



HOW TO..... SUBMIT YOUR FAVOURITE RECIPES TO SMART EATING ONLINE

Log onto the Members' Section of the DAA Website
Go to Smart Eating homepage and click on the 'Recipe' hyperlink.

Submit Recipe Details to DAA National Office
Click on the 'submit their best recipes online' hyperlink

Fill out the recipe details as prompted by the submission form. Details required include:

- General recipe information (e.g. name, cooking time etc)
- A picture of the finished product, if available
- Nutritional analysis for fat, saturated fat, salt and fibre per serve
- Acknowledgment details

When all details are completed, preview the recipe and if correct click 'Save'

Recipes to be Reviewed by DAA Professional Services

Submitted recipes will not automatically appear online, they will be reviewed by Professional Services to ensure they meet the DAA Recipe Guidelines (DAA Recipe Guidelines can be viewed on the DAA website under Smart Eating For You>Recipes>Guidelines)

Recipes that do not meet the criteria may still be accepted based on professional assessment and the contribution of the item to the overall diet.

Recipes Not Approved

Submitters will be notified if the recipe is not suitable for Smart Eating.

Approved Recipes

Approved recipes will be loaded onto Smart Eating and submitters notified.

Smart Eating is proudly supported by Nestlé Australia through their Gold Partnership with DAA.