

Resource 8: Recipe modification guidelines

Ingredient or cooking method	Substitute
Full cream milk	Reduced-fat or skim milk
Cream	Reduced-fat evaporated milk For savoury items, evaporated skim milk, low-fat natural yoghurt, butter milk or skim milk with cornflour For sweet items, low-fat yoghurt or a mixture of reduced-fat ricotta cheese and natural low-fat yoghurt
Sour cream	Natural low-fat yoghurt or extra light sour cream
Cheese	Naturally lower-fat cheeses such as cottage, ricotta or mozzarella Reduced-fat varieties Smaller amounts of stronger cheese like parmesan
Butter	Poly- or monounsaturated spreads or oils like olive, canola, sunflower Reduce the amount of butter used Thin layer of avocado, reduced-fat cream cheese, ricotta or cottage cheese, hummus or low-fat mayonnaise
Coconut cream/milk	Evaporated skim milk and added coconut essence, or coconut flavoured low-fat evaporated milk
Oily/creamy salad dressings	Small amount of canola, olive, sunflower or soy oil mixed with balsamic or other vinegars or lemon/lime juice and herbs Clear 'oil-free' salad dressings
Mayonnaise	Reduced-fat mayonnaise
Meat with fat or skin	Meats trimmed of all visible fat and skin before cooking Lean mince Meats without marbling (streaks of white fat) Extra legumes like kidney beans, lentils and chick peas
Salt	Herbs, spices, lemon juice, onion, garlic, shallots, mustard, vinegar, ginger, chilli Do not add salt to sandwiches, rolls and wraps Gradually reduce amount of salt each time a recipe is made
Bread	Wholemeal, multigrain or high-fibre white bread, rolls, pita, wraps, English muffins
Fruit and vegetables	Keep skin on wherever possible and ensure items are thoroughly washed
Frying and deep frying	Baking or grilling on a rack Low-fat cooking methods such as steaming, stir-frying, grilling or microwaving
Baked goods	Replace half to all of the fat with unsweetened apple puree or low-fat plain yoghurt Reduce sugar by one-quarter to one-third and add extra flavourings like cinnamon, nutmeg or vanilla to compensate
Short-crust or regular puff pastry	Filo pastry or reduced-fat puff pastry