

Healthy Substitutions: Teacher's Guide

Objectives: To learn how to make healthful substitutions when cooking meals.

Sample ANCHOR questions for participants:

- *“How have you changed a recipe to make it more healthful?”*
- *“How have you changed a recipe because you were lacking an ingredient to make the recipe?”*
- *“Why may you want to alter a recipe or change the way you prepare foods?”*

General background information: Choose the appropriate information below to **ADD** to your lesson.

Reasons to Alter Recipes or Cooking Methods

1. Reduce the amount of calories you eat.
2. Increase the amount of specific foods/nutrients (fiber, fruits, vegetables, calcium, etc.) you eat.
3. Decrease the amount of specific foods/nutrients (cholesterol, sugars, fat, sodium, etc.) you eat.

Changes to Your Diet

1. Reduce the amount of calories you eat.

- a) Eat fewer foods that are high in fat and sugar.
- b) Eat smaller portions.
- c) Choose low fat or nonfat foods when eating or cooking.

2. Increase the amount of specific foods/nutrients (fiber, fruits, vegetables, calcium, etc.) you eat.

- a) Choose fruit and vegetables as snacks.
- b) Add specific foods to your diet.
 - Add more vegetables to casseroles, scrambled eggs, etc.
 - Substitute whole grains when making breads and grain dishes (rice, spaghetti, etc.).
 - Add beans to salads, soups or in place of meat in some dishes (chili, stews, etc.)
 - Add fruits to desserts.
 - Serve fresh fruit as a snack or serve fruit juices at breakfast, lunch and/or dinner.
 - Substitute skim milk for water in soup recipes.
 - Add low fat cheeses to your foods.
 - Drink calcium-fortified juices.
 - Make cooked cereal or instant hot cocoa with skim milk instead of water.
 - Use plain yogurt in place of mayonnaise or sour cream.

3. Decrease the amount of specific foods/nutrients (cholesterol, sugars, fat, sodium, etc.) you eat.

- a) Decrease fat and cholesterol in your diet.

For every tablespoon of fat you take out of your food, you remove 13 grams of fat and 120 calories.

- Cook vegetables with liquids (broth, water, etc.), not oil. Use herbs & spices to flavor vegetables instead of butter or margarine.
 - Use low fat or nonfat dressings on your salads.
 - Cook grains in broths and season with herbs & spices instead of adding fat.
 - Serve breads, rolls, muffins, bagels and biscuits with low fat or nonfat spreads or jams/jellies.
 - Substitute skim milk for whole milk.
 - Evaporated milk can be substituted for whipping cream.
 - Cook lean cuts of meats and trim visible fat from meat before cooking.
 - Steam, broil, or bake foods instead of frying.
- b) Decrease sugars in your diet.
- Snack on fruits and vegetables.
 - Top cakes, waffles, pancakes, cereals, etc. with fruit.
 - Use less sugar when baking breads, cookies, and other desserts.
 - Add your own fruit (fresh, canned) to plain yogurt.
- 4. Substitute one ingredient for another in a recipe.**
- a) Change the flavor, texture or appearance of the recipe
 - b) Don't have an ingredient on hand that is called for in the recipe. See handout: "Common Food Substitutions".

Altering Recipes for Better Health (handout)

REDUCING SUGAR

For cookies and cakes: Use 1/2 cup sugar for each cup of flour.

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

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

REDUCING FAT

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

Note: It does not work well to substitute liquid oils for butter, margarine or lard in baked goods. If you want to try to substitute liquid oils for solid fats in baked goods replace every tablespoon of solid fat with only 3/4 tablespoon of cooking oil.

OMIT SALT OR REDUCE SALT

Reduce salt by 1/2.

Flavor with herbs and spices instead of salt.

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

SUBSTITUTE WHOLE GRAIN AND BRAN FLOURS

Whole wheat flour – Replace from 1/4 to 1/2 of the all-purpose flour.

If a recipe calls for 3 cups of all-purpose flour, use 1 1/2 cups all-purpose flour and 1 1/2 cups wheat flour.

Oat bran – Replace up to 1/4 of the all-purpose flour.
If a recipe calls for 3 cups all-purpose flour, use 3/4 cup bran and 2 1/4 cups all-purpose flour.

Reduce the Amount of Fats in the Meat Juices, Soups and Gravies

- **Meat and poultry juices** - Use a wide-mouthed spoon to skim the fat off juices or use a fat separating pitcher.
- **Soups, stews and chili** – Refrigerate soups, stews and chili before serving. Fats will harden when cold and can be easily removed with a spoon from the top of the food.

Activity (APPLY):

1. **Make Healthful Changes to Your Diet (handout):** Help participants set a goal to make healthful changes to their diets. Have participants fill-in the left-hand side of this activity sheet, under “*Foods I Ate Yesterday*”. **Next**, have participants individually choose one way they would like to improve their diet (eat less fat, eat less sugar, get more calcium, etc.). Write this in the blank space next to “*Start by making one change to your diet. I will try to...*”. **Next**, have participants make better choices of foods they should eat to make that change in their diet. Have them fill this in on the right side of the activity sheet under “*Better Food Choices*”.
2. **Goal Setting:** As a group, have participants share some of the changes they want to make to their diet and examples of how they will make these changes. They may want to set for themselves some short term goals. Have them write one or two goals on a piece of paper and tell them to take this home. If they have a calendar at home, have them go one or two months ahead in their calendar and tape these goals to that month. When that month does arrive, this will be a reminder and a way for them to see if they are meeting their goals.

Handout (AWAY): “*Healthful Substitutions*” recipes
“*Common Food Substitutions*”

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