

# Hints for healthier cooking: a quick guide

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

- 1** Choose healthier ingredients
- 2** Choose healthier cooking methods
- 3** Choose the right serving size

## 1. Choose healthy ingredients

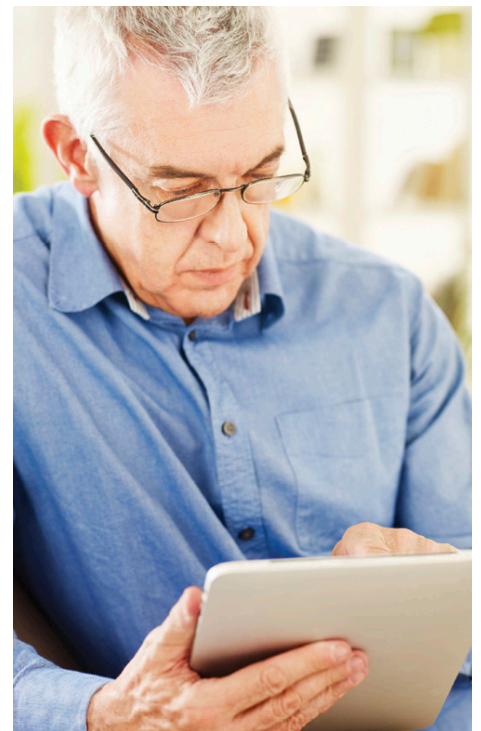
Try these healthier swaps:

### Fats and oils

Instead of:	Choose:
Butter	Olive/canola/sunflower oil spread or avocado
Cream	Low-fat plain yoghurt, low-fat ricotta, or cashew cream
Sour cream	Light sour cream or low-fat plain yoghurt
Cream-based dressings	Olive oil mixed with balsamic vinegar or lemon juice
Coconut milk and cream	Light coconut milk and cream, soy milk, cashew milk or silken tofu

### Dairy foods

Instead of:	Choose:
Full-fat milk	Low-fat/skim milk, or calcium-fortified soy milk, or other calcium-fortified 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



Find this resource at [ndss.com.au](https://ndss.com.au)

## Breads, cereals and flours

Instead of:	Choose:
White bread	Dense grainy/seeded bread, wholemeal sourdough or rye
Calrose or jasmine rice	Doongara rice, Basmati rice, quinoa, barley, freekeh, burghul, pearl couscous, soba/mung bean/rice noodles
White flour	Wholemeal flour, nut flour, besan (chickpea flour), or a mix of ½ wholemeal ½ white
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 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 springwater

## 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:

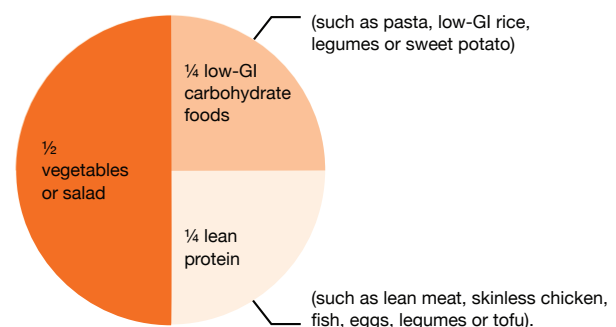
- » use a non-stick pan, or a dish lined with baking paper
- » swap butter/ghee/coconut oil for olive oil
- » try adding mashed, chopped or pureed fruit instead of sugar, or use an alternative sweetener.

## 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, aim 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.