

Hints for healthier Punjabi 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	Peanut butter or 100% nut butter
Ghee	Cold pressed peanut oil or extra virgin olive oil
Cream	Fat-free plain yoghurt, low-fat ricotta, or cashew cream
Sour cream	Light sour cream or fat-free plain yoghurt
Cream-based dressings	Olive oil mixed with crushed chillies, garlic and lemon juice, fat-free yoghurt with a little bit of sugar and mint
Coconut milk and cream	Light coconut milk or cashew cream

Dairy foods

Instead of:	Choose:
Full-fat milk	Fat-free milk, or calcium-fortified, fat-free soy milk or unsweetened plant milks
Cream cheese like puck or kiri	Low-fat ricotta or extra light cream cheese
Hard cheese	Low-fat cheese, parmesan, or a nut-based cheese
Yoghurt	Fat-free natural yoghurt



Find this resource at ndss.com.au

Breads, cereals and flours

Instead of:	Choose:
White bread	Dense grainy or multigrain bread, wholemeal sourdough or rye bread, chapatis made with whole grain atta or besan (chickpea flour)
Calrose or jasmine rice	Basmati rice, brown Basmati rice, Doongara rice, quinoa, barley, rice noodles or semolina
White flour for baking	Wholemeal flour, nut flour, chickpea flour (besan), or a mix of these flours
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 or crushed nuts or 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 or turkey (breast or thigh)
Sausages	Lean meat rissoles or meatballs
Deli meats	Shredded BBQ chicken, 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 or canola oil cooking spray
- » add flavour with fresh or dried herbs, spices, garlic, chilli, ginger, vinegar, lemon or lime juice instead of salt.

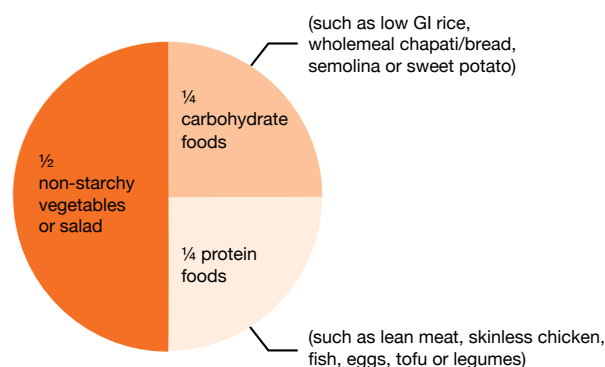
When baking:

- » try adding mashed, chopped or pureed fruit e.g. dates, instead of sugar
- » use a non-stick pan, or a dish lined with baking paper
- » swap butter or ghee for olive oil or peanut oil.

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.