



# The right ingredient

Guidelines for healthier recipes



# Contents

- 2 A framework for recipe development
- 3 Helping all Australians to achieve a healthy weight
- 4 Introduction
- 4 Developing and modifying recipes
- 5 **Ingredients**
  - 5 Fruit, vegetables and legumes
  - 6 Breads and cereals (rice, pasta and noodles)
  - 7 Meat, poultry, fish, seafood and eggs
  - 9 Milk and milk products
  - 10 Fats and oils
  - 11 Seeds, nuts and nut products
  - 11 Pastries
  - 12 Condiments and extras
- 13 **Alternative cooking methods**
- 14 **Recipe format and photography checklist**



# A framework for recipe development

Australians are becoming increasingly aware of what they eat. They now demand food that not only looks and tastes good, but is also good for them.

The Heart Foundation has developed these guidelines for food writers, home economists, food technologists and chefs to use when developing recipes. We encourage using healthy recipes as a practical tool to help consumers to achieve a healthy balanced diet.

These guidelines are consistent with our evidence-based nutrition position statements, available at [www.heartfoundation.org.au/Professional\\_Information/Lifestyle\\_Risk/Nutrition](http://www.heartfoundation.org.au/Professional_Information/Lifestyle_Risk/Nutrition). These guidelines use our knowledge of food industry practices and foodservice, and incorporate our latest healthy eating and drinking tips.



# Helping all Australians to achieve a healthy weight

The Heart Foundation is the leading organisation in the fight against cardiovascular disease (heart, stroke and blood vessel disease). Our mission is to reduce suffering and death from cardiovascular disease in Australia.

“Heart disease is the leading single cause of death in Australia, with nearly 23,000 lives lost to the disease in 2007. Overall, cardiovascular disease is responsible for 127 deaths every day, or one death every 11 minutes.”

Since our establishment in 1959, we have championed the hearts of Australians by promoting health in the community, supporting health professionals and funding world-class research. As a charity, we rely on donations and gifts in wills to continue our work.

Heart disease is the leading single cause of death in Australia, with nearly 23,000 lives lost to the disease in 2007. Overall, cardiovascular disease is responsible for 127 deaths every day, or one death every 11 minutes.

Being overweight or obese increases your risk of getting cardiovascular disease. Therefore, one of our key aims is to help all Australians to achieve a healthy weight. We do this by:

- developing evidence-based, user-friendly health information, including guidelines, position statements, booklets, information sheets and webpages
- encouraging all levels of government to create healthier communities
- improving the food choices available in supermarkets and foodservice outlets to make it easier for Australians to make healthier choices
- working with governments and corporate partners to make people aware of the benefits of a healthy lifestyle.

We will continue our work to support healthy eating by improving the food supply from paddock to plate. This includes improving the nutritional quality of the food available; improving food growing, ordering and serving practices; and promoting better food.



# Introduction

To reflect our recommendations for healthy eating and drinking, recipes should contain as appropriate:

- one or more serves of fruit or vegetables and other plant-based ingredients, such as legumes
- wholegrains
- lean meat and skinless poultry
- oily fish and seafood (see [www.heartfoundation.org.au/sites/HealthyEating/understandingfatsandcholesterol/Pages/Aguidetofishandomega-3](http://www.heartfoundation.org.au/sites/HealthyEating/understandingfatsandcholesterol/Pages/Aguidetofishandomega-3) for more information)
- healthier fats, oils and dressings (high in polyunsaturated or monounsaturated fatty acids)
- reduced, low or no fat dairy foods.

We recommend that recipes use minimal:

- unhealthy fats and oils (high in saturated and trans fatty acids)
- salt and salty ingredients.



## Developing and modifying recipes

When you develop or modify recipes, use the following tables of ingredients, follow the suggested alternative cooking methods, and use the *Recipe format and photography checklist* on page 14.

Recipes should include a variety of 'use' foods from the different food groups. All foods with the Heart Foundation Tick can be used.

We understand that not all recipes can be developed without saturated fat, salt and sugar. That's why we've included some ingredients for 'limited use'. These ingredients should be used sparingly in the recipe and in any photographs.

Ingredients in the 'don't use' column don't meet our healthy eating and drinking recommendations. If you are considering using these ingredients, please talk to us before developing the recipe – we may be able to suggest an alternative ingredient.

All serve sizes should follow the *Australian Guide to Healthy Eating* at [www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-publicat-document-fdcons-cnt.htm](http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-publicat-document-fdcons-cnt.htm).



# Ingredients



## Fruit, vegetables and legumes

- A minimum of one serve of vegetables should be included in, or accompany, each main meal (either as part of the meal or as a serving suggestion). It should include colour, variety and seasonal alternatives.
- Where practical, a minimum of one serve of fruit or vegetables should be included in, or accompany, all other dishes, such as snacks, salads and desserts.

Use	Limited use	Don't use
<p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• Fresh, frozen, canned (labelled 'no added salt', 'low salt' or 'salt reduced') and dried vegetables</li> <li>• Packaged vegetables labelled 'no added salt', 'low salt' or 'salt reduced'</li> <li>• Salads (also see <b>Salad dressing and mayonnaise</b>)</li> <li>• Vegetable flowers</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen chips or other forms of potato pre-cooked in healthier oil</li> <li>• Potato cooked in healthier oil and presented in formats other than chips – e.g. wedges, noisettes, balls and puffs</li> <li>• Other vegetables cooked in healthier oils</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetables with added saturated fats (e.g. in butter sauce)</li> <li>• Frozen chips or other forms of potato <b>not</b> pre-cooked in healthier oil</li> <li>• Added salt</li> </ul>
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• All fresh, frozen and dried fruit</li> <li>• Fruit canned or bottled in unsweetened or natural juice</li> <li>• Avocado</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• 100% fruit spreads and jams</li> <li>• Marmalades made with at least 50% fruit</li> <li>• Sugar added to fruit-based recipes (also see <b>Sugar</b>)</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut meat and flesh</li> <li>• Coconut milk and cream</li> <li>• Fruit canned in syrup</li> <li>• Fruit in confectionary</li> <li>• Glacé fruit</li> <li>• Other jams and marmalades</li> </ul>
<p><b>Legumes</b></p> <ul style="list-style-type: none"> <li>• Dried peas – e.g. split peas</li> <li>• Dried beans – e.g. haricot beans</li> <li>• Canned beans – e.g. baked beans, three bean mix, kidney beans, chilli beans, four bean mix and cannellini beans, labelled 'no added salt', 'low salt' or 'salt reduced', drained and rinsed</li> <li>• Chickpeas and lentils</li> <li>• Legumes cooked using healthier oils</li> <li>• Legumes labelled 'no added salt', 'low salt' or 'salt reduced'</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Fried and salted peas/beans cooked with unhealthier fats</li> <li>• Added salt</li> </ul>



## Breads and cereals (rice, pasta and noodles)

- In recipes using flour, where possible, use at least 50% wholemeal flour.
- Use wholegrain or wholemeal bread or rice where possible, but white varieties are still good choices.
- Use spreads and margarines made from healthier oils, or dairy blends that are Tick approved, instead of butter. Avocado and hommus can be used as an alternative to spreads and margarines.



Use	Limited use	Don't use
<b>Breads</b>		
<ul style="list-style-type: none"> <li>• Wholegrain, wholemeal, multigrain, added fibre, soy and linseed, rye, high fibre white, focaccia, Lebanese, pita, pocket, mountain and fruit/raisin breads</li> <li>• Rolls, bagels, baps, crumpets, English muffins, tortillas, chapattis, matzos and hot cross buns</li> <li>• Wholegrain breadcrumbs</li> <li>• Wholegrain crispbread, crackerbread, rice crackers and rice cakes</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Taco and papadums</li> </ul>	<ul style="list-style-type: none"> <li>• Breads made with added cheese and bacon</li> <li>• Garlic bread (commercial varieties)</li> <li>• Croissant, brioche</li> <li>• Savoury/Sweet pastries, unless Tick approved</li> <li>• Savoury crackers/biscuits – e.g. cheese biscuits, unless Tick approved</li> </ul>
<b>Rice, noodles and pasta</b>		
<ul style="list-style-type: none"> <li>• Rice – e.g. white, brown, Basmati, risotto/Arborio and Jasmin</li> <li>• Rice bran</li> <li>• Fresh, dried or baked pasta (preferably wholemeal)</li> <li>• Filled pasta with no added salt</li> <li>• Fresh, dried or baked noodles – e.g. cellophane, rice, hokkien, udon and egg</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Cream and cheese sauces unless made with reduced, low or no fat milk, and lower fat cheese</li> <li>• Fried noodles – e.g. regular two-minute noodles</li> </ul>
<b>Grains and cereals</b>		
<ul style="list-style-type: none"> <li>• Wheat, rye, oats, barley, pearl barley, triticale, quinoa and wheatgerm</li> <li>• Barley bran, buckwheat, bulgur, couscous, millet, oat bran, polenta, rice bran, wild rice and corn meal</li> <li>• Flour – e.g. plain, wholemeal, self-raising, high-fibre white, rice and cornflour. Where possible, use at least 50% wholemeal flour</li> <li>• Sago, tapioca and arrowroot</li> <li>• Breakfast cereals – look for cereals that contain 3 g or more of fibre per serve (e.g. high fibre, wholewheat and wholegrain)</li> <li>• Natural/Untoasted muesli</li> <li>• Porridge (regular and instant)</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Commercial sweet biscuits, cakes, pastries and muffins, unless Tick approved</li> <li>• Toasted muesli</li> <li>• Toasted or oven-baked breakfast cereals</li> </ul>



## Meat, poultry, fish, seafood and eggs

- Standard fish names must be used in the recipes. See [www.seafood.net.au/fishnames/standard.php](http://www.seafood.net.au/fishnames/standard.php) for more information.
- Meat should be prefixed with the word 'lean' and/or the method should advise trimming meat of all visible fat.

Use	Limited use	Don't use
<b>Meat</b>		
<ul style="list-style-type: none"> <li>• Lean meat trimmed of all visible fat – e.g. beef, lamb, mutton, veal, pork, venison, rabbit, emu, kangaroo, buffalo and goat</li> <li>• Lean mince meat</li> <li>• Lean meat patties</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Tick approved bacon and lean short-cut bacon</li> <li>• Lean ham, corned beef, prosciutto, pancetta and pastrami</li> </ul>	<ul style="list-style-type: none"> <li>• Fatty meats, especially with visible fat</li> <li>• Fatty bacon</li> <li>• Regular sausages, saveloys</li> <li>• Fatty cold meats</li> <li>• Processed meats – e.g. devon, salami, strassburg, mortadella, mettwurst, liverwurst and fritz</li> <li>• Brains and sweetbread (pancreas and thymus), liver and kidney</li> <li>• Canned meats, paté and meat spreads</li> <li>• Meat pies, sausage rolls and hot dogs without the Tick</li> </ul>
<b>Poultry</b>		
<ul style="list-style-type: none"> <li>• Chicken, turkey and duck trimmed of visible fat and skin removed</li> <li>• Other wild birds trimmed of visible fat and skin removed</li> <li>• Reduced fat and salt poultry products</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Poultry with the skin on</li> <li>• Fried poultry</li> <li>• Processed chicken products – e.g. pressed chicken, chicken nuggets and crumbed chicken, unless Tick approved</li> </ul>

