

20 Healthier Simmer/ Stir-fry Sauces

By Caron Milham (Dietitian)

Overall there are nearly 100 of these sauces to choose from in the supermarket. Simmer and stir-fry sauces can be very high in sugar, generally higher than Pasta sauces, Pour over sauces and Recipe bases. For example, some Simmer sauces can be up to 32.4g sugar per serve.

Simmer or stir-fry sauces can make preparing a quick, tasty meal easier so therefore can be a handy addition to your shopping trolley – but make sure you don't short-change your health by ensuring you select the best options.

Try to choose lower sugar and lower fat varieties. Most supermarkets chains have some healthier options. Then to complete and balance your meal, add some lean protein like meat, chicken, fish or beans/legumes; some starchy vegetables like pasta, rice or potatoes and with a variety and plenty of vegetables.

Examine the label carefully. Some sauces may be very low in sugar whilst be over 10 % (even 20 %!) fat) whilst others may be high in sugars, say over 10 % sugar, yet be only 2% fat. Ensure that calories / kilojoules are not excessive, particularly if you are watching your weight. These sauces can be high in salt so check sodium levels on the food label particularly if you are watching your salt intake and try to select lower salt products.

Understanding Food labels

Visit www.healthy-guide.com for more details on 'How to read labels- including **'Understanding Nutrition claims** and what they really mean', and how to read **'Ingredients lists'** and **'Nutrition Panels'**. More information on these topics as well as information on 'How to choose healthier products' and more healthier products in other food categories, can be found in my best-selling book **'The Australian Healthy Shopping Guide'** which can be purchased from this website.

There are over 20 healthier options overall and many of these have been listed below. If you find a product in the supermarket that is not on this list it may mean that it wasn't one of the healthier options. It may also just mean however, that it wasn't available to view at the supermarkets we visited/ or was out of stock. Use the guidelines on this website and in the book the **Australian Healthy Shopping Guide** to help you determine its suitability.

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Nutritional Aims

- Less than 10 g ' added' sugars serve(80 - 130g serve)(or less than 3.3 % added sugar)
- Less than 4 % fat

HEALTHIER OPTIONS

Chicken Tonight

- 50% more - Extra vegetables
 - Mild Veg Curry with zucchini and beans; Indian Korma with Creamy potato & onion
- Portugese Peri Peri; Thai Style Curry
- Simmer sauce – Classic Italian Cacciatore

Chicken Tonight – Authentic & Spicy

- Vegetable Curry Simmer Sauce; Sweet & Golden – Honey & mustard Simmer Sauce

Indian Tonight

- Reduced fat Butter chicken Simmer sauce; Creamy Tandoori Simmer Sauce

Kan Tong

- Beef & Black bean cooking sauce; Mongolian Lamb Cooking Sauce

Masterfoods

- Beef Stroganoff
- Slow Cooker- Simmer Sauce –Mild Chicken Curry Cooking Sauce
- Cooking sauce – Rogan Josh

Leggos

- Italian chicken Parmigiana Simmer sauce

-Masterfoods – Curried Sausages cooking sauce

-Sausages Tonight – Indian Style – Mild Curry Simmer Sauce

-Fodmapped for you - Simmer sauce - Sweet Chilli basil+ lemongrass stir-fry

-Fantastic – Fresh sauces- teriyaki Stir through