

## SmartFood ingredient swaps

### GREEN-ing up a pizza

<i>Full fat cheese</i>
<i>Bacon or salami</i> (doesn't meet nutrient criteria 3.2)
<i>No vegetables or fruit toppings</i>



<i>Reduced fat cheese</i>
<i>Ham or school cooked chicken</i> (meets nutrient criteria 3.2)
<i>Add plenty of vegetable or fruit toppings</i> (try mushrooms, capsicum, tomato, pineapple, olives, zucchini or spinach)



### GREEN-ing up a Mexican dish

<i>Corn chips</i> (doesn't meet nutrient criteria 3.3)
<i>Full fat cheese</i>
<i>Sour cream</i>
<i>Commercial salsa or taco sauce</i>
<i>Commercial Mexican spice mix</i> (with added salt)
<i>Minimal vegetables</i>



<i>Corn chips</i> (meets nutrient criteria 3.3 for AMBER option)
<i>Soft taco shells, tortillas or pita bread</i> (for a GREEN option)
<i>Reduced fat cheese</i>
<i>Reduced fat natural or Greek yoghurt</i>
<i>School-made salsa</i> (using fresh herbs and vegetables such as tomato, red onion and capsicum)
<i>School-made Mexican spice mix</i> (using fresh or dried herbs and spices with no added salt)
<i>Add plenty of vegetables and/or beans</i> (try kidney beans or black beans, corn, capsicum or avocado)

### GREEN-ing up a pasta dish

Regular mince	➔	Lean mince
Commercial pasta sauce	➔	Choose a GREEN option using nutrient criteria 3.1
Tinned tomatoes or tomato paste	➔	Choose no added salt or salt reduced
Full fat cheese	➔	Reduced fat cheese
Minimal vegetables	➔	Add plenty of vegetables (try onion, tomatoes, carrot, celery, mushroom, zucchini or capsicum)

### GREEN-ing up a stir-fry, rice or noodle dish

Asian flavour sauces	➔	Use reduced salt options where possible
Meat	➔	Use lean meat or poultry with skin removed and visible fat trimmed or try tofu
Fried noodles	➔	Choose plain, dried or fresh noodles
Minimal vegetables	➔	Add plenty of vegetables (try carrot, Asian greens, Chinese cabbage, celery, capsicum, mushrooms or broccoli)

### GREEN-ing up a curry, casserole or soup

Stock	➔	Use reduced salt or no added salt options where possible or homemade
Commercial simmer sauce	➔	Choose a GREEN option using nutrient criteria 3.1
Meat	➔	Use lean meat or poultry with skin removed and visible fat trimmed or try adding legumes or lentils
Rice	➔	Try a variety of grains (try white, brown or wild rice, quinoa or barley)

Coconut cream



Use small amounts of reduced-fat coconut milk. Be sure to add plenty of vegetables.

Minimal vegetables



Add plenty of vegetables  
(try pumpkin, sweet potato, kale or spinach)

### Sweet baked items

Icing or frosting



Replace with yoghurt or remove altogether

Cream



Reduced fat yoghurt or ricotta

Butter



Polyunsaturated or monounsaturated oil or spread

Sugar



Reduce the amount used and replace with fresh or tinned fruit for sweetness

White flour



Use a mix of wholemeal and white flour or add fibre by using oats

No fruit or vegetables



Add fruit or vegetables where possible  
(try carrot, zucchini, beetroot, pumpkin, apple, pineapple, banana or berries)

Full-fat pastry



Replace with filo pastry with a light spray of polyunsaturated or monounsaturated oil

Choc chips or other confectionary



Remove or replace these ingredients as they will make your recipe **RED**.  
(try dried fruit, fresh berries or seeds instead)

For recipe ideas:

[www.schoolfoodmatters.org.au/school-canteen/recipe-ideas/](http://www.schoolfoodmatters.org.au/school-canteen/recipe-ideas/)

#### Good to know:

School-made baked items are classified by assessing the recipe against nutrient criteria 2.4. By keeping the portion size of these items small, they are more likely to be classified as **AMBER**.