

Hints for healthier Tongan 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

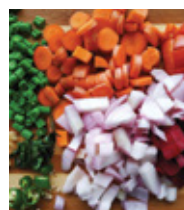
Try these healthier swaps:

Fats and oils

Instead of:	Choose:
Butter	Olive oil spread/canola oil spread, sunflower oil spread, avocado or 100% nut butter
Cream	Low-fat plain yoghurt, low-fat ricotta, or cashew cream
Sour cream	Light sour cream or low-fat plain yoghurt
Mayonnaise	Low-fat or light mayonnaise
Coconut milk and coconut cream	Light coconut milk, light coconut cream, soy milk, cashew milk or silken tofu
Coconut oil	Olive or canola oil

Dairy foods

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



Find this resource at ndss.com.au

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Breads, rice, cereals and flours

Instead of:	Choose:
White bread and buns	Multigrain bread and buns, wholemeal sourdough or rye bread
Calrose or jasmine rice	Doongara rice, Basmati rice, taro, orange sweet potato, green banana, quinoa, barley, pearl couscous, soba/mung bean/rice noodles (vermicelli noodles)
Fried instant noodles	Wholemeal or high-fibre noodles or pasta, vermicelli noodles, air-dried noodles
White flour for baking	Wholemeal flour, nut flour, besan flour, or ½ wholemeal ½ 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 meats like mutton flaps, turkey tails or lamb chops	Lean cuts of meat, or remove the fat from fatty cuts of meat before you cook them
Corned beef	Lean beef mince, or drain the fat from the canned corned beef (warm the corned beef in a bowl in the microwave for 1 minute, drain off and throw away the fat), or choose light or reduced-fat corned beef
Chicken, duck or turkey with skin	Skinless chicken, duck or turkey, like the breast or thigh cuts, or remove the skin from the chicken, duck or turkey before cooking
Sausages	Lean meat rissoles or meatballs
Deli meats like SPAM, salami or ham	Shredded BBQ chicken, lean roast meats, turkey or chicken breast
Fried, battered or crumbed fish	Fresh or canned fish

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/dried herbs, spices, garlic, chilli, ginger, vinegar, lemon or lime juice instead of salt.

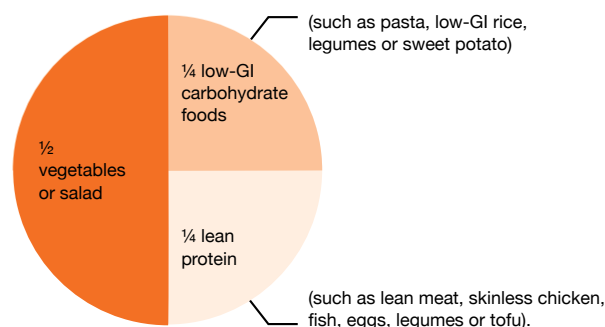
When baking:

- » use a non-stick pan, or a dish lined with baking paper
- » swap butter/ghee/coconut oil for olive oil
- » try adding mashed, chopped or pureed fruit instead of sugar, or use an alternative sweetener.

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.