

Family meal makeovers

10 golden rules for healthier eating

We all want our family to be healthy and enjoy nutritious and delicious meals, but sometimes it can be hard to know what the right ingredients are.

Whatever you are whipping up in the kitchen, these are the key healthy eating tips to remember.

1 Eat a variety of foods – enjoy healthy eating!

A balanced diet needn't be restrictive or boring. Take your pick from a variety of delicious foods including fruit and vegetables, wholegrains, lean meats, reduced fat dairy, oily fish, and nuts and seeds. Enjoy up to six eggs per week, and add legumes and pulses to meals at least twice a week, including canned beans (baked beans, kidney beans and three bean mix), dried peas (split peas), dried beans (butter beans and broad beans), chickpeas or lentils.



2 Eat 5 serves of vegies and 2 serves of fruit a day

It sounds ambitious, but a serve isn't as big as you think.

One serve of vegetables

75g ½ cup of cooked vegetables One medium potato 1 cup of salad vegetables

One serve of fruit

150g 1 medium size portion (apple) 2 small pieces (apricots) 1 cup of canned or chopped fruit

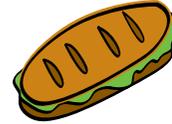
Have fruit as part of breakfast and for a snack to get your two serves per day. Fill half your plate with vegetables at meal time and you are well on your way.

Stock your kitchen with frozen, canned and dried fruit and vegies so you've always got them on hand to add to meals.



3 Choose wholegrain options

Whether it's bread, breakfast cereals, pasta, rice or noodles; choose wholegrain options whenever possible.



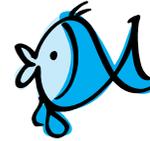
4 Trim your meat

Remove visible fat from any cuts of meat and remove the skin from chicken before cooking. This will help lower your family's intake of unhealthy saturated and trans fats. Avoid processed meats, like sausages and salami, unless they have the Heart Foundation Tick.



5 Choose oily fish

Serve up two to three portions of oily fish (canned or fresh tuna, salmon, sardines, blue mackerel) each week. A serve is 150g, which is roughly the size of your hand. If you find it hard to get your two to three serves a week, add fish oil capsules and omega-3 enriched foods and drinks to your diet.



6 Switch to healthy fats

Replace butter with a Tick approved spread made from canola, sunflower or olive oil and dairy blends. Avocado or hummus can be used as alternatives to margarine two to three times a week.

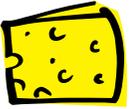


In salad dressings, mayonnaise and when cooking, choose from a variety of vegetable and seed oils, including canola, sunflower, soybean, olive, sesame and peanut oils.



7 Choose reduced, low or no fat dairy

Swap full fat dairy foods for reduced, low or no fat dairy for everyone in the family over two years of age. You will remove 4 kg of saturated fat from your diet in a year if you do this with one cup of milk, two slices of cheese and a small tub of yoghurt a day. A healthy balanced diet can include a serve of plain ice cream (1½ scoops or 50g) up to three times a week.



8 Sling the salt

There's salt in most foods and not all of it is obvious, like in soups, stocks and canned vegies. If you're buying these, choose those that are labelled as having "no added salt", "low salt", "salt reduced" or have the Heart Foundation Tick. Resist adding salt to your cooking (use herbs and spices to add flavour) or at the table.



9 Look for the Tick

The Heart Foundation Tick is a quick way of spotting healthier food options in each food category at the supermarket. Save time reading and comparing different labels and just look for the Tick. Tick foods are healthier choices because they're lower in saturated fats, salt and kilojoules, and have to contain plenty of the good stuff, like fibre and calcium.



10 Limit salty, sugary and fatty foods

Try to limit take away foods such as pastries, pies, pizza, fried fish, hamburgers, hot chips and creamy pasta dishes to once a week. Healthier take away choices include sushi or sashimi, stir-fries, tomato-based pasta dishes, grilled fish, skinless chicken and lean meat.



Healthy snack options include plain unsalted nuts and seeds, fruit, reduced fat yoghurt, chopped vegies with hummus, and Tick approved nut and cereal bars. Limit sugary drinks and make water your drink of choice.

Take the guesswork out of healthier cooking

Eating healthier doesn't have to mean missing out on your favourite recipes. By making a few simple changes to reduce a recipe's energy (kilojoules) or saturated fat content, you can still enjoy the meals you love in just three easy steps:



1 Try healthier cooking methods

2 Change ingredients by reducing, removing or replacing with something else

3 Look for the Heart Foundation Tick.



Method	Healthier cooking method
Deep fry	<ul style="list-style-type: none"> Roast in the oven on a lined tray or grill tray. Food can be lightly steamed or microwaved first, then brushed with oil such as canola, sunflower, soybean or olive oil before oven baking. Crumbed fish, chicken and oven fries can be cooked in the oven rather than deep fried.
Shallow fry/Sauté	<ul style="list-style-type: none"> Stir-fry using reduced salt stock and/or oil, such as canola, sunflower, soybean, olive or peanut oil. Try using a non-stick frypan.
Roast	<ul style="list-style-type: none"> Choose lean cuts of meat and trim all visible fat. Place the meat on a rack in a baking dish with 1 to 2 cm water. For extra flavour, add herbs to the water. Try brushing with a marinade to prevent the meat drying out, or cover the food with a lid or aluminium foil for part of the cooking time. Roast on a spit or rotisserie to allow fat to drip away. Brush or spray vegetables with oil such as canola, sunflower, soybean, olive or peanut oil, and bake in a separate pan to meat/poultry.
Casserole/Stew	<ul style="list-style-type: none"> Trim fat off meat/poultry before cooking. Add legumes, such as kidney beans, chickpeas, soy beans or lentils, for extra fibre, flavour and texture. After cooking, chill the food so any fat solidifies on the surface. Skim the fat off the surface before reheating and thickening (if necessary).

Ingredient	Healthier alternative
Milk/Yoghurt/Cream	<ul style="list-style-type: none"> Use reduced, low or no fat varieties. As a substitute for cream, use light/reduced fat ricotta cheese whipped with a little icing sugar, fruit, or reduced, low or no fat milk/evaporated milk.
Sour cream	<ul style="list-style-type: none"> Blend cottage cheese and reduced, low or no fat milk (add a little lemon juice or vinegar if desired). Use reduced, low or no fat natural yoghurt. Use evaporated reduced fat milk and lemon juice.
Cheese	<ul style="list-style-type: none"> Use smaller amounts of reduced fat varieties. Use a little grated parmesan cheese instead of grated cheddar – it gives more flavour and less is needed. Mix grated reduced fat cheese with oats, breadcrumbs or wheatgerm for toppings on casseroles, gratins and baked dishes.
Butter/Margarine spreads	<ul style="list-style-type: none"> Use margarine spreads made from canola, sunflower or olive oil, and dairy blends that have earned the Heart Foundation Tick instead of butter, other dairy blends, lard, or cophera.
Oil	<ul style="list-style-type: none"> Use a variety of oils for cooking. Some suitable choices include canola, sunflower, soybean, olive and peanut oil.
Mayonnaise/Dressing	<ul style="list-style-type: none"> Use salad dressings and mayonnaise made from oils such as canola, sunflower, soybean and olive oil. Make your own using ingredients such as reduced, low or no fat yoghurt, buttermilk, tomato paste, balsamic or other vinegars, lemon juice, reduced fat ricotta cheese, mustard and fruit pulp.
Meat/Poultry	<ul style="list-style-type: none"> Choose lean meats and poultry. Remove all visible fat from meat and skin from poultry before cooking. Marinate or add flavour with ingredients such as wine vinegars. Sear meat quickly to keep in juices.
Cakes/Biscuits	<ul style="list-style-type: none"> Use margarine spreads made from canola, sunflower or olive oil, or dairy blends that have earned the Heart Foundation Tick instead of butter. Use oils such as canola, sunflower or olive oil. The minimum fat required for biscuits is about 2 tablespoons per cup of flour – this will retain crispness. Make plain sponges, breads, muffins and scones as they generally use less fat. Choose wholegrain or wholemeal flour to add some extra fibre.
Pastry/Savoury	<ul style="list-style-type: none"> Use filo pastry, brushing every three to four layers with oil such as canola, sunflower, soybean, olive oil, or egg white. Use pastry made with oil such as canola, sunflower or olive oil.
Coconut cream/Coconut milk	<ul style="list-style-type: none"> Use evaporated reduced fat milk with a little coconut essence, or coconut-flavoured milk. Alternatively, if you have time, soak desiccated coconut in warm reduced, low or no fat milk for 30 minutes, then strain, discard the coconut and use the milk.

Visit www.heartfoundation.org.au/tick to download the Tick Shopping Guide and make the Tick your secret weapon of choice for your next trip to the supermarket!