

# Modify your Recipes for Better Health

The current Dietary Guidelines emphasize *balance*, *moderation* and *variety* in food choices. They also emphasize physical activity as important for healthy living, more than just for weight management. Physical activity can help build and maintain healthy bones, muscles, and joints; build endurance and muscular strength; and promote psychological well-being and self-esteem.

## Choose Sensibly:

- Choose a diet that is low in saturated fat, trans fat and cholesterol
- Choose beverages and foods to moderate your intake of sugars
- Choose and prepare foods with less salt
- If you drink alcoholic beverages, do so in moderation

Learn to prepare favorite recipes in new, more healthful ways. In general, limit the use of butter, cream, whole milk, most cheeses, hard margarine, shortening, lard, coconut oils, and foods containing them.

**TIP: Begin by changing 1 or 2 foods, then slowly change from high fat to low-fat foods.**

## To decrease TOTAL FAT AND CALORIES...

- ❖ Try reducing fat by one-fourth to one-third in baked products.
- ❖ In casseroles and main dishes, cut back or even eliminate added fat. Use a nonstick pan or cooking spray.
- ❖ Sauté or stir-fry vegetables with very little fat or use water, wine, or broth.
- ❖ Chill soups, gravies and stews and skim of visible fat. Remove skin from poultry.
- ❖ Bake, broil, grill, poach or microwave meat, poultry or fish instead of frying in fat.
- ❖ Decrease the proportion of oil in homemade salad dressings. Try one-third to two-thirds vinegar.
- ❖ Used reduced-calorie sour cream or mayonnaise
- ❖ Replace shortening or oils in baking with an equal volume of pureed fruit and 1/3 of the oil called for.
- ❖ Coat baking pans with flour or cornmeal to prevent sticking.
- ❖ Use non-fat or low-fat milk in cooking. Evaporated skim milk is a good substitute for light cream
- ❖ Choose lean meats, fish, poultry, lower fat cheeses and dried beans as protein sources. Try combining small amounts of high-protein foods like ground beef or cheese with cooked dried beans.
- ❖ Use skim or low-fat milk instead of whole milk. For extra richness try evaporated skim milk.

## To decrease SATURATED FAT, TRANS FAT AND CHOLESTEROL...

- ❖ Use two egg whites or an egg substitute product instead of one whole egg. In some recipes you can simply decrease the total number of eggs
- ❖ Use vegetable oils instead of solid fats. Use about ¼ less than the recipes call for.
- ❖ Look for butter alternatives in which liquid vegetable oil is the first ingredients. Also, look for products that are free of trans fat. Avoid products containing hydrogenated fats

## To decrease SUGAR...

- ❖ Try reducing sugar by one-quarter to one-third in baked goods and desserts.
- ❖ Decrease or eliminate sugar when canning or freezing fruits or buy

unsweetened frozen fruit or fruit canned in its own juice or water.

❖ Increase the amount of cinnamon or vanilla in a recipe to enhance perceived sweetness.

**To increase FIBER...**

- ❖ Choose whole grain instead of highly refined products, such as whole wheat flour and bread, bulgur, brown rice, oatmeal, whole cornmeal, and barley.
- ❖ Whole wheat flour can usually be substituted for up to one-half of the all-purpose refined flour.

- ❖ Add extra fruits and vegetables to recipes and include the peel when appropriate.
- ❖ Add fruits to muffins, pancakes, salads and desserts and add vegetables to quiche fillings, casseroles and salads.

**To decrease SODIUM...**

- ❖ Salt may be omitted or reduced in most recipes (except in yeast recipes).
- ❖ Start with a gradual reduction. You will soon adjust to the less salty flavor.
- ❖ Choose fresh or low-sodium versions of products.

- ❖ Rely on herbs and spices rather than salt for flavor; use garlic/onion powder, not onion/garlic salt.
- ❖ Try fruit juice or wine for cooking liquid instead of broth or bouillon.

Portions of this information sheet come from "Revitalize Your Recipes for Better Health", DNS Fact Sheet 2, Cornell University

**RECIPE SUBSTITUTIONS (to lower fat intake)**

**One way to lower fat intake is to review your favorite family recipes and to make substitutions that will be healthier – yet still taste good.**

<b>INGREDIENT</b>	<b>Amount of Fat (Grams)</b>	<b>Substitution</b>	<b>Substituted Amount of Fat (Grams)</b>
1 oz. hard cheese	9	1 oz. low fat cheese	5
		2 tbsp. Grated Parmesan	3
		1 oz. low - fat processed cheese	2
1 whole egg	6	¼ cup egg substitute	0
		2 egg whites	0
1 cup whole milk	9	1 cup 2% milk	5
		1 cup 1% milk	3
		1 cup skim	0
1 cup sour cream	48	1 cup reduced fat sour cream	16
		1 cup low – fat cottage cheese (puréed)	4
1 cup regular mayonnaise	175	1 cup reduced – fat mayonnaise	64
		½ cup low – fat plain yogurt &	
		½ cup reduced fat mayonnaise	33
1 cup whole milk ricotta cheese	32	1 cup part – skim ricotta	20
		1 cup regular cottage cheese	10
		1 cup low – fat cottage cheese	4

