



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



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!

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:
