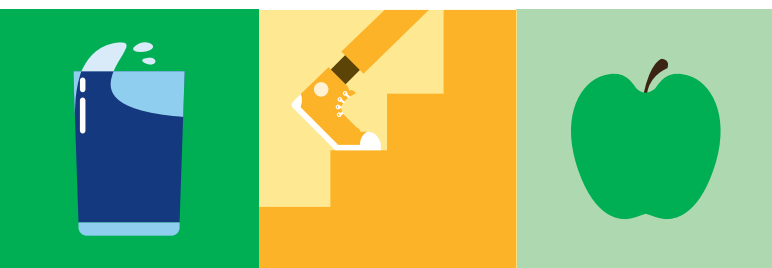
Examples of healthier choices for each of the five food groups

| Food Group | Healthier options | High saturated fat, sugar and/or salt options |
|---|---|--|
| Fruit |  Fresh or frozen fruit |  Fruit wraps, fruit straps, fruit jams, canned fruit in sugary syrup |
| Vegetables and legumes/beans |  Fresh, frozen vegetables or canned vegetables and legumes (no added salt if available) |  Potato gems, hash browns, french fries |
| Grain (cereal) foods (preferably wholegrains) |  Bread, natural muesli, crumpets, porridge, pasta, rice, couscous |  2 minute noodles, flavoured rice, breakfast cereals with artificial colours, puffs, flakes and shapes |
| Milk, yoghurt, cheese and/or alternatives |  Natural yoghurt, milk, cheese, nut or cereal plant-based milk |  Cream based desserts, ice cream |
| Lean meat, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans |  Fresh chicken, beef, lamb, fish, eggs, lentils, ham off the bone, canned beans (no added salt) and mixed nuts and seeds |  Sausages, salami, packaged ham, devon |

When cooking from a recipe we can often make modifications to make the meal more nutritious. Some examples include:

- Add vegetables and legumes to soups and casseroles
- Add nuts or seeds to salads and stir-fries
- Add fruit to breakfast cereals
- Choose lean meats and trim all visible fat before cooking
- Replace saturated fats like butter with canola or olive-based margarines
- Use low-fat cooking methods such as grilling, microwaving, steaming or pan frying with canola or olive oil. Avoid deep frying

Some of the content in this fact sheet is based on material provided by the National Health and Medical Research Council.



Vegetable soup (serves two)

Ingredients

Suggested modifications to the recipe are in bold text

- ½ Tbsp olive oil
- ½ small onion, finely diced
- ½ cup carrot, peeled and finely diced **(leave skin on)**
- 1 stick celery, finely diced
- 1 clove garlic, minced
- 400mL chicken or vegetable stock **(no added salt or reduced salt if available)**
- ½ can (200g) diced tomatoes **(no added salt if available)**
- 1 medium potato, peeled and cubed **(leave skin on)**
- 1 Tbsp chopped fresh parsley
- ¼ tsp dried thyme
- Salt and freshly ground black pepper **(be mindful of the amount of salt used)**
- ½ cup chopped fresh green beans
- ¼ cup frozen, fresh or canned corn **(no added salt if available)**
- ¼ cup frozen, fresh or canned peas **(no added salt if available)**
- Fresh bread **(use a wholegrain high fibre variety)**
- Butter **(use avocado, hummus, nut spreads or margarines)**

Method

1. Heat olive oil in a large pot over medium-high heat.
2. Add onions, carrots, and celery and saute for 3–4 minutes then add garlic and saute for 30 seconds longer.
3. Add in stock, tomatoes, potatoes, parsley, thyme and season with salt and pepper to taste.
4. Bring to a boil, then add green beans.
5. Reduce heat to medium-low, cover and simmer for about 20 minutes, until potatoes are almost fully tender.
6. Add corn and peas and cook for 5 minutes longer. Serve warm with bread and spread of choice.

* For more flavour add in any dried herbs you have available as desired. Other good herbs to add include basil, oregano, marjoram, or Italian seasoning.



