




Modifying a Recipe

Recipe For: **Cucumber Salad**

Ingredients:
2 - 3 Cucumbers
1 - 2 Tomatoes
½ Large Onion
1 lb. Mozzarella
⅓ cup Italian Dressing

Directions:
Cut cucumber, tomato, onion, and mozzarella into bite sized pieces.
Add Italian dressing, mix and serve immediately or chill first.



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Modifying Allows for Lower Calories Without Affecting the Taste

- ▶ Start by changing only one ingredient at a time, this makes it easier on the recipe
- ▶ Reduce the amount of an ingredient such as sugar, fat, or salt as the first option to help make recipes healthier- try adding in fruit to add sweetness but with less sugar!
- ▶ To further increase nutrients and reduce calories, try exchanging ingredients for a lower-calorie option such as using non-fat, plain Greek yogurt in place of sour cream



Ingredients are Functional Parts of a Recipe

Functional:

- ▶ This means that the ingredient has a purpose to making the food, and why it is listed in the recipe

Sugar:

- ▶ Provides flavor, sweetness, tenderness, and browning in baked goods
- ▶ Acts as a preservative
- ▶ Helps yeast products rise



Ingredients are Functional Parts of a Recipe



Fat:

- ▶ Provides flavor and richness
- ▶ Improves textures and tenderness in baked goods
- ▶ Makes foods smooth and creamy

Ingredients are Functional Parts of a Recipe

Salt:

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



How to Reduce the Fat in Your Recipes

- ▶ Baste with fat-free broth or fruit juice instead of butter
- ▶ Use plain breadcrumbs 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 such as bananas, dates, prunes, or applesauce
- ▶ 1% or fat-free cottage cheese rather than 4%
- ▶ 90% or leaner ground meats or poultry without the skin (cooked and drained)
- ▶ One pie crust instead of two, or use a graham cracker crust
- ▶ 2 egg whites or ¼ cup of egg substitute instead of 1 whole egg



Healthier Margarine and Butter Products:

- ▶ Tub of margarine (Trans fat free)
- ▶ Light margarine
- ▶ *Note: Soft tub margarine or light margarine does not work well in baked products (due to the higher water content)



How to Add Flavor Using Less Salt

Instead of These:

- ▶ Buying prepared meals and other processed foods
- ▶ Eating frozen or delivery pizza
- ▶ Regular canned vegetables: if you have canned vegetables with a higher amount of sodium on hand at home pour off the liquid, rinse the vegetables to lower the sodium content
- ▶ Adding salt to foods for flavor

Try These:

- ▶ Making your own meals by using fresh ingredients: Meal Planning nutrition lesson would be beneficial to learn more
- ▶ Making veggie pizza at home using fresh vegetables, a small amount of cheese, and no-salt added sauce on a whole grain light English muffin or whole grain tortilla
- ▶ Buying fresh veggies or frozen veggies without sauces
- ▶ Season foods with herbs, spices, chilies, lime, lemon, such as Mrs. Dash, or other seasonings

Simple Changes to Begin Trying:

- ▶ Cook with low-fat methods such as baking, broiling, boiling, grilling, steaming, microwaving, or air frying rather than frying foods in grease or lard
- ▶ Season foods with herbs, spices, lime, lemon, or vinegar rather than using salt. Mrs. Dash is an example of a salt-free seasoning that would be appropriate to use to flavor food while adding no salt.
- ▶ Use oils and spray oils instead of solid fats like butter or margarine
- ▶ Increase the number of vegetables and/or fruit in a recipe, remember the goal is to fill half of your plate with vegetables and fruit
- ▶ Take the skin off poultry before or after cooking
- ▶ Reduce the amount of sugar used in a recipe or utilize your favorite sugar substitute



Tips for Healthier Food Choices: Milk/Dairy

Instead of these:

- Whole Milk
- Mayonnaise
- Sour Cream
- Cream Cheese

Try these:

- Reduced fat or skim milk
- Light or fat-free mayonnaise or miracle whip
- Light or fat-free sour cream or non-fat plain Greek yogurt
- Light cream cheese or Neufchatel Cheese (1/3 less fat)

Tips for Healthier Food Choices: Meat, Fish & Poultry

If you eat these:

- Cold Cuts or lunch meats (bologna, salami, or liverwurst)
- Bacon or sausage
- Regular ground beef
- Beef chuck, rib, brisket
- Frozen breaded fish or fried fish
- Chorizo sausage

Try eating these:

- Lean/reduced sodium cold cuts of turkey or chicken
- Canadian bacon or lean ham
- Extra-lean ground beef or lean ground poultry
- Beef round or loin (trimmed external fat)
- Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
- Turkey sausage or vegetarian sausage

Tips for Healthier Food Choices: Baked Goods & Soups

If you eat these:

- Croissants or brioches
- Doughnuts, sweet rolls, muffins, scones, or pastries
- Party crackers or cookie
- Frosted cake or pound cake
- Canned cream soup
- Gravy (homemade with fat and/or milk)

Try eating these:

- Whole grain rolls or sourdough bread
- Whole grain English muffins, small bagels (100 calories), or whole grain tortillas
- Saltine or soda crackers, pretzels, whole grain crackers, graham crackers, ginger snaps, or fig bars
- Angel food cake or gingerbread
- Gravy mix with water or fat-free milk

Tips for Healthier Food Choices: Lower Sugar

If you eat these:

- Sweetened breakfast cereals
- Sugary soft drinks and juices
- Eating big portions of sweet desserts
- Fruit packed in syrup

Try eating these:



- Whole grain cereals without frosting or added sugar
- Plain fat-free, light yogurt, or Greek yogurt
- Drink water, unsweetened tea with lemon, or naturally flavored with fruit, herbs, or vegetables
- Eating a piece of fresh fruit
- Splitting a small dessert with someone else
- Canned fruit in 100% fruit juice or water

Modifying a Recipe Example

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Modifying this recipe to make it healthier includes:

- ▶ Using low-fat or skim milk mozzarella
- ▶ Reduced fat or fat free salad dressing rather than the full fat version

Here's how to make this recipe easier using the recipe on the first PowerPoint slide!