

# Adapting your favourite recipes

Healthy eating doesn't mean you have to throw out your favourite recipes. You can 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 here 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
<b>Butter</b>	<ul style="list-style-type: none"> <li>&gt; Monounsaturated or polyunsaturated margarine or spread</li> <li>&gt; Monounsaturated or polyunsaturated vegetable oil e.g. canola or olive oil</li> </ul>
<b>Canned fish</b>	<ul style="list-style-type: none"> <li>&gt; No added salt, fish in spring water</li> </ul>
<b>Coconut cream</b>	<ul style="list-style-type: none"> <li>&gt; Low fat evaporated milk and coconut essence</li> <li>&gt; Lite coconut milk</li> <li>&gt; Coconut flavoured lite evaporated milk</li> </ul>
<b>Cream</b>	<ul style="list-style-type: none"> <li>&gt; Low fat or lite evaporated milk</li> <li>&gt; Low fat, unsweetened or diet yoghurt</li> </ul>
<b>Cream cheese</b>	<ul style="list-style-type: none"> <li>&gt; Ricotta, cottage cheese or quarg</li> </ul>
<b>Full cream evaporated milk</b>	<ul style="list-style-type: none"> <li>&gt; Lite evaporated milk</li> </ul>
<b>Full cream milk</b>	<ul style="list-style-type: none"> <li>&gt; Reduced or non-fat milk</li> </ul>
<b>Peeled vegetables</b>	<ul style="list-style-type: none"> <li>&gt; Vegetables with the skin left on</li> <li>&gt; Add extra vegetables</li> </ul>
<b>Puff and regular pastry</b>	<ul style="list-style-type: none"> <li>&gt; Filo pastry – spray with small amounts of oil</li> </ul>
<b>Salt in cooking</b>	<ul style="list-style-type: none"> <li>&gt; Lemon juice, curry powder, spices</li> </ul>
<b>Sour cream</b>	<ul style="list-style-type: none"> <li>&gt; Low fat, unsweetened plain yoghurt</li> <li>&gt; Small amounts reduced fat sour cream</li> </ul>
<b>Soy sauce</b>	<ul style="list-style-type: none"> <li>&gt; Salt reduced soy sauce</li> </ul>
<b>Sugar</b>	<ul style="list-style-type: none"> <li>&gt; Reduce quantity of sugar or use artificial sweetener</li> <li>&gt; Try small amounts of dried fruit, fruit juice or fresh fruit to add extra sweetness</li> </ul>
<b>Tasty cheese</b>	<ul style="list-style-type: none"> <li>&gt; Edam or lite Cheddar cheese</li> <li>&gt; Small amounts of Parmesan</li> </ul>
<b>White bread crumbs</b>	<ul style="list-style-type: none"> <li>&gt; Wholemeal breadcrumbs</li> <li>&gt; Rolled oats</li> <li>&gt; Crushed Weet-Bix</li> </ul>
<b>White flour</b>	<ul style="list-style-type: none"> <li>&gt; Half wholemeal flour</li> <li>&gt; Add 2 tablespoons oat bran per cup of flour</li> </ul>

Diabetes New Zealand is a leading national organisation and registered charity. Our aim is to support all people affected by diabetes to live well through: Providing information and support to help people take charge of their health • Acting as an advocate and representing all people with, or at risk of developing, diabetes • Raising awareness of diabetes, especially around lifestyle factors that can help prevent or delay type 2 and help manage and control type 1 and type 2.