

Keeping Your Food Healthy

Choosing healthy foods is a good start, but *keeping* them healthy is important too. When preparing meals, we should be sure that we're not adding a lot of extra fat, sodium and sugar. Many recipes can be altered to ensure that we keep these ingredients to a minimum.

Tips to decrease fat and calories in recipes:

Instead of this:	Try using this:
Shortening, butter, margarine, solid fat	1/4 th less liquid oil or solid fat
Butter, shortening, oil	Applesauce or prune puree
Cream, whipping cream	Evaporated skim milk, nonfat whipped topping or cream
Eggs	2 egg whites, or 1/4 cup egg substitute for every egg
Frying in fat	Use nonstick pan or bake, boil, broil, grill, poach, roast, stir-fry, or microwave
Meat, poultry	Trim fat from meat, remove skin from poultry (you may keep the skin on until after cooking to help keep the moisture in)

Modify recipes of some traditional foods:

Biscuits	Vegetable oil instead of lard or butter, and skim or 1% instead of whole milk
Macaroni and cheese	Low-fat cheese and 1% or skim milk
Greens	Flavor with skin-free smoked turkey, liquid smoke, fat-free bacon bits instead of fatty meats
Gravies or sauces	Cool in refrigerator then skim fat off top; for cream or white sauces, use skim milk and soft tub or liquid margarine
Dressings or stuffing	Broth or skimmed fat drippings instead of lard or butter; add herbs or spices for flavor
Sweet potato pie	Mash sweet potato with orange juice concentrate, nutmeg, vanilla, cinnamon, and only 1 egg, and leave out the butter
Cakes, cookies, quick breads, pancakes	Egg whites or substitute instead of whole eggs (2 whites per whole egg); applesauce instead of some of the fat

Tips for keeping your veggies lean:

- Steam or cook in small amount of defatted broth, juice or water in a covered pan.
- Oven-bake French fries and breaded onion rings instead of frying. Coat lightly with vegetable oil spray, then roast in the oven at 400 degrees for about 15 minutes until tender-crisp.
- Puree or mash potatoes, sweet potatoes, and other vegetables with skim or 1% milk or reduced –sodium chicken broth, and limit added butter or margarine.
- Salads: use low-fat dressings or make your own with less oil and more vinegar, and limit high-fat extras such as regular cheese, bacon, hard-boiled egg with yolks, etc.