



Carbs & Cals



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Type 2 Diabetes



Weight Loss

ADAPTING RECIPES TO LOWER CALORIES

Making your own dishes from scratch is a great way to improve the quality of your diet as processed foods can contain a lot of hidden fat, sugar and salt.

Favourite home-cooked recipes can all be adapted to lower the calories, making them healthy as well as tasty. Try the tips below in your recipes.

★ TOP TIPS ★

MEAT IN DISHES

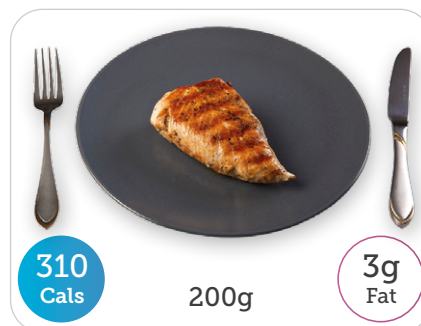
Less Fat

Use leaner cuts of meat and trim off any visible fat. Remove the skin from chicken and use turkey or Quorn instead of beef or pork.

Pork Chop (grilled)



Turkey Breast (grilled)



Make Smart Swaps

Replace some of the carbohydrate in the dish, (e.g. potatoes or pasta) with more lean meat. Or substitute some of the meat with pulses (e.g. lentils, beans or chickpeas).

Added Veg

Add extra mushrooms to replace some of the meat. This works especially well in slow-cooked or beef dishes as the mushrooms add lots of extra flavour.

COOKING METHODS

Go Non-Stick

Use a non-stick pan when frying as you'll often be able to use very little or no oil whatsoever. It doesn't have to be an expensive pan but replace it when the non-stick coating is worn.

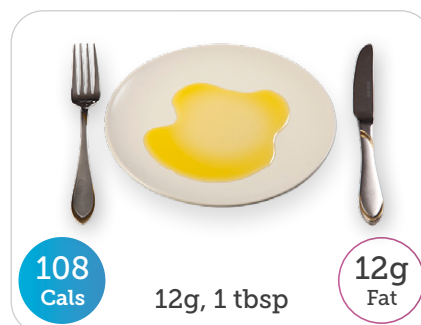
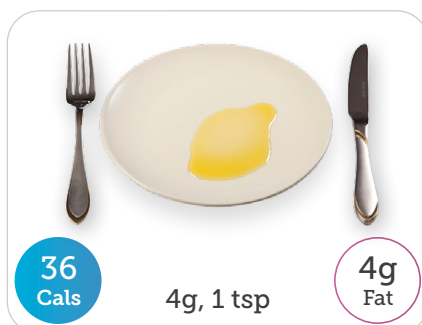
Avoid Frying

Grill and bake instead of frying, and use a wire rack to allow the fat to drain away from the food during cooking.

Oil Check

Reduce the amount of oil used in cooking and measure it using a spoon rather than pouring directly from the bottle.

Olive / Vegetable / Sesame Oil



OTHER CHANGES

More Veg

Add more vegetables so you can reduce the quantity of starchy carbohydrate or meat in the dish.

More Beans

Increase the amount of pulses in the dish and reduce the amount of potato, rice or pasta.

Less Sugar

In baking or desserts you can often halve the amount of sugar with no real detriment to the recipe. Replace some of the sugar with a sweetener.

More Fibre

Switch to higher fibre versions of rice and pasta, such as brown rice and wholemeal pasta. They are more filling so you can reduce the quantity.

White Rice (long grain)



Brown Rice (wholegrain)



OTHER CHANGES

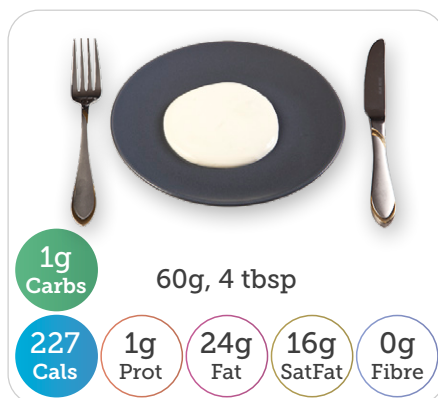
Dairy Switch

Use reduced fat alternatives to cream, cheese and butter.

- ★ Use a stronger cheese so you can use less of it.
- ★ Switch to a reduced fat spread instead of real butter.

- ★ Low fat plain yogurt is a great alternative to using cream, sour cream or crème fraîche. Add it to mashed potato for a lovely tangy flavour and leave out the butter!

Crème Fraîche



Natural Yogurt (low fat)



SPECIFIC IDEAS

Pies

Instead of a pastry top, use either sliced or mashed potato (or sweet potato).

Lasagne

- ★ Use lean turkey mince or a meat alternative such as Quorn.
- ★ Reduce quantity of cheese, or use a lower fat version.
- ★ Layer thinly-sliced aubergine or courgette instead of pasta sheets.

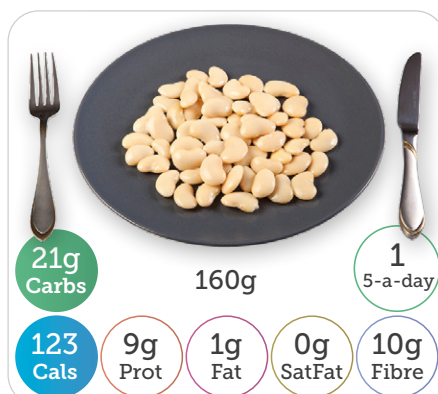
Mashed Potato

For a tasty alternative, mash up some butter beans and add lemon juice and garlic for extra flavour, or try roasting and mashing some butternut squash.

Mashed Potato (with butter)



Butter Beans



Butternut Squash