Use	Limited use	Don't use
<b>Fish</b>		
<ul style="list-style-type: none"> <li>• Fresh fish, including oily varieties – e.g. Atlantic salmon, blue mackerel, Australian salmon, gemfish, southern bluefin tuna, blue-eye trevalla, Australian sardine, yellow-tail kingfish, Australian herring, sea mullet and silver perch</li> <li>• Canned fish – e.g. sardines, salmon and tuna, in spring water or healthier oil. Use reduced salt varieties where possible</li> <li>• Frozen fish products cooked in healthier oil</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Fish high in methylmercury – e.g. shark (flake), swordfish, king mackerel, orange roughy (deep sea perch) and catfish</li> <li>• Anchovies in small quantities (e.g. two anchovies per serve)</li> <li>• Smoked fish and salmon</li> </ul>	<ul style="list-style-type: none"> <li>• Fish in batter, crumbed or with fatty sauces (e.g. cheese sauce) unless cooked in healthier oils and served with sauces made from reduced, low or no fat milk and lower fat cheeses</li> <li>• Fish cooked in unhealthy oil</li> <li>• Regular fish fingers</li> <li>• Frozen fish meals</li> <li>• Fish spreads</li> <li>• Canned fish in brine</li> </ul>
<b>Seafood</b>		
<ul style="list-style-type: none"> <li>• Green mussels, oysters, scallops and blue mussels</li> <li>• Crab, clams and cockles</li> <li>• Lobster, crayfish, yabby and marron</li> <li>• Balmain and Moreton Bay bugs</li> <li>• Prawns, scampi and calamari/squid</li> <li>• Canned seafood labelled 'no added salt', 'low salt' or 'salt reduced'</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Seafood in batter, crumbed or with fatty sauces (e.g. cheese sauce) unless cooked in healthier oils and served with sauces made from reduced, low or no fat milk and lower fat cheeses</li> </ul>
<b>Eggs</b>		
<ul style="list-style-type: none"> <li>• Whole fresh eggs – e.g. caged, organic and free-range</li> <li>• Egg whites</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Pickled eggs in brine</li> </ul>



## Milk and milk products

Use	Limited use	Don't use
<b>Milk</b>		
<ul style="list-style-type: none"> <li>• Reduced, low or no fat plain milks – e.g. liquid, evaporated, UHT and powdered</li> <li>• ‘Calcium added’ soy or non-dairy drinks – e.g. reduced, low or no fat rice milk</li> <li>• Buttermilk</li> <li>• Coconut-flavoured evaporated milk</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced, low or no fat flavoured milks</li> </ul>	<ul style="list-style-type: none"> <li>• Full fat milk – e.g. liquid and powdered, including goat’s and sheep’s milk</li> <li>• Full fat flavoured milk</li> <li>• Coconut milk</li> <li>• Condensed milk</li> </ul>
<b>Yoghurt</b>		
<ul style="list-style-type: none"> <li>• Reduced, low or no fat plain and flavoured yoghurt</li> <li>• Soy yoghurt</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Full fat yoghurts</li> </ul>
<b>Cheese</b>		
<ul style="list-style-type: none"> <li>• Cottage cheese, ricotta, quark, extra light cream cheese, light tasty cheddar and light mozzarella</li> <li>• Reduced fat hard cheeses – e.g. reduced fat haloumi</li> <li>• Soy cheese</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Strongly flavoured full fat/salt cheese (e.g. parmesan and fetta) as a garnish only</li> </ul>	<ul style="list-style-type: none"> <li>• Full fat cheese</li> <li>• Full fat cream cheese</li> <li>• Cheese dipping sauces</li> </ul>
<b>Cream</b>		
<p>Suggested alternatives:</p> <ul style="list-style-type: none"> <li>• Ricotta cheese whipped with a little icing sugar, fruit or reduced, low or no fat milk</li> <li>• Reduced fat evaporated milk</li> <li>• Reduced, low or no fat yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced fat, light/lite and extra lite cream</li> <li>• Reduced fat, light/lite and extra lite sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• Full fat cream</li> <li>• Full fat sour cream</li> <li>• Thickened cream</li> <li>• Coconut cream</li> </ul>
<b>Custard</b>		
<ul style="list-style-type: none"> <li>• Reduced, low or no fat plain custards</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Reduced, low or no fat flavoured custards – e.g. chocolate or brandy</li> </ul>	<ul style="list-style-type: none"> <li>• Full fat custards</li> </ul>
<b>Ice cream and ice confections</b>		
<ul style="list-style-type: none"> <li>• Ice cream substitutes using polyunsaturated fats</li> <li>• Reduced fat ice cream and frozen yoghurt</li> <li>• Ice confection – e.g. sorbet, fruit-based gelato and fat free fruit confection</li> <li>• Soy ice cream</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Full fat ice cream</li> <li>• Ice cream with confectionery</li> </ul>

