

Hints for healthier Korean 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.

Find this resource at ndss.com.au

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:

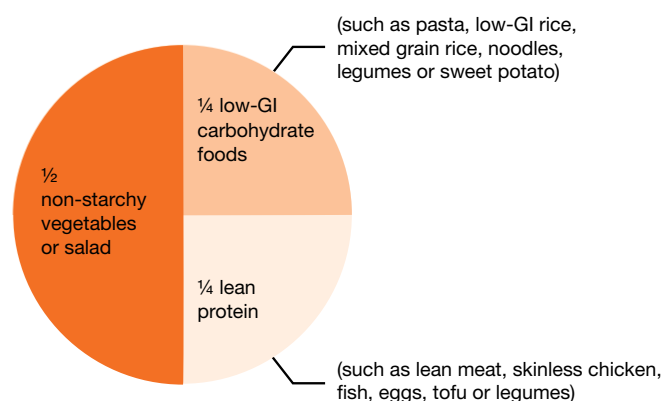
- » use sauces with high levels of salt in small amounts, such as soy sauce, oyster sauce, fish sauce, miso or soy bean paste
- » add flavour with fresh or dried herbs, spices, garlic, chilli, ginger, vinegar, lemon or lime juice.

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.