

Recipe modification

Here are some ideas to lower fat, sugar and salt and increase fibre in your favourite recipes. You may need to experiment with these changes to get the right amounts.

Replacing saturated fat with healthier alternatives

Most older people do not need to follow a low fat diet. If you have high cholesterol or heart disease, you may benefit from replacing foods high in saturated fat with lower fat options. If you choose to eat foods high in saturated fat, enjoy them sometimes or in small amounts.

If the recipe says this:	Try this instead:
Cream	Use in small amounts for flavour, or try natural yoghurt or ricotta cheese. In soups, try using milk instead.
Sour cream	Use in small amounts for flavour, or try natural yoghurt.
Cream cheese	Try reduced fat varieties of ricotta, cottage or cream cheese.
Butter and lard	Use poly- or monounsaturated spreads or oils, such as olive oil or avocado.
Meat and chicken	Choose lean meat and chicken. Trim off any fat before you cook. Remove skin from chicken.
Pastry	Use filo pastry and spray oil (for example, olive oil) or try non-pastry alternatives such as frittata instead of quiche; shepherd's pie instead of a pastry pie.

Increasing fibre

If the recipe says this:	Try this instead:
White bread	Use wholegrain, wholemeal, white high-fibre or rye breads.
White flour	Try wholemeal flour or a 50/50 mixture of white and wholemeal flours.
Fruit and vegetables	Avoid peeling if possible, try and include some at each meal.
White pasta and rice	Try wholemeal/brown versions

Reducing sugar

- When baking cakes, reduce the sugar to $\frac{1}{4}$ cup per one cup of flour.
- Stew fruit with less or no sugar. If fruit is tart (such as rhubarb or plums) combine with apples for sweetness. Add cinnamon and/or ground cloves for extra flavour.
- If using tinned fruit, choose fruit in natural juice and drain it.
- Tip: using honey instead of sugar in a recipe will not reduce the sugar content. Use whichever you prefer, but try to cut down on the amount you use instead.

Reducing salt

- Reduce the amount of processed foods you eat. This includes sauces and condiments such as soy sauce and tomato sauce. Use herbs, spices or lemon juice to add extra flavour.
- Don't automatically add salt to your food. Taste it first.
- If buying processed food, choose reduced salt and no added salt varieties where possible.