

# - COOKING TIPS -

From the *Australian Healthy Cooking Guide*  
[www.milhamdietitians.com](http://www.milhamdietitians.com)

## Potatoes – Forget the butter!

“Bring back potatoes. Eat them steamed, mashed or baked  
– but not deep fried as chips or swimming in butter”

Potatoes come in different sizes, shapes and colours, so don't stick with the same ones all the time. Many varieties of potato have a high GI, so if you are diabetic or watching your blood glucose levels or weight you may prefer orange sweet potatoes as they have a moderate GI. Steaming is the best way to cook potatoes to retain the nutrients. But everyone loves baked potatoes.

Here are my suggestions for baking potatoes (and other vegetables too) with a minimum of fat (or none at all):

- Wrap them in foil and bake in a moderate oven until soft – about 1 hour.
- Steam or boil them until just soft, then spray them with a cooking spray and bake in a hot oven until the outside is crispy.

### POTATO TOPPERS

These potato-topping alternatives to butter or sour cream won't blow your kilojoule budget.

Try:

- Plain or flavoured cottage cheese sprinkled with garlic chives or parsley
- Low-fat or extra-lite cream cheese mixed with grainy or Dijon mustard
- Low-fat or no-fat plain yoghurt on its own or mixed with herbs, mustard powder or spices like ginger, cinnamon and cloves
- Lite sour cream mixed with chopped spring onions

“Potatoes and sweet potatoes are starchy vegetables which is why they aren't on the 'free' list. Enjoy them as an accompaniment – a serve is one medium potato.”



*The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store [www.milhamdietitians.com](http://www.milhamdietitians.com) and all good bookshops Australia wide*

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