

HEALTHY COOKING

AT HOME



Swapping junk food for home-cooked is our number one tip for eating better. Cooking at home means having more control over what's going into our food - this means less sugar, salt and fat and more fruit and veg.

TIPS FOR COOKING HEALTHY MEALS AT HOME

1. Meal planning

Planning what you and your family will eat for the week can make it easier to stick to your healthy eating goals when life gets busy. It also means less food waste - which is good for your wallet and the environment!

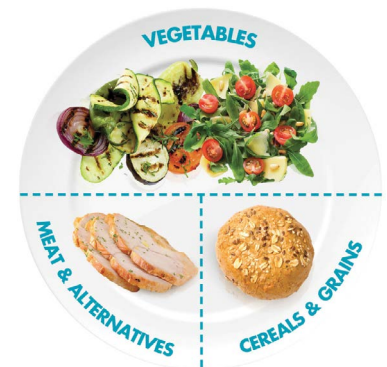
2. Grill, stir-fry or steam

Use healthy cooking methods like boiling, braising, grilling, microwaving, poaching, steaming and stir-frying. When baking, barbecuing or roasting limit the amount of oil used. Olive or canola oil sprays are useful for controlling the amount of fat that you add during cooking.

3. Add extra vegies

One of the easiest ways to make your dishes healthier is to add extra vegetables! Here's how:

- ▲ Make half your meal vegetables.
- ▲ Add extra vegetables and tinned beans and lentils to pasta dishes, curries, stews, casseroles, stir-fries and soups.
- ▲ Add grated vegetables to muffin and cake mixtures.
- ▲ Use half the amount of mince and replace with tinned lentils and beans or finely chopped carrot, celery and zucchini.
- ▲ Include salad on the side of your meals.
- ▲ Add ribbons of zucchini, carrot or pumpkin to your spaghetti.



4. Healthy swaps

Making a few small changes can make your favourite dishes healthier. Check out our guide!

	Swap this	For this
MEAT AND ALTERNATIVES	Processed meats like bacon, ham or salami	Lean meats like chicken or turkey breast
	Tuna in oil	Tuna in springwater
	Beef mince	Lean beef mince, chicken or kangaroo mince
	Sausages	Lean sausages, chicken or kangaroo sausages, home-made rissoles
	Red meat	Aim for no more than 3-4 portions of red meat each week. Fish, seafood, chicken, eggs, nuts and seeds and beans and lentils can be used instead.

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	Swap this	For this
DAIRY	Cream	Reduced-fat natural yoghurt or reduced-fat evaporated milk (in cooking)
	Sour cream	Reduced-fat natural or Greek yoghurt
	Cheese	Reduced-fat cheese or a small amount of a strong tasting cheese e.g. parmesan
BREADS AND CEREALS	White bread, wraps or crumpets	Multigrain or wholemeal varieties
	White pasta	Wholemeal, high fibre or legume pasta
	Rice	Brown rice or a low GI rice e.g. basmati, or try cauliflower rice!
	Corn chips	Slice wraps or tortillas into triangles and bake for 5-10 minutes
FRUITS AND VEGETABLES	Canned fruit in syrup	Canned fruit in juice
	Canned vegetables and beans	Salt-reduced varieties
	Coconut cream	Reduced-fat coconut milk
BAKING	Sugar	Reduce to as little as ¼ cup of sugar for every 1 cup of flour Add cinnamon, allspice, vanilla essence and fruit for extra flavour
	Butter	Olive/canola/safflower oil or margarine Halve the quantity and replace the other half with unsweetened apple sauce or apple puree, reduced-fat natural yoghurt or mashed banana
	Shortcrust or puff pastry	Filo pastry brushed with reduced-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
	Icing, edible decorations or cream	Fresh fruit
	Ice cream	Freeze bananas and blend in a high powered mixer
FLAVOURINGS	Salt	Herbs, spices, lemon, chilli, ginger, garlic Don't add salt when cooking pasta or rice
	Stock or stock cubes	Reduced-salt commercial stock, home-made stock (no added salt) or water with herbs and spices
	Sauces	No-added-salt or reduced-salt versions, or swap for fresh herbs and lemon
	Salad dressings	Make your own using olive oil and vinegar, tahini or reduced-fat yoghurt
SPREADS	Butter	Avocado
	Jam or honey	Ricotta cheese with sliced strawberries
	Chocolate spread	Nut butter (go for no-added-salt and sugar varieties). Try cocoa versions for a chocolaty taste
	Mayonnaise	Wholegrain mustard

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