

Healthier Ingredients

Small changes such as selecting healthier ingredients will make a **big difference** to the nutritional value of a recipe



1.6

MILLION TONNES

The annual amount of flour used by households in 2006.¹

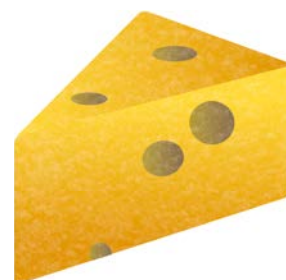


Department of
Health



Healthier ingredients

The selection of ingredients has a significant impact on the nutritional quality of a dish. Opting for healthier ingredients will help to ensure a more nutritious dish overall.



Regular ingredients

Healthier ingredients

Breads and cereals

White, refined varieties of breads, bagels, crumpets, English muffins and rolls

Wholegrain, wholemeal, multigrain, high-fibre white, rye sourdough, lavash and other flat breads, bagels, wholemeal crumpets, plain foccacias and English muffins

Crackers and savoury biscuits

Wholegrain varieties of plain crispbreads, corn and rice cakes, lavash and water crackers

Savoury breads, twists and pull-aparts containing high fat meats and cheeses

Wholegrain bread with reduced fat cheese, lean meat and vegetable toppings

Fruit, vegetable and/or nut breads containing confectionary or icing

High fibre, wholegrain varieties containing added vegetables, dried fruit and/or nuts without icing or confectionary

Breakfast cereals

Cereals with added confectionary (e.g. chocolate)

Bran, breakfast biscuits, oats/porridge, wholegrain puffs, wholewheat flakes and muesli with or without added fruit

Dairy products and alternatives

Dairy products and alternatives

Cream

Evaporated skim milk, ricotta or cottage cheese, reduced fat vanilla or plain yoghurt

Cream cheese

Blended cottage cheese or ricotta

Full fat cheese

Varieties such as cottage, paneer, ricotta or reduced fat varieties of cheddar, fetta, mozzarella and cream cheese

Full fat varieties of milk

Plain or flavoured fresh, UHT and long life reduced fat varieties of milk

Reduced fat evaporated milk

Reduced fat buttermilk

Full fat varieties of yoghurt

All plain and flavoured reduced fat varieties of yoghurt

Sour cream

Extra light sour cream

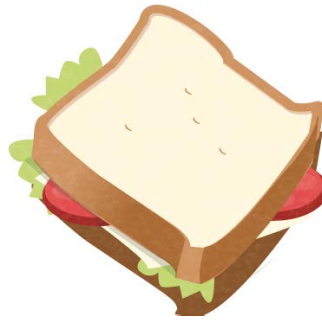
Meat and alternatives

Meat with visible fat or the skin on

Lean options (skinless chicken and turkey, roast beef, kangaroo, lamb, pork)

Processed meats such as bacon, mortadella, polony and salami

Skinless chicken or turkey meat, lean ham or lean beef cuts



Regular ingredients

Healthier ingredients

Eggs

Eggs fried in butter/fat

Eggs fried on a non-stick surface with a mono or polyunsaturated spray oil

Scrambled eggs made with cream

Eggs scrambled with reduced fat or skim milk and without the addition of fat (e.g. cream)

Fish and seafood

Fish canned in oil or brine

Fish canned in springwater

Nuts and seeds

Nuts or seeds roasted in oil and salted or coated in confectionary/honey/sugar

Plain and dry roasted nuts and seeds with no added fat or salt

Food or drink ingredients

Healthier ingredients

Oils, condiments and spreads

Butter and butter blends, cophera, dairy blends, ghee, lard, palm oil, tallow

Poly or monounsaturated fats (e.g. margarine) and oils (e.g. canola, olive, sunflower, soybean, grapeseed)

Chocolate spreads, honey, jam (regular, full sugar varieties of jam)

Jam - artificially sweetened

Coconut cream, milk and/or oil

Reduced fat evaporated milk flavoured with coconut essence

Cream-based dressings (e.g. Caesar, ranch, thousand island)

Dressings made with poly or monounsaturated oils or dressings based on lemon juice, balsamic vinegar or reduced fat yoghurt

Full fat and high salt varieties of savoury spreads e.g. peanut butter and other nut spreads (e.g. almond paste), chicken, fish and meat pastes; yeast and vegetable extract pastes (e.g. Vegemite, Marmite)

Reduced fat and no added salt varieties of spreads e.g. peanut butter and other nut spreads (e.g. almond paste), chicken, fish and meat pastes; yeast and vegetable extract pastes (e.g. Vegemite, Marmite)

Gravy made from fatty meat juices and thickened with added fat or based on a roux; or regular packaged varieties

Gravies made from meat juices, drained of fat and thickened with corn/plain flour; or no added salt/fat packaged varieties

Mayonnaise

Reduced fat mayonnaise

Regular varieties of condiments (e.g. barbeque, HP, soy, sweet chilli, tomato sauce)

No added salt varieties

Stock

No added salt varieties

Regular ingredients

Healthier ingredients



Pastry

All types of pastry brushed with butter (choux, flaky, puff, shortcrust, filo)

Wonton wrappers or oven baked bread cases

Filo pastry brushed with egg, milk or spray oil

Sandwich fillings

Processed meats (e.g. salami, polony, mortadella)

Skinless chicken or turkey meat, lean ham or lean beef cuts

Meat alternatives

Eggs, fish (tinned in springwater) or reduced fat cheese

Serve with vegetables (e.g. raw salad, roasted - drained of oil, canned vegetables - drained)

Drinks

Regular sugar-sweetened soft drinks
Sugar sweetened fruit or vegetable juices

Soda water flavoured with fruit juice, fresh fruit and herbs such as fresh mint

Artificially sweetened soft drinks

99% fruit or vegetable juice varieties

Tea and coffee made with full cream milk

Use reduced fat milk for preparing tea and coffee



Of course, the way a dish is prepared/cooked will also have a significant impact on its overall nutritional quality. Refer to 'Healthier cooking methods' for more information.