## Fats and oils

- If plant sterol enriched margarine spreads are used in a recipe then include a 'Tip' on the recipe page that makes a statement about recommendations for infants, children and pregnant or lactating women using the same wording as the Food Standards Code.
- Suitable frying, baking and cooking oils and margarines can be found in *The 3-Step Guide* available at [www.heartfoundation.org.au/sites/HealthyEating/preparingfoodforothers](http://www.heartfoundation.org.au/sites/HealthyEating/preparingfoodforothers).



Use	Limited use	Don't use
<b>Oil</b>		
<ul style="list-style-type: none"> <li>• Any healthier oil – e.g. canola, sunflower, olive (virgin or extra virgin, it does not need to be specified in the recipe), grape seed, sunflower, safflower, sesame, soybean, corn, wheatgerm, almond, linseed, macadamia, peanut and pecan</li> <li>• Use spray oil for cooking where appropriate</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Palm, coconut and palm kernel oils</li> <li>• Hydrogenated and partially hydrogenated vegetable oils</li> <li>• Solid vegetable frying fats</li> <li>• Cotton seed oil</li> <li>• Solid animal frying fats – e.g. tallow</li> <li>• Copha, lard, dripping, ghee and suet</li> <li>• Duck and goose fat</li> </ul>
<b>Margarine spreads</b>		
<ul style="list-style-type: none"> <li>• Any healthier margarine spreads – e.g. margarine spreads made with canola, sunflower, soybean, safflower or olive oils</li> <li>• Dairy blends with the Tick</li> <li>• Plant sterol enriched margarine spreads</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Cooking margarines</li> <li>• Butter</li> <li>• Dairy blends without the Tick</li> </ul>
<b>Salad dressing and mayonnaise</b>		
<ul style="list-style-type: none"> <li>• Vinegar – e.g. red wine, white wine and balsamic</li> <li>• Lemon/Lime juice</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Any healthier dressings and mayonnaise – e.g. made with the polyunsaturated and monounsaturated oils listed under <b>Oil</b> above</li> </ul>	<ul style="list-style-type: none"> <li>• Cream-based dressings</li> <li>• An excessive amount of salad dressings</li> <li>• Sour cream-based dressings</li> <li>• Cream-based mayonnaise</li> </ul>



## Seeds, nuts and nut products

Use	Limited use	Don't use
<b>Seeds, nuts and nut products</b>		
<ul style="list-style-type: none"> <li>• Safflower, sunflower, pumpkin, sesame, caraway and fennel seeds, and linseed</li> <li>• Plain, unsalted nuts – e.g. walnuts, pine nuts, almonds, pecans, hazelnuts, peanuts, brazil nuts, pistachios, cashews and macadamias (raw or dry roasted)</li> <li>• Water chestnuts</li> <li>• Tahini</li> <li>• Coconut water</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts roasted in healthier oils</li> <li>• Peanut butter and other nut/seed spreads (salt reduced)</li> </ul>	<ul style="list-style-type: none"> <li>• Deep fried nuts</li> <li>• Salted nuts</li> <li>• Hazelnut and other chocolate/nut spreads</li> <li>• Coconut meat and flesh</li> <li>• Coconut milk and cream</li> <li>• Desiccated coconut</li> <li>• Peanut butter and other nut spreads that contain added oil, salt, sugar or maltodextrin, or that are marketed as 'lite'</li> </ul>