<b>INGREDIENT</b>	<b>(Grams)</b>	<b>Substitution</b>	<b>of Fat (Grams)</b>
1 cup heavy cream, liquid	88	1 cup half & half	27
		1 cup evaporated whole milk	19
		1 cup evaporated skim milk	1
1 cup regular ice cream	14	1 cup ice milk	6
		1 cup sherbet	4
		1 cup frozen yogurt	4
1 oz cream cheese	10	1 oz. reduced fat cream cheese	5
		2 tbsp. Pureed low –fat cream cheese	0.5
1 cup white sauce	68	1 cup paste method white sauce with:	
		2% milk	5
		1% milk	3
		Skim mi	1
1 slice sausage & pepperoni pizza	16	1 slice cheese pizza	9
1 cup popcorn in vegetable oil	3	1 cup popcorn, no butter/oil	trace
10 potato chips	7	10 pretzels	2
1 cup granola	33	1 cup cooked oatmeal	2.4
1/8 apple pie	13	½ cup apple brown betty	4
3 slices bacon	9	.4 oz. lean ham	.4
1 oz. beef bologna	8	1 oz. lean ham	1
		1 oz. turkey breast w/o skin	.5
3 oz. regular ground beef	18	3.5 oz. round eye	6.5
3.5 oz chicken leg w/skin	16	3.5 oz chicken breast w/o skin	4.5
1 oz. chocolate candy bar	9	1 oz. caramel	3
		1 oz. hard candy	0
		1 oz. marshmallow	0
1 oz. croissant	12	1 oz. dinner roll	2
1 large fast food cheeseburger “deluxe”	35	1 “regular” (small) cheeseburger	10
10 strips fast food	8	1 baked potato	trace
2” square brownie	6	2” square diet brownie	2
7” diameter waffle from mix, egg & milk added	8	¾ cup bran flakes	1
		3- 4” buttermilk pancakes	6
		1 whole wheat English muffin	1

## Ingredient Substitutions: Baking

Have you ever made a recipe and found that you were out of an important ingredient? Instead of spending time and money running to the store, you can sometimes use a substitution. This fact sheet lists some easy ways to change the recipe.

Ingredient	Substitution
<b>Baking powder</b> (1 teaspoon)	1/4 tsp. baking soda plus 5/8 tsp. cream of tartar <b>or</b> 1/4 tsp. baking soda plus 1/2 cup buttermilk or sour milk (decrease liquid by 1/2 cup) <b>or</b> 1/4 tsp. baking soda plus 1/4 to 1/2 cup molasses <b>or</b> 1/4 tsp. baking soda plus 1/2 Tbsp. vinegar or lemon juice used with sweet milk to make 1/2 cup liquid (decrease liquid by 1/2 cup)
<b>Bread crumbs</b> (1/3 cup, dry)	1 slice bread
<b>Bread crumbs</b> (3/4 cup, soft)	1 slice bread
<b>Bread crumbs</b> (1/4 cup, dry)	1/4 cup cracker crumbs <b>or</b> 1/4 cup cornmeal
<b>Yeast</b> (1 package)	1 cake yeast <b>or</b> 1 Tbsp. dry yeast
<b>Corn syrup</b> (1 cup)	1 cup sugar plus 1/4 cup liquid
<b>Cracker crumbs</b> (3/4 cup)	1 cup bread crumbs
<b>Cornstarch</b> (1 Tablespoon)	2 Tbsp. flour
<b>Egg</b> (1 whole)	3 Tbsp. beaten egg <b>or</b> 2 egg whites <b>or</b>

	1/4 cup egg substitute
<b>Egg white</b> (1 whole)	2 tsp. sifted dry egg white powder plus 2 Tbsp. water
<b>Egg yolk</b> (1 whole)	2 Tbsp. sifted dry egg yolk powder plus 2 tsp. water
<b>Flour, for thickening</b> (1 Tablespoon)	1-1/2 tsp. cornstarch, arrowroot, potato or rice starch <b>or</b> 1 Tbsp. granular tapioca <b>or</b> 1 egg, 2 egg whites, or 2 egg yolks <b>or</b> 1-1/2 Tbsp. whole-wheat flour
<b>Flour, for baking (all-purpose flour)</b> (1 cup, sifted)	1 cup + 2 Tbsp. cake flour <b>or</b> 1 cup minus 2 Tbsp. unsifted flour <b>or</b> 1-1/2 cup bread crumbs <b>or</b> 1 cup rolled oats <b>or</b> 1/3 cup cornmeal plus 2/3 cup flour <b>or</b> 1/2 cup whole wheat flour and 1/2 cup all-purpose flour
<b>Flour, cake</b> (1 cup)	1 cup minus 2 Tbsp. all-purpose flour
<b>Flour, self-rising</b> (1 cup)	1 cup minus 2 tsp. flour plus 1-1/2 tsp. baking powder and 1/2 tsp. salt
<b>Flour, whole wheat</b> (1 cup)	1/2 cup whole wheat flour and 1/2 all-purpose flour
<b>Gelatin, flavored prepared</b> (3 oz. pkg.)	1 Tbsp. plain gelatin plus 2 cups fruit juice
<b>Marshmallows, miniature</b>	10 large marshmallows

(1 cup)	
<b>Marshmallow creme</b> (1 jar)	Melt 16 ounces of marshmallows and 3-1/2 Tbsp. corn syrup in a double boiler
<b>Shortening, for baking</b> (1 cup)	1 cup minus 2 Tbsp. lard <b>or</b> 1 cup and 2 Tbsp. butter or margarine
<b>Sugar, white</b> (1 cup)	1 cup 1 cup honey or corn syrup minus 1/4 cup of liquid in recipe <b>or</b> 1-1/3 cup molasses minus 1/3 cup of liquid in recipe <b>or</b> 1 3/4 cups powdered or confectioners' sugar <b>or</b> 1 cup packed brown sugar

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