

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Healthful Substitutions

- Drink skim (fat free) and 1% milk.
- Add low-fat cheeses to your foods.
- Serve fresh fruit as a snack or dessert.
- Serve calcium-fortified 100% fruit juices.
- Substitute skim milk for water in soup recipes.
- Make cooked cereal or instant hot cocoa with skim milk instead of water.
- Use plain low-fat or nonfat yogurt in place of mayonnaise or sour cream.
- Add vegetables to casseroles, scrambled eggs, pizza and stews.
- Substitute whole grains when making breads and grain dishes (rice, spaghetti).
- Add beans to salads, soups or in place of meat in some dishes (chili, stews, etc.).



### **Banana-Wheat Quick Bread** Makes 1 loaf; 16 slices

|                             |                              |
|-----------------------------|------------------------------|
| 2/3 cup sugar               | 1 1/4 cups all-purpose flour |
| 1 1/2 cups mashed bananas   | 1/2 cup whole wheat flour    |
| 1/4 cup margarine, softened | 1 tsp. baking soda           |
| 2 Tbsp. orange juice        | 1/4 cup raisins              |
| 1 egg                       |                              |

1. Heat oven to 325° F. Coat a 9 x 5 or 8 x 4 inch pan with cooking oil; dust with flour.
2. In large bowl blend sugar, bananas, margarine, orange juice and egg. Beat 1 minute at medium speed. Stir in dry ingredients just until moistened.
3. Pour batter into prepared pan. Bake for 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool loaf 10 minutes then remove from pan.

NUTRITION FACTS (per slice) - Calories 130 ~ fat 3 g ~ calories from fat 25 ~ sodium 110 mg ~ total carbohydrate 25 g ~ fiber 2.5 g

### **Luncheon Tortilla Roll-Ups** Serves 10.

- 10 (6-inch) whole-wheat tortillas
- 1 (8-ounce) package low-fat cream cheese
- 10 slices of lunchmeat (turkey, ham or chicken)
- 2/3 cup chopped, fresh tomatoes or mild salsa
- 10 lettuce leaves



1. Spread cream cheese on tortillas.
2. Top each cream cheese tortilla with a slice of lunchmeat, tomatoes/salsa, and a lettuce leaf.
3. Roll tortillas.

NUTRITION FACTS (per serving with tomato) - Calories 150 ~ fat 5 g ~ calories from fat 45 ~ sodium 460 mg ~ total carbohydrate 23 g ~ fiber 2 g

## **Altering Recipes for Better Health**



### **REDUCE SUGAR**

For cookies and cakes: Use only ½ cup sugar for each cup of flour.

For quick breads and muffins: Use only 1 tablespoon sugar for each cup of flour.

Vanilla, cinnamon and nutmeg enhance flavor when sugar is reduced.

### **REDUCE FAT**

For cakes and quick breads: Use only 2 tablespoons fat per cup of flour.

Season vegetables and grains (rice, pasta) with broths, herbs and spices instead of fat.

**Note:** It does not work well to substitute liquid oils for butter, margarine or lard in baked goods. If you do replace liquid oils for solid fats use less oil than solid fat.

### **OMIT SALT OR REDUCE SALT**

Reduce salt by one-half. Flavor with herbs and spices instead of salt.

**Note:** Do not eliminate any salt ingredient from yeast bread or roll recipes. It is needed for texture and flavor.

### **SUBSTITUTE WHOLE GRAIN AND BRAN FLOURS**

Replace ¼ to ½ of the all-purpose flour with **whole wheat** flour.

Replace up to ¼ of the all-purpose flour with **oat bran**.

