



# Healthy Options WA

MAKING HEALTHY CHOICES EASIER

## Healthy ingredient swaps

Regular ingredients	Healthier Green and Amber ingredients
<b>Breads</b>	
White, refined varieties of breads e.g. bagels, brioche, croissant	Whole-grain/wholemeal/multi-grain/high-fibre white/rye varieties of: <ul style="list-style-type: none"> <li>✓ Bread</li> <li>✓ Bread rolls</li> <li>✓ English muffin</li> <li>✓ Crumpets</li> <li>✓ Flat bread/pita bread</li> <li>✓ Fruit bread</li> </ul>
Savoury breads, twists and pull-aparts, croissants with cheese and processed meat (e.g. bacon) and buttered garlic bread	<ul style="list-style-type: none"> <li>✓ Savoury muffin (serve size of 60g or less) made with vegetables and/or cheese and/or nuts and seeds</li> <li>✓ Whole-grain/wholemeal/multi-grain/high-fibre white/rye toasted sandwich or wrap containing cheese and tomato, grilled vegetables with pesto e.g. eggplant, capsicum and baby spinach.</li> <li>✓ Mini pizzas made from wholemeal English muffins or pita bread topped with cheese and vegetables</li> <li>✓ Herb bread topped with olive oil mixed with chopped parsley, chives, oregano or rosemary.</li> </ul>
<b>Breakfast cereals</b>	
Cereals with added confectionery ingredients or flavourings (e.g. chocolate flavoured cereal) or those with a high amount of sugar such as granola	<ul style="list-style-type: none"> <li>✓ Natural untoasted muesli</li> <li>✓ Bircher muesli</li> <li>✓ Whole-wheat breakfast biscuits</li> <li>✓ Unflavoured porridge oats</li> <li>✓ Granola made with unsalted nuts/seeds, rolled oats, cinnamon and a small amount of naturally sweet spread e.g. honey or 100% maple syrup.</li> </ul>

Regular ingredients	Healthier Green and Amber ingredients
<b>Cream and sour cream</b>	
Cream	<ul style="list-style-type: none"> <li>✓ Canned evaporated milk</li> <li>✓ Ricotta</li> <li>✓ Cottage cheese</li> <li>✓ Natural Greek yoghurt</li> </ul>
Sour cream	<ul style="list-style-type: none"> <li>✓ Natural Greek yoghurt</li> </ul>
<b>Cheese (varieties that are high in salt)</b>	
Feta	<ul style="list-style-type: none"> <li>✓ Ricotta</li> <li>✓ Cottage cheese</li> </ul>
Haloumi	<ul style="list-style-type: none"> <li>✓ Cheddar</li> <li>✓ Mozzarella</li> <li>✓ Bocconcini</li> <li>✓ Swiss cheese</li> </ul>
<b>Coconut milk/cream</b>	
Coconut milk or coconut cream	<ul style="list-style-type: none"> <li>✓ Canned evaporated milk (coconut flavoured)</li> </ul>
<b>Meat, poultry, fish, eggs and alternatives</b>	
Processed meats such as ham, bacon, mortadella and salami, frankfurters, and unprocessed meats with visible fat, marbling or sinew left on when cooking	<ul style="list-style-type: none"> <li>✓ Lean minced meats e.g. beef, pork or chicken mince</li> <li>✓ Roasted or grilled meat trimmed of visible fat prior to cooking e.g. beef, pork, veal, lamb, chicken, turkey (any skin removed)</li> <li>✓ Smoked salmon (fillets or slices)</li> <li>✓ Tuna</li> <li>✓ Tofu (not deep fried)</li> <li>✓ Falafel</li> <li>✓ Egg (boiled or curried)</li> <li>✓ Roasted/grilled vegetables e.g. portobello mushroom, eggplant, zucchini, pumpkin, capsicum, corn on the cob, baked potato</li> </ul>

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<b>Eggs</b>	
Eggs fried in butter/fat	✓ Eggs fried on a non-stick surface with an unsaturated spray oil
Scrambled eggs or omelette made with cream	<ul style="list-style-type: none"> <li>✓ Eggs scrambled with milk instead of cream</li> <li>✓ Poached or boiled eggs</li> <li>✓ Omelette made with cheese and/or vegetables e.g. onion, mushroom, tomato, capsicum</li> </ul>
<b>Crumbed meat, poultry, fish and alternatives</b>	
Crumbed or battered products	<ul style="list-style-type: none"> <li>✓ Products coated with herbs and/or spices</li> <li>✓ Crumbed products that are baked, instead of deep fried</li> </ul>
<b>Oils and spreads</b>	
Saturated fats and oils such as butter and butter blends, dairy blend margarine, duck fat, ghee, lard, copha, tallow, coconut oil, palm oil and hydrogenated vegetable oil	<ul style="list-style-type: none"> <li>✓ Unsaturated fat plant-based oils e.g. sunflower, safflower, soybean, cottonseed, sesame, grapeseed, walnut, olive, canola, peanut, rice bran</li> <li>✓ Plant-based margarines</li> <li>✓ Avocado</li> <li>✓ Hummus</li> <li>✓ Pesto</li> </ul>
Chocolate spreads	✓ 100% natural nut butter with no added sugar, salt, or fat
Jam	<ul style="list-style-type: none"> <li>✓ 100% fruit jam with no added sugar</li> <li>✓ Pureed fruit</li> </ul>
<b>Pastry</b>	
Shortcrust, puff	<ul style="list-style-type: none"> <li>✓ Wonton wrappers</li> <li>✓ Oven baked pita bread</li> <li>✓ Filo pastry (using unsaturated fat oils between the pastry sheets instead of butter)</li> </ul>

Regular ingredients	Healthier Green and Amber ingredients
<b>Condiments and dressings</b>	
Cream-based dressings e.g. caesar, ranch, thousand island	Dressings made with: <ul style="list-style-type: none"> <li>✓ Unsaturated plant-based oil</li> <li>✓ Natural Greek yoghurt</li> <li>✓ Vinegar – balsamic, red wine, white wine, apple cider</li> <li>✓ Mustard</li> <li>✓ Lemon/lime juice</li> </ul>
Gravy made from meat juices and regular packet varieties	✓ Gravy made with salt-reduced gravy powder and water
Regular varieties of condiments (e.g. barbeque, HP, soy, sweet chilli, tomato sauce)	<ul style="list-style-type: none"> <li>✓ No added salt varieties</li> <li>✓ Serve sauces in 15g portion control packets</li> </ul>
Marinades and pastes	Marinades and pastes made from fresh ingredients such as: <ul style="list-style-type: none"> <li>✓ Lemon juice, olive oil and herbs e.g. parsley, oregano or rosemary</li> <li>✓ Olive oil, garlic and fresh basil</li> <li>✓ Natural Greek yoghurt, garlic, ginger and tandoori spices</li> <li>✓ Peppercorns crushed with smoked paprika and garlic</li> <li>✓ Ginger, garlic and chilli</li> <li>✓ Lime, lemongrass and chilli</li> </ul>
Stock	<ul style="list-style-type: none"> <li>✓ Reduced salt varieties of stock</li> <li>✓ Stock made from fresh ingredients</li> </ul>



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