

## Recipe Makeovers Making Recipes Healthy

Most recipes can be easily changed to lower the fat, salt and sugar in increase the fiber. It may take a while to get the changes and substitutions right so just keep trying! Always remember when following a recipe to use measuring spoons and cups instead of guessing.

One extra teaspoon of oil for instances adds 45 extra calories and 5g of fat.

- **Lower the amount of Added Fat** – fats like oil, butter or margarine can usually be cut by 1/3 to 1/2 in recipes. Try a small cut back at first, then increase the amount you cut back. To replace the moisture and flavor lost make up the differences with a low sodium broth, skim milk, low sugar fruit juice, extra herbs or spices or vegetables. For baked goods when fat is reduced, add applesauce or mashed bananas. Use a non-stick pan or vegetable oil spray when browning meat or vegetables.
- **Cut back on Fatty Meats** – replace your usual meat with a leaner, lower fat meat. For example if a recipe calls for ground beef, use lean ground beef, ground round or ground turkey. Pay attention to portion sizes, a serving of cooked meat is 4oz or the size of a deck of cards.
- **Increase fiber** – use whole grains like oats, brown rice or barley for part of the recipe. When possible leave skins on fruits and vegetables. Add beans to soups and salads.
- **Lower the amount of salt-** cut salt down by 1/2 or more in a recipe and substitute herbs and spices instead.
- **Lower the amount of sugar-** cut the sugar called for by 1/2 and reduce the amount of liquid by 1/4. When fruit juice is called for, use apple juice and reduce the amount by 1/4. Add a touch of vanilla flavoring or extract or cinnamon to a recipe calling for fruit to increase the sweet taste of the fruit. Heat up any lower sugar desserts prior to serving to increase the sweet taste without adding sugar.

### Substitutions to Cookin<sup>g</sup>Health<sup>y</sup>Meals

Use	Avoid
Lean meats such as round sirloin, lean, extra lean ground beef, poultry with skin removed, fish, bean and grain dishes	High fat meats and regular ground beef
Lean ham or smoked <u>turkey neck</u>	<u>Ham Hocks, fatback or pork neck bone</u>
Small amounts of vegetable oil or soft tub margarine made with liquid vegetable oil	Lard, butter, bacon grease, or other fats that harden at room temperature
Turkey bacon, lean ham, Canadian bacon	Pork bacon
Ground turkey	Ground beef or pork, pork sausage
Low fat 1% or nonfat, skim milk	Whole milk
Low fat cheese or part skim cheeses	Whole milk cheeses
2 egg whites or 1/4 cup of egg substitute	1 whole egg