

Adapting your favourite recipes



Diabetes
New Zealand



Healthy eating doesn't mean you have to throw out your favourite recipes. **Alison Pask**, New Zealand registered dietitian, tells us how to adapt recipes to be lower in fat (especially saturated fat), energy (kilojoules or calories), salt and sugar, and to be higher in fibre.

It may take a bit of experimenting to get the end product just right. Over time you'll find your taste buds adapt to the flavours and textures of healthier foods.

Follow the guide below for substituting traditional ingredients with healthier options. However, using these replacements doesn't mean you can have larger portions! And you will still need to count your carbohydrates.

Ingredient	Replace with
Butter	<ul style="list-style-type: none"> • Monounsaturated or polyunsaturated margarine or spread • Monounsaturated or polyunsaturated vegetable oil e.g. canola or olive oil
Canned fish	<ul style="list-style-type: none"> • No added salt, fish in spring water
Coconut cream	<ul style="list-style-type: none"> • Low fat evaporated milk and coconut essence • Lite coconut milk • Coconut flavoured lite evaporated milk
Cream	<ul style="list-style-type: none"> • Low fat or lite evaporated milk • Low fat, unsweetened or diet yoghurt
Cream cheese	<ul style="list-style-type: none"> • Ricotta, cottage cheese or quarg
Full cream evaporated milk	<ul style="list-style-type: none"> • Lite evaporated milk
Full cream milk	<ul style="list-style-type: none"> • Reduced or non-fat milk
Peeled vegetables	<ul style="list-style-type: none"> • Vegetables with the skin left on • Add extra vegetables
Puff and regular pastry	<ul style="list-style-type: none"> • Filo pastry - spray with small amounts of oil
Salt in cooking	<ul style="list-style-type: none"> • Lemon juice, curry powder, spices
Sour cream	<ul style="list-style-type: none"> • Low fat, unsweetened plain yoghurt • Small amounts reduced fat sour cream
Soy sauce	<ul style="list-style-type: none"> • Lite soy sauce
Sugar	<ul style="list-style-type: none"> • Reduce quantity of sugar or use artificial sweetener • Try small amounts of dried fruit, fruit juice or fresh fruit to add extra sweetness
Tasty cheese	<ul style="list-style-type: none"> • Edam or lite Cheddar cheese • Small amounts of Parmesan
White bread crumbs	<ul style="list-style-type: none"> • Wholemeal breadcrumbs • Rolled oats • Crushed Weet-Bix
White flour	<ul style="list-style-type: none"> • Half wholemeal flour • Add 2 tablespoons oat bran per cup of flour