

Altering Recipes for Better Health

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 do replace liquid oils for solid fats, use less oil than solid fat.

Substitution of Oils for Solid Fats in Baked Goods*

For Solid Fat...

1 Tablespoon
1/3 cup
1/2 cup
3/4 cup
1 cup

Try Liquid Oil...

3/4 Tablespoon
4 Tablespoons (1/4 cup)
6 Tablespoons
9 Tablespoons
3/4 cup

*Source: The American Dietetic Association Complete Food and Nutrition Guide, 1996.



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.



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University of Illinois Extension provides equal opportunities in programs and employment.
The Family Nutrition Program is funded with Food Stamp Administrative funds by the Food, Nutrition & Consumer Service of the U.S. Department of Agriculture.