

Healthy Food Swaps List



| Replace | Choose instead |
|---|---|
| VEGETABLES | |
| Boiled, microwaved, frozen | Raw, steamed, stir fry, baked (crisp, not soggy), grilled, organic. |
| FRUIT | |
| Dried fruits, canned fruits in syrup, fruit roll ups | Fresh fruits, sun dried fruits, canned fruit in own juice (no added sugar), freeze dried fruit, frozen fruit. |
| PROTEIN | |
| Milk – Full cream (Common Allergy Food) | Hi lo, low fat, skim or soy organic, Australia’s Own, Vita Soy organic, cane sugar free or cane sugar & malt free, goat’s milk, sheep’s milk, nut milk or blend nuts eg. Almonds & water, coconut milk, oat milk, rice milk. |
| Yoghurt - full fat, sweetened, artificially sweetened | Natural, low fat yoghurt (eg. Mundella & Casa). Add Stevia, small amount of honey or fresh fruit to sweeten. |
| Cheese – full fat | Low or no fat cheese, cottage cheese, soya cheese, goat’s cheese. |
| Cheese – cream | Low or no fat cream cheese, cottage cheese, nut cheese, hummus. |
| Eggs | Free range and/or organic, tofu (egg like when scrambled). |
| Fried fish, tuna/salmon/sardines in vege oil | Fresh grilled fish, tuna, salmon, sardines packed in water. |
| Spare Ribs / Prime | Lean round steak, lean sirloin, and fillet. |
| Chicken - fried | Stir fry, broiled, steamed, baked skinless chicken breast, remove all skin. |
| Hamburger or lunch roll | Wholemeal roll with chicken breast or lean steak, fish fillet & salad or vegetable burger. |
| Ham, cold cuts | Turkey & chicken breast, home cooked leftover meats. |
| Bacon, sausage, hot dogs, pork, ham, lunch meats, frankfurts, continental sausages, pies, pasties, sausage rolls, processed or tin meats | Unprocessed low fat animal proteins: Chicken (no skin), turkey, fish, veal, lamb, eggs, Rabbit. Vegetable protein: Legumes, lentils, nuts, seeds, soya beans Home cooked leftover meats Avoid sliced lunch meats due to preservative (sodium nitrate) Use only occasionally ham off the bone, low fat shaved meats. |

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| CARBOHYDRATES | |
| Bread – White & multi grain, baker’s flour, bread making flour, unbleached flour | 100% sprouted grain, wholemeal bread with grain, rye bread, wholemeal pita bread, sourdough, gluten free, mountain wraps, whole wheat bread, lupin loaf, Bodhi’s loaf, wraps made from lettuce leaves/other greens. |
| White Lebanese / Pita Bread | Wholemeal Lebanese, pita bread. |
| Rice - White | Brown rice, red rice, black rice, purple rice. |
| Pasta - White | Wholemeal, corn, buckwheat, rice or millet pasta. |
| Spaghetti - White | Wholemeal spaghetti, spelt, soy, corn etc. spaghetti made from vegies such as spaghetti squash, raw pasta made from spiralizing zucchini, carrot etc. |
| Crackers - White | 100% whole wheat or rye crackers, rice & corn cakes, ryvita, vita wheat, rice crackers, raw veggie/seed crackers. |
| Cereals – Processed / sugary | Whole grain, low sugar, low salt cereal, brown rice, whole oats, Quaker oats, steel cut oats, coarse oatmeal, porridge, high fibre cereals, homemade cereals (muesli), puffed wholemeal grains (not sugar) ground nuts & seeds. |
| Wheat & foods containing wheat | Gluten free flours and cereals, brown rice, corn, barley, millet, oats, quinoa, amaranth. |
| Potato chips | Baked tortilla chips, corn chips, veggie chips, homemade. |
| DRINKS | |
| Tap water | Spring water, filtered water, water with lemon. |
| Tea | Green tea, white tea, herbal teas: Rooibos, Madura. |
| Coffee | Echo, dandelion, caro, decaf, raja’s cup, teecino. |
| Cordial, 25% fruit juice | 100% fruit juice mixed with 50% water, vegetable juice, freshly squeeze juice with pulp. |
| Soft / diet drinks | 100% fruit juice mixed with sparkling plain mineral water, water, apple and pear fruit juice concentrates from health food stores mixed with water. |
| Alcohol | Water, mineral water. |

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| SEASONINGS | |
| Vinegar | Vinegar aged in wood, apple cider vinegar, balsamic vinegar. |
| Table salt | Sea salt, kelp, Braggs non fermented all purpose seasoning, sesame salt, Celtic salt, garlic, onion, Cayenne, paprika and other spices, fresh herbs, low salt soy sauce, small amount of miso. |
| Salad dressings (cream, highly processed oils etc.) | Avocado, avo blended with vinegar, blended up nuts and spices, orange/lemon/lime juice. |
| DESSERTS | |
| Icecream, sorbets | Soft serve made from banana and other creamy fruits. Sorbet made from frozen berries and other juicy fruits. Gelare type icecream made from frozen banana and a small amount of nut butter such as peanut butter. Icy poles made from fresh fruit juice. Frozen bananas dipped in raw chocolate. |
| Cakes, pies, biscuits | Cakes/cookies etc. made from nuts, and dried and fresh fruit. |
| Milk chocolate, white chocolate | Dark chocolate (small amount), raw chocolate, carob Best choice – raw cocoa powder or beans in smoothies/breakfast cereals and mixes etc. |
| Lollies/candy | Fresh fruit, dried fruit. |
| Mousse/pudding/cream | Pudding/mousse made from avocado blended with fresh fruit, dates, cocoa powder etc. Pudding made from chia seeds, fruit etc (they thicken when liquid added). |
| Chips | Homemade popcorn with spices/herbs instead of salt/sugar. |