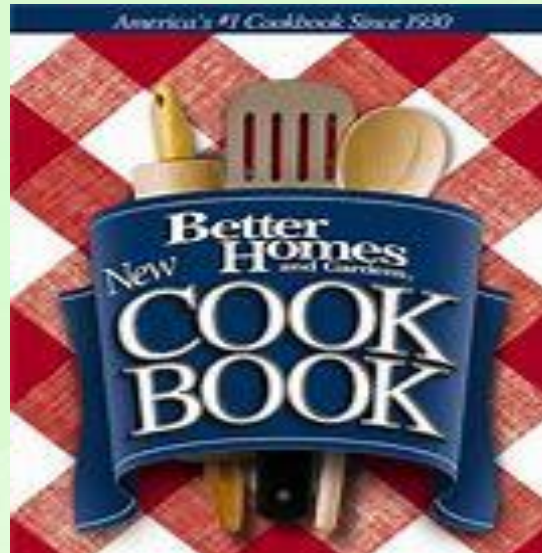
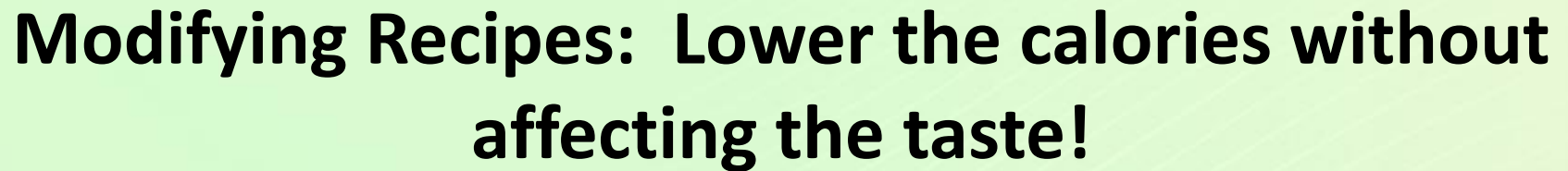


Modifying a Recipe



Tips for making meals that are tasty, as well as healthy.



Ingredients play a specific role in a recipe:

Sugar:

- Provides flavor, tenderness & browning in baked goods.
- Acts as a preservative.
- Helps yeast products rise.



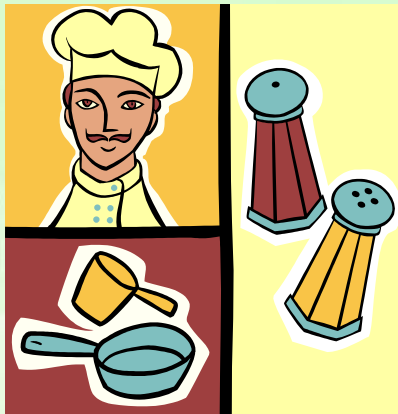
Fat:

- Provides flavor & richness.
- Improves textures & tenderness in baked goods.
- Makes foods smooth & creamy.



Ingredients play a specific role in a recipe

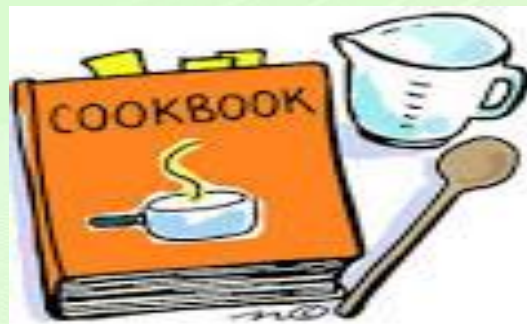
SALT



- Adds flavor
- Preserves foods
- Gives texture to certain foods
- Serves as a binder

Modifying Recipes

**Can foods still taste good without all the fat,
sugar & sodium?**



The answer is: YES!!!