## Pastries

Use	Limited use	Don't use
<b>Pastries</b>		
<ul style="list-style-type: none"> <li>• Filo pastry</li> <li>• Spring roll pastry</li> <li>• Rice paper rolls</li> <li>• Alternative pastry casings – e.g. bread, rice and potato-based varieties</li> <li>• Pizza bases</li> <li>• Alternative pizza base – e.g. wholemeal pita bread</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Shortcrust, puff and wholemeal pastry, unless Tick approved</li> <li>• Pies and pasties, unless Tick approved</li> <li>• Danish pastries and croissants</li> </ul>



## Condiments and extras

Use	Limited use	Don't use
<b>Herbs, spices and flavourings</b>		
<ul style="list-style-type: none"> <li>• Fresh herbs and spices – e.g. garlic, pepper, green peppercorns and ginger</li> <li>• Lime, orange and lemon rind and juice</li> <li>• Mustard and vinegar</li> <li>• Dried herbs and spice mixes without salt or MSG</li> <li>• Liquid stock – e.g. salt reduced or homemade without added salt</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Plain olives and pickled vegetables in small quantities or as a garnish only (e.g. two olives per serve)</li> <li>• Pickled capers, rinsed</li> </ul>	<ul style="list-style-type: none"> <li>• Added salt – e.g. vegetable, sea, rock, garlic, pink, black, celery and onion salt</li> <li>• Soup powders and boosters, and canned and packet soups, unless Tick approved</li> <li>• Packet seasonings, stock cubes and powdered sauce mix, unless Tick approved</li> <li>• Meat and fish paste</li> <li>• Dried herb and spice mixes with salt or MSG</li> </ul>
<b>Sauces</b>		
<ul style="list-style-type: none"> <li>• Salt reduced tomato sauces – e.g. paste, puree, pasta sauce and ketchup</li> <li>• Salt reduced soy sauce</li> <li>• Salt reduced pasta sauces</li> <li>• Pesto-based sauces made with healthier oil and salt reduced if available</li> <li>• Cranberry, apple and mint sauces</li> <li>• Chutney, mustard and curry powder</li> <li>• Commercial gravy powder, salt reduced</li> <li>• Reduced fat evaporated milk</li> <li>• Custard powder</li> <li>• Any Tick approved product</li> </ul>	<ul style="list-style-type: none"> <li>• Asian sauces – e.g. regular soy, black bean, hoisin, oyster and fish</li> <li>• Worcestershire, chilli, horseradish, wasabi and Tabasco</li> </ul>	<ul style="list-style-type: none"> <li>• Butter and cheese sauces, unless made with reduced, low or no fat milk and lower fat cheese</li> <li>• Cream sauces, unless made with reduced, low or no fat milk</li> <li>• Gravy made from meat fat</li> <li>• Cream-based pasta sauces</li> <li>• Regular gravy powder</li> </ul>
<b>Alcohol</b>		
	<ul style="list-style-type: none"> <li>• Alcohol may be included in recipes where food is cooked</li> </ul>	<ul style="list-style-type: none"> <li>• Crème liqueurs</li> </ul>
<b>Chocolate</b>		
<ul style="list-style-type: none"> <li>• Cocoa powder</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate as a garnish</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate sauces</li> <li>• Chocolate fondue</li> <li>• Chocolate bars</li> <li>• Choc chips</li> </ul>
<b>Sugar</b>		
<ul style="list-style-type: none"> <li>• Use 100% fruit juice or fruit as a sweetener</li> </ul>	<ul style="list-style-type: none"> <li>• All types of cane sugar, including low GI and icing sugar, in appropriate amounts for the recipe</li> <li>• Maple syrup, honey, treacle and golden syrup</li> <li>• Artificial sweeteners</li> <li>• Icing sugar</li> </ul>	<ul style="list-style-type: none"> <li>• Fructose syrup</li> </ul>
<b>Dips</b>		
<ul style="list-style-type: none"> <li>• Avocado</li> <li>• Hummus</li> <li>• Salsa</li> <li>• Low fat yoghurt – e.g. tzatziki</li> <li>• Eggplant – e.g. baba ganoush</li> <li>• Any Tick approved product</li> </ul>		<ul style="list-style-type: none"> <li>• Full fat cream cheese dips</li> <li>• Commercial cheese-based dips</li> <li>• Tinned cream</li> <li>• Sour cream-based dips</li> </ul>



