

HOW TO ADAPT YOUR COOKING AND RECIPES

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Follow these suggestions for simple, healthier food.

HOW TO LOWER FAT AND CHOLESTEROL	
<i>Ingredient</i>	<i>Replace with</i>
Full cream milk	Reduced or non-fat milk
Full cream evaporated milk	Low fat evaporated milk (1.6% fat)
Yoghurt	Low fat or diet yoghurt
Cream	Low fat evaporated milk (4% fat)
Sour cream	Low fat yoghurt, small amounts of reduced fat sour cream
Coconut cream	Low fat evaporated milk plus coconut essence
Cream cheese	Ricotta or cottage cheese
Regular cheese	Low fat (10%) cheese, 25% fat hard cheese such as Edam
Eggs	Low cholesterol egg substitute
Butter or margarine, vegetable oil that contains palm oil or coconut oil, lard and dripping	Mono/polyunsaturated margarine and
Cooked chicken	Remove chicken skin, choose breast meat
Fatty meats	Lean meat – remove all fat
Streaky bacon	Middle eye rasher or turkey bacon
Fried food	Grill or microwave food
Luncheon meat	97% fat free ham or turkey products
Tuna or salmon in oil	Tuna or salmon in brine or spring water
Cakes, biscuits and slices (commercial makes)	Homemade or low fat commercial varieties
Puff and regular pastry	Filo pastry and spray with oil
Salad dressing	No oil or home-made salad dressings
HOW TO LOWER SALT OR SODIUM	
<i>Ingredient</i>	<i>Replace with</i>
Regular salt	Lite salt
Salt in cooking	Lemon juice, curry powder, spices
Canned sauces	Homemade sauces
Canned vegetable	No added salt varieties, fresh or frozen
Canned or smoked fish	Fresh fish or canned in spring water
Savoury biscuits	Reduced salt biscuits
Commercial salad dressings	Homemade salad dressings
Corned meats	Fresh meats
Bacon & ham	Fresh vegetables like mushrooms - add seasoning
Stock cubes	Low sodium soup mix
Soy sauce	Lite soy sauce
Tomato sauce	Lite tomato sauce
Canned vegetables and juices	Fresh or frozen vegetables or juices

HOW TO LOWER SUGAR	
<i>Ingredient</i>	<i>Replace with</i>
Sugar	Reduce quantity of sugar, or smaller amount of honey
	Use a liquid or powdered equivalent substitute
	Add fruit juice instead of sugar
	Use fresh or dried fruit instead of sugar
HOW TO INCREASE FIBRE	
<i>Ingredient</i>	<i>Replace with</i>
White flour	Wholegrain or wholemeal flour
Refined cereal (cornflakes)	Wholegrain and bran types
White rice	Mahatma, brown rices, Dongarra
Plain pasta	Wholemeal pasta
Peeled or boiled vegetables	Unpeeled or raw vegetables
White bread crumbs	Wholemeal bread crumbs

Source: *Living with Diabetes – A New Zealand Guide to Healthy Eating* by Peggy Stacy. Published by David Bateman Ltd, 2000. Endorsed by Diabetes New Zealand. Available on www.diabetes.org.nz Some adaptation by the NZ Dietetic Association's Diabetes Special Interest Group.