



## COMMENDABLE COOKING



Home cooking is usually a much healthier option than eating out. This handout contains several tips to help ensure that your home cooking is as low fat and heart friendly as possible.

### Tips for Healthy & Tasty Cooking

- ✓ Grill, BBQ, bake or steam meals.
- ✓ Use a non-stick frypan.
- ✓ Use cooking sprays rather than liquid oils when frying.
- ✓ Buy lean meats, which can be found by:
  - Minimal visible fat (trim this off before cooking)
  - National Heart Foundation tick
- ✓ Buy lean chicken (e.g. breasts, rather than thighs, wings or drumsticks), & trim off all fat & skin before cooking.
- ✓ Throw away your butter– instead use small amounts of canola or olive oil.
- ✓ Choose low fat cooking methods e.g. microwaving or grilling.
- ✓ Use non stick cooking paper when baking
- ✓ Modify recipes to contain less fat and oil. Substitute high fat ingredients with low fat alternates (see 'Recipe Tricks' below for suggestions)
- ✓ Always ensure you have some frozen vegetables and tinned fruit in the kitchen for occasions when you run out of fresh fruit or vegetables.

### Revamp your Recipes

Healthy eating doesn't mean that you need to give up all of your favourite meals, as long as you modify your recipes so they contain less fat and more fibre.

INGREDIENT	HEALTHIER ALTERNATIVE
<b>Dairy</b>	
Milk	Skim milk, ideally with extra calcium (e.g. Shape, Tone or Physical No Fat) "Light 'n Creamy" evaporated milk Buttermilk (in baking)
Yoghurt	Low fat yoghurt Make your own with lemon, lime or orange juice, natural yoghurt or buttermilk and vinegar. Add garlic, mustard and herbs to taste.
Sour Cream	Extra light sour cream Buttermilk or low fat natural yoghurt Blend low fat cottage and ricotta cheese Evaporated skim milk with some lemon juice
Coconut milk	Light coconut milk Soak shredded coconut in low fat milk for 30 minutes, strain, discard the coconut and use the remaining milk "Light 'n Creamy" evaporated milk & a few drops of coconut essence
Cream	Reduced fat cream, or light evaporated milk thickened with cornflour; or smooth ricotta cheese with vanilla essence; or low fat vanilla yoghurt
Cheese	25% - 50% reduced fat cheese, e.g. <i>Devondale Seven</i> or <i>Shape</i> Try low fat ricotta or cottage cheese instead
Cream cheese	Mix together equal portions of cottage and low fat ricotta cheese





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Mayonnaise	Fat free mayonnaise
Butter or lard	Smaller amounts of canola or olive oil, or a spread based on these (e.g. Proactive, Logicol, Olive Grove or Golden Canola)
<b>Meat etc.</b>	
Meat	Buy lean meat & remove all visible fat before cooking
Salami / sausage	Light ham, trimmed roast beef or other low fat meats
Chicken	Skinless chicken breast with all visible fat removed before cooking
Tinned salmon	Crush up the bones and mix in (for extra calcium)
Eggs	Use the specified number of egg whites and only half as many egg yolks
<b>Fruit &amp; Veg</b>	
Fruit (fresh)	Wash well and ideally leave the skin on
Fruit (canned)	Products with 'no added sugar'
Vegetables (fresh)	Wash well and ideally leave the skin on Double the quantity used and add extra types to each meal
Vegetables (canned)	Choose brands with no added salt
Olives / sundried tomatoes	Buy those stored in brine rather than oil, or drain before consuming
<b>Pantry Items</b>	
Rice	Brown rice (adds a nutty flavour, requires longer cooking)
Sauces / gravy	Try marinating meats in fruit juices, low fat natural yoghurt, mustard etc Use tomato or onion based gravy (drain off pan juice)  Make a white or cheese sauce with skim milk and cornflour and add reduced fat grated or Parmesan cheese, mustard, onion and/or parsley for flavour
Salad Dressings	Lemon juice or balsamic vinegar, herbs and a small quantity of olive oil 'No-oil' or low fat dressings Try chutney, pickles and relishes
Salt	Pepper, herbs, spices, garlic or lemon
White flour	Wholemeal flour; or use half the quantity of white and half the quantity of wholemeal flour
Gravy	Gravox powder mixed with water rather than pan juices
Coconut / palm oil	Olive, canola, sesame or peanut oil
Soy sauce	Salt reduced soy sauce A few drops of Tabasco sauce
Stock cubes	Angostura bitters or salt reduced soup
Tomato Paste	Dehydrated tomato flakes (instead of the same quantity of tomato paste)
Sugar, honey, golden syrup	A smaller quantity or omit it all together  Some fresh fruit or dried fruit, if this suits the recipe Apple puree or fruit nectar A few drops of vanilla essence
<b>Baking Tips</b>	
Cakes / biscuits	Replace about half the fat in recipes with buttermilk, fruit juice, low fat yoghurt, ricotta cheese, mashed or pureed fruit To add extra flavour use custard powder, vanilla essence, cinnamon, cloves, ginger or ginger pieces, nutmeg or mixed spice



Disclaimer



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