Simple Changes: To reduce calories, solid fats, sodium, and added sugars



- Cook with low-fat methods such as baking, broiling, boiling, or microwaving, rather than frying.
- Season foods with herbs, spices, lime or lemon juice, and vinegar rather than salt. Use a salt-free seasoning blend such as Mrs. Dash.
- Use oils and spray oils instead of solid fats like butter and margarine.
- Increase the amount of vegetables and/or fruit in a recipe. (Remember the goal is to fill half of the plate with vegetables and fruits.)
- Take the skin off of poultry before or after cooking.

Simple Changes: To reduce calories, solid fats, sodium, and added sugars (cont'd)



- Reduce the amount of sugar in a recipe by $\frac{1}{3}$ – $\frac{1}{2}$. Example: If a recipe calls for 1 cup sugar, use $\frac{2}{3}$ cup. To enhance the flavor when sugar is reduced, add vanilla, cinnamon, or nutmeg.
- Replace up to $\frac{1}{2}$ of sugar in baked goods with a sugar substitute which measures cup for cup as sugar such as Splenda Granular. Example: If a recipe calls for 1 cup sugar, use $\frac{1}{2}$ cup sugar & $\frac{1}{2}$ cup Splenda Granular.

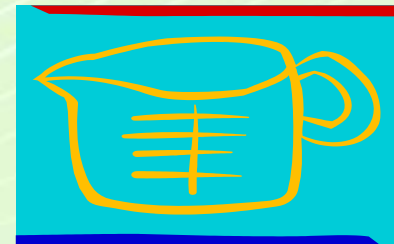
Suggestions: On using less fat, choosing healthier fat, & keeping the flavor

Pick healthy fats to give flavor	
<u>Instead of:</u>	<u>Try:</u>
Whole Milk 	<ul style="list-style-type: none"> Reduced Fat (2%), low-fat (1%) or fat-free milk 
Mayonnaise 	<ul style="list-style-type: none"> Light or Fat-Free Mayonnaise or Miracle Whip 
Sour Cream 	<ul style="list-style-type: none"> Light or Fat-free sour cream OR Non-Fat Plain Greek Yogurt 
Cream Cheese 	<ul style="list-style-type: none"> Light Cream Cheese, Neufchatel Cheese (1/3 less fat) 

Cut the fat by:

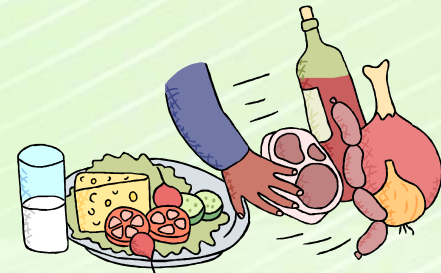
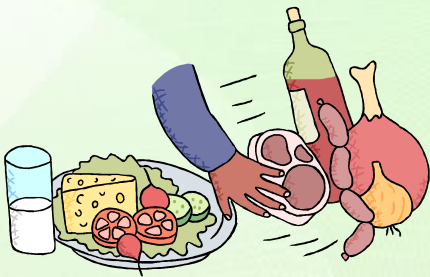
- ❖ Basting with fat-free broth or fruit juice instead of butter.
- ❖ Use plain bread crumbs or crushed cereal instead of buttered ones.
- ❖ If a recipe calls for 1 cup of a fat such as butter, oil, or shortening in baked goods, replace half of the fat with pureed fruits like bananas, dates, prunes or applesauce.

Example: Instead of 1 cup of oil use $\frac{1}{2}$ cup oil and $\frac{1}{2}$ cup pureed bananas



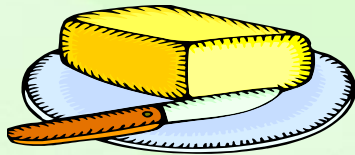
Cut the fat by using:

- 1% or fat-free cottage cheese instead of 4% milk fat cottage cheese
- 90% or leaner ground beef, ground turkey or chicken breast without the skin (cooked and drained)
- One pie crust instead of two or a graham cracker crust
- 2 egg whites or $\frac{1}{4}$ cup of egg substitutes egg whites instead of 1 whole egg











Healthier margarine and butter products:

- Tub margarine (Trans fat free) or
- Light Margarine



NOTE: Soft tub margarine or light margarine does not work well in baked products.

Add flavor: Use less salt!!!

Lower Salt Intake Not Taste	
<u>Instead of:</u>	<u>Try:</u>
<p>Buying prepared meals and other processed foods</p> 	<ul style="list-style-type: none"> Making meals at home using fresh lean meats and fresh frozen or low sodium canned vegetables 
<p>Eating frozen or delivery pizza</p> 	<ul style="list-style-type: none"> Making veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt added tomato sauce 
<p>Choosing regular canned vegetables</p>  <p><u>Note:</u> If you have canned vegetables with a higher amount of sodium on hand at home-- pour off the liquid, rinse the vegetables and add water for cooking.</p>	<ul style="list-style-type: none"> Buying fresh veggies or frozen vegetables without sauces.  <ul style="list-style-type: none"> Note: May use herbs to add flavor.
<p>Adding salt to foods for flavor</p> 	<ul style="list-style-type: none"> Seasoning with herbs, spices, chilies, lime or lemon juice and vinegar 

Add flavor: Lower sugar content

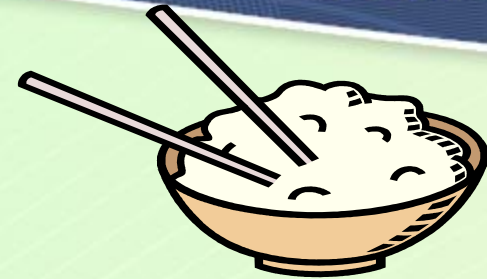
Lower sugar intake not the taste	
...Instead of...	...Try...
<p>Choosing sweet breakfast cereals</p> 	<ul style="list-style-type: none"> • Choosing whole-grain cereals that don't have frostings or added sugars • Choosing plain fat-free, light yogurt, or Greek yogurt. Add fresh fruit and a few almonds for extra flavor and crunch 
<p>Drinking sugary soft drinks and juice drinks</p> 	<ul style="list-style-type: none"> • Drinking water or unsweetened tea with lemon   
<p>Eating big portions of sweet desserts</p> 	<ul style="list-style-type: none"> • Eating a piece of fresh fruit • Splitting a small dessert with a friend 
<p>Choosing canned fruit packed in syrup</p> 	<ul style="list-style-type: none"> • Choosing canned fruit in natural juices • Choosing fresh or No Sugar Added frozen fruit 

New ideas for old favorites



...If you buy...	...Try these...
<u>Milk and Milk Products</u>	
<ul style="list-style-type: none"> • Evaporated milk or sweetened condensed milk 	<ul style="list-style-type: none"> • Fat-free evaporated milk, or fat-free sweetened condensed milk
<ul style="list-style-type: none"> • Ice cream 	<ul style="list-style-type: none"> • Sorbet and ices, sherbet, or low-fat or fat-free frozen yogurt
<ul style="list-style-type: none"> • Sour cream 	<ul style="list-style-type: none"> • Plain fat-free or low-fat Greek yogurt or fat-free sour cream
<ul style="list-style-type: none"> • Cream cheese 	<ul style="list-style-type: none"> • Neufchatel "light" cream cheese or fat-free cream cheese
<ul style="list-style-type: none"> • Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.) 	<ul style="list-style-type: none"> • Reduced-fat or fat-free cheese, part-skim, low-calorie processed cheeses, etc.
<ul style="list-style-type: none"> • Regular (4%) cottage cheese 	<ul style="list-style-type: none"> • Fat-free or low-fat (1%) cottage cheese
<ul style="list-style-type: none"> • Whole-milk ricotta cheese 	<ul style="list-style-type: none"> • Part-skim milk ricotta cheese
<ul style="list-style-type: none"> • Coffee cream (½ and ½) or nondairy creamer 	<ul style="list-style-type: none"> • Low-fat (1%) or nonfat dry milk powder





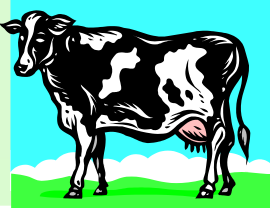
If you buy

...try these...

