



Healthy Recipe Tips – Modifying Recipes

Choose:

- Recipes that include fruits and / or vegetables

Replace:

- Full fat dairy products like yoghurt, cheese, milk and cream with reduced fat products
- Butter with margarine or oil
- Salami or bacon with lean ham
- Creamy sauces with tomato-based sauces
- Puff pastry with filo pastry
- White bread with wholemeal or multigrain bread
- White flour with wholemeal flour

Keep:

- Skin on fruit and vegetables wherever possible

Add:

- Extra fruits and / or vegetables wherever possible

Remove:

- Skin and extra fat from chicken and meat

Limit:

- Amount of fat used in cooking (butter, margarine, oil, cream etc.)
- Amount of sugar used in cooking (sugar, icing sugar, syrup, etc.)
- Amount of salt used in cooking (table salt, stock, etc.)