# Alternative cooking methods

Changing the way you prepare and cook foods to reduce the amount of saturated fat is an easy way to make a recipe healthier.

Cooking methods that use less saturated fat include:

- stir-frying
- boiling
- steaming
- grilling
- baking
- roasting on a rack
- casseroles
- hangis/umus
- microwaving.

Try these suggestions for reducing the amount of saturated fat in your recipes.

Cooking method	Suggestions to reduce saturated fat
Deep fry	<p>Keep deep-fried foods to a minimum. If food is deep-fried, use healthier deep-frying oils. For information about healthier deep-frying oils, see <i>The 3-step Guide</i> available at <a href="http://www.heartfoundation.org.au/sites/HealthyEating/preparingfoodforothers">www.heartfoundation.org.au/sites/HealthyEating/preparingfoodforothers</a>.</p> <p>Roast in the oven on a lined or grill tray. Food can be lightly steamed or microwaved first, and brushed with healthier oil, such as canola, sunflower, soybean or olive oil, for crispness. Crumbed fish, chicken, nuggets and oven fries can be cooked in the oven instead of deep fried.</p>
Shallow fry/Sauté	<p>Stir-fry using reduced salt stock and sauces, and/or healthier oil, such as canola, sunflower, soybean, olive, sesame or peanut oil.</p> <p>Try using a non-stick frying pan.</p>
Roasting	<p>Choose lean cuts of meat or trim all visible fat off meat before cooking. Place meat on a rack in a baking dish with 1 to 2 cm of water. For extra flavour, add herbs and garlic to the water. Try brushing with a marinade (e.g. healthier oils and herbs) to prevent the meat drying out, or cover the food with a lid or aluminium foil for part of the cooking time. Roasting on a spit or rotisserie will allow fat to drip away.</p> <p>Brush or spray vegetables with healthier oil, such as canola, sunflower, soybean, olive or peanut oil, and bake in a separate pan.</p>
Casserole/Stew	<p>Trim fat off meat and remove skin from poultry before cooking. Add legumes and cereals, such as barley, split peas, chickpeas, soybeans or lentils, to add bulk and flavour.</p> <p>After cooking, chill the food so that any fat solidifies on the surface. Skim the fat off the surface before reheating and thickening (if necessary).</p>

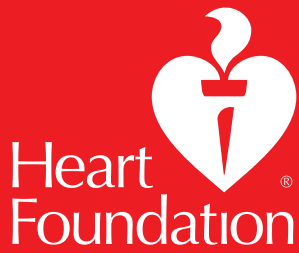
# Recipe format and photography checklist

## Recipe format

- Recipes are tasty, easy to prepare, and incorporate nutrient-rich ingredients.
- Recipes are accompanied by nutritious serving suggestions (if appropriate).
- Ingredients are measured in metric weight, and volume is in mL or cup amounts.
- Method is explained in simple steps and, where possible, has one instruction per line.
- Recipes indicate the number of serves per recipe and, where appropriate, nutrient analyses per serve.
- Alternatives to expensive ingredients are given where possible.
- Alternatives to ingredients that are not readily available in the supermarket are given where possible.

## Photography

- Alcohol should not be the focus of photographs. If alcohol is included in a photograph, make sure it is in the background behind a main meal. The quantity of alcohol in the glass should represent a standard drink.
- Food used in photography, such as in the fridge or on a bench, should be healthier choices/products and shown in appropriate portion sizes.
- Do not show salt shakers in photographs.
- Do not show cream or butter in photographs.



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