

champs

Center for Healthy Aging Ministries, Programs & Services

From the Champs Parish Nurse

Cooking Healthier

(Third in a three-part series)

It isn't hard to try simple substitutions to prepare and cook your favorite recipes in order to reduce the fat, sugar, sodium (salt) and create delicious calorie conscious meals. Try making the changes gradually and in most instances your family will not even realize they are eating a "healthy version" of their favorite recipe.

Healthy options for cooking include broiling, grilling, braising, steaming and baking meats on a rack so the fat drips away from the meat. If desiring to fry foods, use fat-

free cooking sprays and nonstick type pans to cook in. When frying food use a small amount of extra virgin olive oil, canola oil, or macadamia nut oil instead of butter.

Flat beer or wine can also be used for sautéing with wines, fruit juices and fat-free broths used for basting meats. (Substitute three tablespoons of flat beer or wine for every tablespoon of butter in a recipe.)

How can the fat and cholesterol, sugar and sodium be reduced in recipes?

Baking substitutions for:	Reduce recipe:	Replace with:
Butter, shortening or oil	Half butter, shortening or oil	Half unsweetened applesauce, mashed bananas or prunes puree. Do not use diet, whipped or tub-style margarines for regular margarine.
Sugar	Cut amount by 1/3 to 1/2	Add spices for increased flavor e.g. vanilla or almond extract; not all sugar substitutes can be used in a reduced amount in baking. Always follow manufactures instructions for substituting with these products.
Salt (sodium)	Reduce by 1/2 if no yeast required in recipe.	Salt can be reduced or eliminated in most recipes except those with yeast which requires salt for leaving.
Eggs	1 egg	Two egg whites or ¼ c. egg substitute
Whole milk		Substitute reduced fat or fat-free milk

General cooking substitutions for:	Replace with:
Salts e.g. seasoning, garlic, celery or onion	Herb or salt-free seasonings, garlic powder, celery seeds, onion flakes.
Soups	Low-sodium or reduced sodium versions
Soy sauce	Low sodium soy sauce, hot mustard sauce, sweet and sour sauce
Evaporated milk	Evaporated skim milk
Cream Cheese	Fat-free or low-fat creamed cheese or pureed low-fat cottage-cheese
Mayonnaise	Reduced calorie mayonnaise or no fat mayonnaise
Oil based marinades	Fruit juice or fat-free broth, balsamic vinegar or wine
Salad dressings	Fat-free or reduced-calorie dressing or flavored vinegars
Ground beef	Chicken, turkey or lean or extra lean ground beef
Bacon	Canadian bacon, turkey bacon, lean prosciutto ham or smoked turkey
All-purpose flour	Substitute ½ whole wheat flour for regular all-purpose flour
Meat as main ingredient	Use three times as many vegetables as meat on pizza or in casseroles, soups and stews.
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur or pearl barley

Content adapted from:

<http://www.mayoclinic.com/health/healthy-recipes/NU00584>

<http://www.fitnessandfreebies.com/food/defat.html>

<http://www.sonic.net/~alden/Fatsoils.html>

There are a number of web sites such as those listed above that give tips for removing the fat from your diet, cooking healthy, and doing recipe modifications. Mayo Clinic has a number of suggestions for healthy snacks at: <http://www.mayoclinic.com/health/healthy-diet/HQ01396>

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