

22 HEALTHY, TASTY AND AFFORDABLE RECIPES

NEW ZEALAND

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healthy food

GUIDE

www.healthyfood.co.nz

IDEAS FOR REAL LIFE

SPECIAL REPORT

THE TRUTH ABOUT ARTIFICIAL SWEETENERS



Are they safe?
What the
experts say

Allergies

Cooking for guests
with food allergies

Why you should eat TOMATOES

Perfect portions

Single-serve tips,
recipes and ideas

HOW TO CHOOSE Low-fat spreads



kids vs veges

ideas that work!

22 healthy, tasty RECIPES

- BBQ ideas • Chocolate brownies!
- Pastry parcels • Homemade muesli



ZILCH

We enjoyed this low-fat ice cream which uses sucralose and sugar alcohols to add sweetness (see Alternative Sweeteners article p21) so it's only 280kJ for a ½ cup serve of chocolate flavour.

