

# small change **BIG** difference



Reducing the amount of energy provided by the diet, as well as increasing physical activity, are key in achieving the national ambition to reduce the prevalence of obesity. One way this can be achieved is by making small changes to recipes.

Each of the following shows:

- the energy provided per portion for a standard recipe;
- small changes made to the recipe;
- the energy provided per portion for the modified recipe.

On average, there is a 516kJ/126kcal reduction. This is achieved by swapping ingredients to reduce fat, using more fruit and vegetables and changing cooking methods.

**Cauliflower cheese**

1048kJ/252kcal per 200g portion



Replace butter with reduced fat spread  
Go for skimmed milk  
Use reduced fat Cheddar cheese

708kJ/169kcal per 200g portion

**Cheese and tomato pizza**

1742kJ/415kcal per 150g portion



Have a thicker base  
Use reduced fat Mozzarella cheese  
Add extra vegetables

1238kJ/293kcal per 150g portion

**Spaghetti bolognese**

1857kJ/441kcal per 410g portion



Go for lean mince  
Use slightly less mince  
Do not use oil, dry fry the mince  
Add extra vegetables  
Skip the cheese

1363kJ/321kcal per 400g portion

**Thai green chicken curry**

2219kJ/535kcal per 350g portion



Add extra vegetables  
Use reduced fat coconut milk

1643kJ/393kcal per 350g portion

**Tuna-mayo sandwich**

1596kJ/381kcal per 162g portion



Do not use a spread, as the filling is moist  
Go for reduced fat mayo

1042kJ/246kcal per 152g portion

**Chips**

1652kJ/394kcal per 165g portion



Do not fry, oven bake the chips  
Use a spray oil before baking to make the chips crispy

998kJ/234kcal per 165g portion

**Strawberry sundae**

1347kJ/323kcal per 210g portion



Go for frozen yogurt  
Half the amount of chocolate sauce

746kJ/177kcal per 180g portion

**Apple crumble**

1565kJ/371kcal per 170g portion



Go for more apple and less crumble topping  
Add oats to the topping  
Use a reduced fat spread

1160kJ/274kcal per 170g portion