

## Hints for healthier Chinese cooking: a quick guide

Here are three steps to help you cook healthier meals that you and your family can enjoy:

- 1 Choose healthier types of foods
- 2 Choose a healthier way to cook
- 3 Choose the right serving size

### 1. Choose healthier types of foods

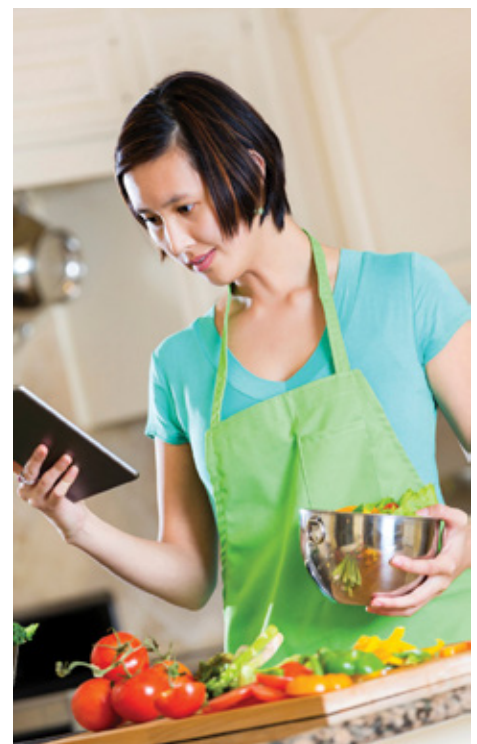
Try these healthier swaps:

#### Fats and oils

Instead of:	Choose:
Butter or ghee	Olive, canola or sunflower oil spread, avocado or 100% nut butter
Palm oil or coconut oil	Olive, canola, sunflower, peanut or grapeseed oil
Cream	Low-fat plain yoghurt, low-fat ricotta
Mayonnaise	Olive oil mixed with balsamic vinegar or lemon juice
Coconut milk and cream	Light coconut milk and cream, soy milk or silken tofu*

#### Dairy foods

Instead of:	Choose:
Full-fat milk	Low-fat/skim milk, calcium-fortified soy or unsweetened plant milks
Cream cheese	Reduced-fat ricotta, low-fat cottage cheese or extra light cream cheese
Hard cheese	Reduced-fat cheese, parmesan, or a nut-based cheese
Yoghurt	Low-fat natural or diet yoghurt



\* Pureed silken tofu can replace cream in Asian dishes and curries for less saturated fat and extra protein.

## Breads, rice, cereals and flours

Instead of:	Choose:
White bread, buns with sweet fillings or white steamed buns	Grainy, seeded or multigrain bread, wholemeal sourdough, rye bread or multigrain buns
Short or medium grain rice or jasmine rice	Doongara rice or Basmati rice, quinoa, barley, freekeh, burghul, pearl couscous, soba, mung bean or rice noodles
White flour	Wholemeal flour, nut flour, or a mix of half wholemeal and half white flour
Shortcrust or puff pastry	Filo pastry (brushed with egg white or milk instead of oil), reduced-fat puff pastry or make a base with wholegrain bread/crushed nuts/low GI rice

## Meat, chicken and fish

Instead of:	Choose:
Fatty meat	Lean cuts of meat, with visible fat removed, or lean mince.
Poultry with skin	Skinless chicken, duck or turkey, (breast or thigh cut), or remove the skin from the chicken, duck or turkey before cooking
Sausages	Lean meat rissoles or meatballs
Deli meats like preserved sausage, bacon, salami or ham	Lean roast meats, turkey or chicken breast
Fried or crumbed fish	Fresh or canned fish in spring water

## 2. Choose healthier cooking methods

The next step is to choose a healthier way to cook.

When cooking lean meat, skinless chicken, fish and vegetables:

- » choose low-fat cooking methods like steaming, microwaving, stir-frying, poaching, grilling, or barbequing
- » use a non-stick pan with olive oil or canola oil, cooking spray
- » leave vegetable skins on, where possible, for extra fibre
- » thickening sauces such as corn starch are carbohydrates too. Use them in small amounts or not at all.

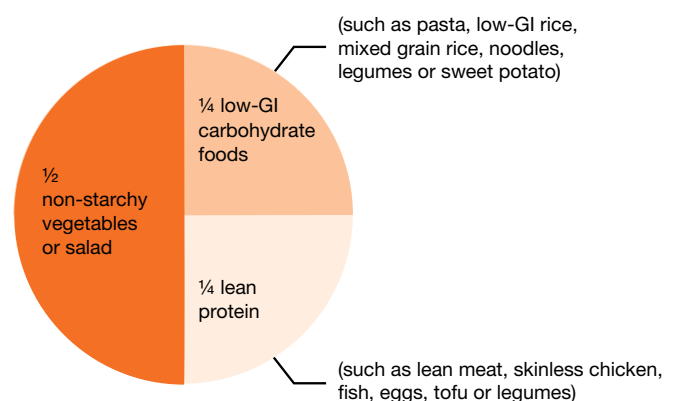
Cooking with less salt:

- » use sauces with high levels of salt in small amounts, such as soy sauce, oyster sauce, fish sauce, miso or soy bean paste
- » add flavour with fresh or dried herbs, spices, garlic, chilli, ginger, vinegar, lemon or lime juice.

## 3. Choose the right serving size

The last step is to choose the right serving size. Serving sizes are important to help manage your diabetes and weight. Talk to a dietitian about serving sizes that are right for you.

For breakfast, lunch and dinner, try to balance your plate like this:



## The NDSS and you

A wide range of services and support is available through the NDSS to help you manage your diabetes. This includes information on diabetes management through the NDSS Helpline and website. The products, services and education programs available can help you stay on top of your diabetes.