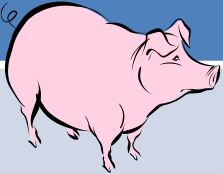
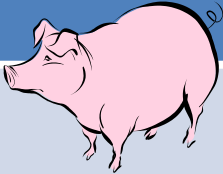
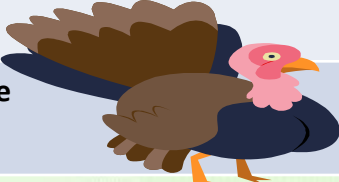

Cereals, Grains, and Pastas

- Pasta with white sauce (Alfredo)
- Pasta with cheese sauce
- White rice or pasta

- Whole grain pasta with red sauce (marinara)
- Whole grain pasta with vegetables (primavera)
- Brown rice or whole grain pasta

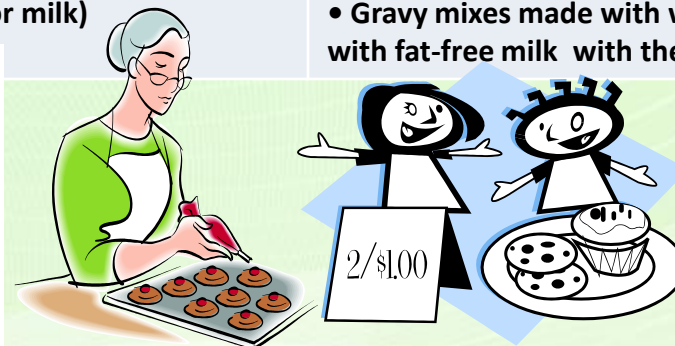


Tips for healthier food choices

...If you buy...	...try these...
 <p><u>Meats, Fish, and Poultry</u></p>	
<ul style="list-style-type: none"> • Cold cuts or lunch meats (bologna, salami, liverwurst, etc.) 	<ul style="list-style-type: none"> • Low-fat/reduced sodium cold cuts (turkey, chicken)
<ul style="list-style-type: none"> • Bacon or sausage 	<ul style="list-style-type: none"> • Canadian bacon or lean ham
<ul style="list-style-type: none"> • Regular ground beef 	<ul style="list-style-type: none"> • Extra-lean ground beef or lean ground turkey
<ul style="list-style-type: none"> • Beef chuck, rib, brisket 	<ul style="list-style-type: none"> • Beef round or loin (trimmed of external fat)
<ul style="list-style-type: none"> • Frozen breaded fish or fried fish (homemade or commercial) 	<ul style="list-style-type: none"> • Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
<ul style="list-style-type: none"> • Chorizo sausage 	<ul style="list-style-type: none"> • Turkey sausage or vegetarian sausage 

Instead of...try these

...If you buy...	...try these...
<u>Baked Goods</u>	
• Croissants or brioches	• Whole grain rolls
• Doughnuts, sweet rolls, muffins, scones, or pastries	• Whole grain English muffins, bagels, homemade muffins incorporating recipe modification to lower fat & sugar
• Party crackers or cookies	• Saltine or soda crackers, pretzels, whole grain crackers (choose lower in sodium), graham crackers, ginger snaps, or fig bars
• Frosted cake or pound cake	• Angel food cake or gingerbread
<u>Miscellaneous</u>	
• Canned cream soups	• Canned broth-based soups (low sodium)
• Gravy (homemade with fat and/or milk)	• Gravy mixes made with water or homemade gravy with fat-free milk with the fat skimmed off the top



...Healthier substitutions when cooking...

Copy and paste the following web addresses in your search engine for handouts below:

<http://www.mayoclinic.org/healthy-living/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195>

<http://www.extension.org/pages/32348/recipe-substitutions>

<https://ohioline.osu.edu/factsheet/HYG-5543>