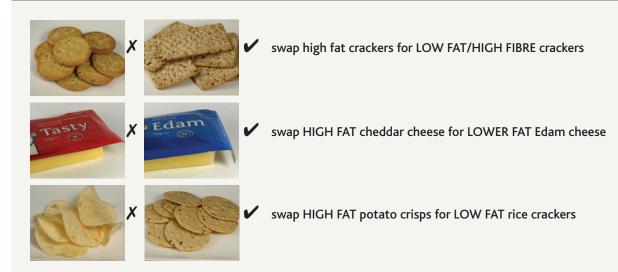
Step 03 Make healthier food swaps

Regularly using higher fibre, lower fat and lower sugar varieties of foods you commonly eat can make a BIG difference over time.

Swap to healthier food choices

SWAP	FOR	BENEFIT
White bread	 Grainy/ wholemeal breads, pita breads and wraps High fibre bread (more than 5g fibre / 100g) 	✓ MORE FIBRE
Rice bubbles, cornflakes	Wheat biscuits, porridge, untoasted muesli	✓ MORE FIBRE
High fat, low fibre crackers	Low fat/high fibre crackers (LESS THAN 10g fat/100g and MORE THAN 5g fibre/100g)	✓ LESS FAT✓ MORE FIBRE
White flour	Wholemeal flour (Half and half works well)	✓ MORE FIBRE
Blue top milk	Green or yellow top milk	✓ LESS FAT✓ MORE CALCIUM
Butter, lard, dripping, coconut, palm oil or ghee	Canola, sunflower, rice bran or olive oil	✓ BETTER FOR THE HEART
Cheddar cheese	Cottage cheese Edam cheese (use sparingly)	✓ LESS FAT
Regular cream cheese	Extra light cream cheese Hummus, relish, chutney, mustard, horseradish, avocado	✓ LESS FAT
Regular coconut cream	Light coconut milk	✓ LESS FAT
Cream or sour cream	Light versions or yoghurt	✓ LESS FAT
Sour cream dip	Mexican dip – see recipe over page	✓ LESS FAT ✓ MORE FIBRE
Fried rice	Boiled rice – brown or basmati	✓ LESS FAT
Potato crisps	Rice crackers OR wholemeal pita crisps – see recipe over page	✓ LESS FAT
Potato fries	Baked potato with skin on	✓ LESS FAT✓ MORE FIBRE
Creamy pasta sauces	Tomato based sauces	✓ LESS FAT
Regular mayonnaise	LIGHT mayonnaise or low fat dressing oil free dressing	✓ LESS FAT
High fat meat i.e. streaky bacon, salami, sausages	Lean varieties meat, poultry and fish i.e. ham, turkey, chicken	✓ LESS FAT
Pie or sausage roll	Lean meat and salad roll or sushi Hot lean meat/roast meat sandwich	✓ LESS FAT✓ MORE FIBRE

Three easy food swaps



Recipe idea:

Swap regular crisps and creamy dip for wholemeal pita crisps and Mexican dip

Wholemeal Pita Crisps

Ingredients

Wholemeal wraps or pita bread
Oil spray e.g. olive, rice bran, canola
Seasonings e.g. onion / garlic powder, dried herbs (e.g. oregano, basil or Italian), chilli powder, chicken seasoning, powdered parmesan

Method

Heat oven to 140°C. If using pita bread cut into half thickness. Spray lightly with oil spray; alternatively do a very light brush with oil. Sprinkle seasonings lightly over top. Cut into small triangles and place these on a baking tray. Cook until dry in the oven (10-15 minutes).

Notes:

If the triangles are turning brown, turn down the oven temperature.

Make up a whole packet of wraps and store in air tight container or plastic bag; they keep for months!

Mexican Dip

Ingredients

1 x 400g can chilli /Mexican beans ½ cup plain yoghurt ¼ cup light mayonnaise

Method

Blend or mash together then serve with wholemeal pita crisps or rice crackers.



See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

Three food swaps I will make this week:		