

Simple swaps

EAT BETTER NOT LESS

In baking swap...



1 egg for...



'Flax eggs' of 1 tbsp ground flaxseed & 2 tbsp water, mixed and set for 3mins

or...



1/4 cup mashed banana

or...



1/4 cup carbonated (soda/sparkling) water

or...



1 tsp baking soda & 1 tbsp vinegar (white or apple cider), mixed



Vegetable oil for apple sauce (1:1)



Dairy or coconut milk for plant milk (1:1)



1 cup of sugar for...



1 mashed banana or 1 cup of finely chopped dates

or...



3/4 cup maple or date syrup & removing approximately 3 tbsp of other liquid



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For meals swap...



500g Minced meats for...



1 can of lentils drained (no added salt),
or 1 cup cooked quinoa or 500g
uncooked minced mushrooms



Meats for...



Beans, legumes, tofu or tempeh, or
increase whole grains and
starchy vegetables



Scrambled eggs for
tofu scramble



Coconut or dairy cream for
plant milk in sauces



White grains for wholemeal or whole
grains



Mayonnaise or cream based sauces for
home-made hummus



Store bought salad dressings for
apple cider vinegar



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In cooking, making sauces and dressings swap...



Oil
for...



Water when
sautéing



Air fryer for frying, or
oven roasting with a
squeeze of lemon juice



Apple sauce in
baking



Salt
for...



Herbs and spices



Salt-free vege stock



Nutritional yeast



Vinegars



Lemon and lime
juice



Soy or tamari
sauce



Low sodium ketchup
and mustards



Sugar
for...



Sugar-free jams



Fruit juices & purees



Tamarind puree



Sweet potato



Dates & dried fruit



Maple syrup



Molasses

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For meals swap...



Burgers & pizza with meat & cheese for...



Bean burgers with wholemeal bread and healthy pizza loaded with veggie toppings

For snacks swap...



Processed sweets and biscuits for...



Bliss balls or sliced fruit (great options include oranges, apples, pears, pineapple or peaches)



Usual favourites for...



Lentil bolognese on wholemeal spaghetti, chickpea curry or stir fry veges on brown rice



Salty, fried snacks for...



Edamame beans, vegetable crudites and hummus, or steamed potatoes.