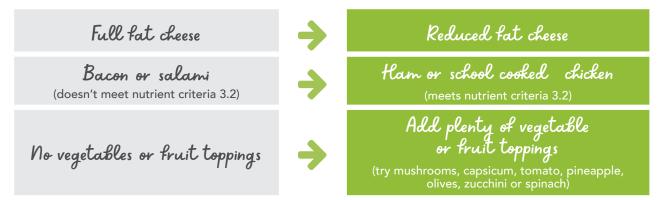
## SmartFood ingredient swaps

## **GREEN-ing up a pizza**



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## **GREEN-ing up a Mexican dish**

(doesn't meet nutrient criteria 3.3)

Full fat cheese

Sour cream

Commercial salsa or taco sauce

Commercial Mexican spice mix (with added salt)

Minimal vegetables

Corn chips (meets nutrient criteria 3.3 for AMBER option) Soft taco shells, tortillas or pita bread (for a GREEN option)

Reduced fat cheese

Reduced fat natural or Greek yoghurt

(using fresh herbs and vegetables such as tomato, red onion and capsicum)

School-made Mexican spice mix (using fresh or dried herbs and spices with no added salt)

Add plenty of vegetables and/or beans

(try kidney beans or black beans, corn, capsicum or avocado)



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		
lcing or frosting	♦	Replace with yoghurt or remove allogether
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	<b>&gt;</b>	Use a mix of wholemeal and white flour or add fibre by using oats
No fruit or vegetables	<b>→</b>	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	<b>&gt;</b>	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/

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.