

COOKING HABITS

We get used to cooking dishes as the recipe says without even thinking about it. The trick is to be able to subtly change the way you cook to make the everyday food you have at home more healthy. Changing recipes can bring on nerves in the best of cooks but if you keep it simple and your family are prepared to be the tasting panel for the odd trial then you will then the results will be good for you all!

RECIPE MAKEOVERS

To show how easy it is to modify recipes to make them healthier, we have given an example of a recipe makeover. The ingredients to watch out for are those that are high in fat (eg. oil, margarine, butter, cream), sugar (eg. sugar, honey) and salt (eg. salt, soy sauce, stock cubes).

As a rule of thumb there are four steps to consider when adapting a recipe:

1. **Eliminate** any ingredients that are unnecessary and unhealthy e.g. cream.
2. **Reduce** the quantities of any ingredients that are high in fat, salt and sugar.
3. **Substitute**, where possible, ingredients for others that are healthier options e.g. use lean mince rather than regular mince.
4. **Add** something to make the recipe more nutritious e.g. vegetables or legumes.

SPAGHETTI BOLOGNAISE

¾ packet spaghetti noodles

25g butter, cubed *Substitute with 1 tablespoon Oil e.g. Olive or Canola Oil*

500g mince *Use Lean Mince*

1 large onion, chopped

2 cloves garlic, finely chopped

1 tsp salt *Eliminate*

400g can tomatoes in juice, chopped *Use Tomatoes With No Added Salt*

135 g can tomato paste *Reduce By Half Due To Salt Content*

Add Vegetables Such As Grated Carrot and Peppers for Fibre and Nutrients

Fry mince onion, garlic until browned. Add vegetables tomatoes in juice and tomato paste. Simmer for about 15minutes and vegetables are tender.

Cook noodles, serve onto plates with mince mixture on top.

Information from the Food and Beverage Classification System Term Three Newsletter (2008)

Healthy Nibbles

Nutrition and Physical Activity Information for Children

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For more information visit: www.cph.co.nz

Canterbury

District Health Board

Te Pori Hauora o Waitaha