



# 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	<ul style="list-style-type: none"> <li>• Grainy/ wholemeal breads, pita breads and wraps</li> <li>• High fibre bread (more than 5g fibre / 100g)</li> </ul>	✓ MORE FIBRE
Rice bubbles, cornflakes	<ul style="list-style-type: none"> <li>• Wheat biscuits, porridge, untoasted muesli</li> </ul>	✓ MORE FIBRE
High fat, low fibre crackers	<ul style="list-style-type: none"> <li>• Low fat/high fibre crackers (LESS THAN 10g fat/100g and MORE THAN 5g fibre/100g)</li> </ul>	<ul style="list-style-type: none"> <li>✓ LESS FAT</li> <li>✓ MORE FIBRE</li> </ul>
White flour	<ul style="list-style-type: none"> <li>• Wholemeal flour (Half and half works well)</li> </ul>	✓ MORE FIBRE
Blue top milk	<ul style="list-style-type: none"> <li>• Green or yellow top milk</li> </ul>	<ul style="list-style-type: none"> <li>✓ LESS FAT</li> <li>✓ MORE CALCIUM</li> </ul>
Butter, lard, dripping, coconut, palm oil or ghee	<ul style="list-style-type: none"> <li>• Canola, sunflower, rice bran or olive oil</li> </ul>	✓ BETTER FOR THE HEART
Cheddar cheese	<ul style="list-style-type: none"> <li>• Cottage cheese</li> <li>• Edam cheese (use sparingly)</li> </ul>	✓ LESS FAT
Regular cream cheese	<ul style="list-style-type: none"> <li>• Extra light cream cheese</li> <li>• Hummus, relish, chutney, mustard, horseradish, avocado</li> </ul>	✓ LESS FAT
Regular coconut cream	<ul style="list-style-type: none"> <li>• Light coconut milk</li> </ul>	✓ LESS FAT
Cream or sour cream	<ul style="list-style-type: none"> <li>• Light versions or yoghurt</li> </ul>	✓ LESS FAT
Sour cream dip	<ul style="list-style-type: none"> <li>• Mexican dip – see recipe over page</li> </ul>	<ul style="list-style-type: none"> <li>✓ LESS FAT</li> <li>✓ MORE FIBRE</li> </ul>
Fried rice	<ul style="list-style-type: none"> <li>• Boiled rice – brown or basmati</li> </ul>	✓ LESS FAT
Potato crisps	<ul style="list-style-type: none"> <li>• Rice crackers OR wholemeal pita crisps – see recipe over page</li> </ul>	✓ LESS FAT
Potato fries	<ul style="list-style-type: none"> <li>• Baked potato with skin on</li> </ul>	<ul style="list-style-type: none"> <li>✓ LESS FAT</li> <li>✓ MORE FIBRE</li> </ul>
Creamy pasta sauces	<ul style="list-style-type: none"> <li>• Tomato based sauces</li> </ul>	✓ LESS FAT
Regular mayonnaise	<ul style="list-style-type: none"> <li>• LIGHT mayonnaise or low fat dressing</li> <li>• oil free dressing</li> </ul>	✓ LESS FAT
High fat meat i.e. streaky bacon, salami, sausages	<ul style="list-style-type: none"> <li>• Lean varieties meat, poultry and fish i.e. ham, turkey, chicken</li> </ul>	✓ LESS FAT
Pie or sausage roll	<ul style="list-style-type: none"> <li>• Lean meat and salad roll or sushi</li> <li>• Hot lean meat/roast meat sandwich</li> </ul>	<ul style="list-style-type: none"> <li>✓ LESS FAT</li> <li>✓ MORE FIBRE</li> </ul>



## Three easy food swaps



X



✓

swap high fat crackers for LOW FAT/HIGH FIBRE crackers



X



✓

swap HIGH FAT cheddar cheese for LOWER FAT Edam cheese



X



✓

swap HIGH FAT potato crisps for LOW FAT rice crackers

## 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!



See [www.appetiteforlife.org.nz/recipes](http://www.appetiteforlife.org.nz/recipes) for more tasty and healthy food ideas.

### 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.

Three food swaps I will make this week:
