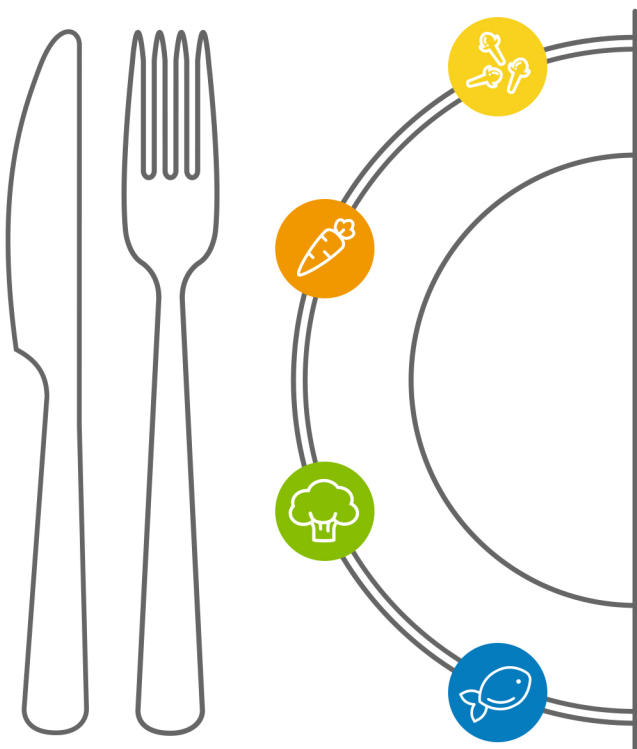


# HEALTHY ALTERNATIVES SWAP THIS FOR THAT

Ingredient and dish substitutions can help transform many recipes into more nutritious versions, whilst adding more flavour to the foods you enjoy. Learn more about simple swap-outs to transform some of your favourite dishes.



## 1. LOW SUGAR

Add flavour with up to half sugar in recipes.

## 2. AMAZING VEG

Fruits & vegetables are the easiest way to add extra nutrition to your diet. Hidden veggies for all the fussy eaters in the family, young and old!

## 3. GOOD CARBS

Nutty, nutritious and more filling, whole-wheat carbs are almost always a healthier choice to white ones.

## 4. HEALTHIER FATS

Add flavourful oily fish, vegetable oils, seeds and nuts to your dishes.



Adding spices such as cinnamon or cloves brings a natural sweetness to any meal.



In stews and curry add grated carrots or baby marrows. In your pap, add mashed pumpkin or spinach.



One of the simplest changes to make is to replace white pasta or rice with wholewheat.



Choose oily fish like pilchards and salmon instead of chicken or red meat at least once a week.

Reference: <http://sajcn.co.za/index.php/SAJCN/issue/view/67/showToc>

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