

## **Susie Perry's Healthy Swap Ideas for the Nations Favourite Meals**

### **Fish and chips**

Swap deep fried fish for grilled fish in breadcrumbs. It's cheap and easy to make breadcrumbs, just save your stale bread and whizz up in a food processor.

### **Spaghetti Bolognese**

Swap white spaghetti for whole wheat spaghetti - wheat, in its natural unrefined state, features a host of important nutrients. Pasta made from whole wheat flour has lots of natural goodness including fibre and magnesium.

### **Roast dinner**

Swap roast potatoes cooked in goose fat for potatoes cooked in a light olive oil. The olive oil sprays that are available in all supermarkets are a great way of controlling how much fat you use when cooking.

### **Curry**

Swap white rice side dish for a lentil Dahl. Not only are lentils delicious, but they provide one of the healthiest sources of plant based protein and are rich in amino acids. Try this recipe

[http://www.bbc.co.uk/food/recipes/database/lentildahl\\_67217.shtml](http://www.bbc.co.uk/food/recipes/database/lentildahl_67217.shtml)

### **Casserole**

Dumplings are full of fat and salt - dump the dumplings for a floating slice of toasted brown baguette. You can also bulk up your casserole with lots of fresh vegetables.