

Making Recipes Healthier

Try some of these suggestions for making your favorite recipes healthier!

To reduce sugar:

- If the recipe calls for sugar, the amount can often be reduced by twenty-five to thirty percent without much change in flavor. This could reduce the overall calories significantly. You can also try adding cinnamon or vanilla to give the impression of sweetness.
- If the recipe calls for syrup, try using unsweetened applesauce or sugar free syrup.
- For recipes that use canned fruits, use fresh fruit or fruit canned in their own juices or water.

To reduce salt:

- In most recipes that call for salt, it can be omitted or cut in half.
- Instead of season salt, try garlic powder, celery seed, and onion flakes. Or use fresh garlic, celery and onions.
- Condiments are often high in salt. Try using salt-free seasoning and spice mixes such as herbs, spices, lemon juice, or vinegar.
- Canned vegetables are high in salt too. Try rinsing them or using low sodium versions. Fresh and frozen are also lower sodium options.



- **To reduce fat:** Instead of bacon, try Canadian bacon, turkey bacon or smoked turkey.
- Using butter, margarine, shortening, or oil adds fat to your recipes. The amount can often be reduced by about a third.
- Trying lower fat versions of these products is a good options too. Be careful, this may not work with baked goods.
- Another option is to substitute a third to half of the butter or oil with unsweetened applesauce.
- Instead of mayonnaise, salad dressing or marinades, try flavored vinegars, fruits juices, or lower fat versions of the original products.
- Instead of whole milk, 2% milk, half & half or evaporated milk, use skim milk, 1% milk, evaporated skim milk, or fat-free half & half.
- Using low fat or fat free cream cheese, sour cream or cottage cheese to replace the whole milk version of these products. Pureed low fat or fat free cottage cheese is a good substitute for cream cheese or sour cream.
- Replace cream, whipping cream or evaporated milk with evaporated skim milk.
- Cheese can be replaced by reduced fat or fat free cheese. Even replacing a portion of the cheese with low fat cheese can reduce the overall fat and calories.
- Using two eggs whites in place of each egg can lower the fat and calories from eggs. Using an egg substitute is an option for lowering the fat and calories too.
- Instead of bacon, try Canadian bacon, turkey bacon, or smoked turkey.