Beef lasagne (serves two)

Ingredients

Suggested modifications to the recipe are in bold text

- 3 sheets of lasagne (**use wholemeal**)
- ¼ cup mozzarella cheese, grated
- ⅛ cup parmesan cheese, grated

Meat Sauce

- 2 tsp olive oil
- ½ medium onion, finely chopped
- 1 carrot, finely chopped
- ½ stick of celery, finely chopped
- 1 garlic clove, crushed
- 250g beef mince (**use lean mince**)
- 70g tomato paste (**no added salt or reduced salt if available**)
- ¾ cup tomato passata (**no added salt or reduced salt if available**)
- 1 cup beef stock (**no added salt or reduced salt if available**)
- ½ tsp dried oregano
- Salt & pepper to season (**be mindful of the amount of salt used**)

White Sauce

- 30g butter (**use reduced fat spread**)
- 1.5 Tbsp plain flour
- 225mL milk (**use reduced fat**)

Other modifications: Add grated zucchini and sliced mushrooms to the lasagne to increase the vegetable and fibre content.



Method

1. Make the meat sauce:
 - Heat oil in a heavy based saucepan over a medium heat.
 - Add onion, carrot, celery and garlic. Cook for 3 minutes, or until tender.
 - Add beef mince and cook, stirring for 5 minutes or until browned.
 - Add tomato paste, passata, beef stock and oregano. Mix well.
 - Bring to the boil and reduce to a medium-low heat. Simmer uncovered for 20–30 minutes, or until thick. Season with salt and pepper.
2. Preheat the oven to 180°C.
3. Make the white sauce:
 - Melt the butter in a heavy based saucepan over a medium-high heat.
 - Add flour and cook, stirring for 1 to 2 minutes, or until mixture is bubbling.
 - Remove from heat and slowly add the milk, stirring until the mixture is smooth.
 - Return to heat and cook, stirring, for 10 minutes or until the mixture comes to the boil.
4. Assemble the lasagne:
 - Spoon a little meat sauce into the base of a small baking dish. Top with 1 lasagne sheet.
 - Spoon over 1/2 of the remaining meat sauce. Top with 1/3 of the white sauce.
 - Repeat lasagne, meat sauce and white sauce layers.
 - Top with a final layer of lasagne and spoon the remaining white sauce over the pasta sheets.
 - Sprinkle with cheese.
5. Bake the lasagne for 20–25 minutes, or until pasta is tender and top is golden. Stand for 10 minutes before serving.

Chicken stew with rice (serves two)

Ingredients

Suggested modifications to the recipe are in bold text

- 2 Tbsp olive oil
- 220g chicken breast, diced (**remove skin if not skinless**)
- 3 rashers bacon, diced (**remove visible fat or remove bacon from recipe**)
- ½ cup water
- ¼ cup long grain rice (**use long grain brown rice**)
- ½ small onion, diced
- ½ large eggplant, diced
- ½ cup mushrooms, sliced
- 1 Tbsp tomato paste (**no added salt or reduced salt if available**)
- ½ can (200g) chopped tomatoes (**no added salt if available**)
- 2 Tbsp fresh parsley, chopped
- ¼ tsp dried thyme
- Salt and pepper to taste (**be mindful of the amount of salt used**)

Method

1. Heat a large pan over medium heat and add 1 Tbsp of olive oil. Add the chicken to the pan and sear, about 4 minutes per side. Transfer to a plate.
2. Add bacon and fry 2–3 minutes until brown. Set aside.
3. In a small pot, combine water and rice. Bring the water to a boil and reduce to a simmer. Cook the rice, covered, about 15 minutes, or until al dente.
4. In a large pot, heat remaining olive oil over medium-high heat. Add the onions and cook for 2–3 minutes, until soft. Add the eggplant and mushrooms and cook for 6–7 minutes, until tender.
5. Add the tomato paste to the pot and stir to coat the vegetables. Add the chopped tomatoes and thyme.
6. Add the rice and chicken to the pot. Bring to a simmer and cook for about 15 minutes, or until the chicken and rice are cooked through. Sprinkle with chopped parsley. Season with salt and pepper to taste.

