

ADAPTING RECIPES



Whether you're trying to lose weight, lower your cholesterol, lower your sodium intake or just be healthy, limiting the fat, cholesterol, sodium and sugar in your diet is important. Healthy eating habits for children and adults begin at home. Remember, children under two have special dietary needs. Check with your physician before altering their diet.

Cooking more healthfully is no reason to give up your favorite family recipes. All you need to do is learn how to adapt them to meet your dietary goals.

Step Approach to Adapting Recipes

There is a three step approach to adapting recipes.

1. Look for those "problem" ingredients that make a recipe high in fat, cholesterol or sodium.
2. Find low-fat or low-sodium substitutions to replace these ingredients. You can reduce the amount of the ingredient or substitute a similar ingredient that is healthier for you. Sometimes you can eliminate the unhealthy ingredient completely.
3. Change your method of food preparation. For instance, instead of deep fat frying, try boiling.

Tips for Reducing Fat and Cholesterol

Dietary fat is either saturated or unsaturated. Saturated fats are found in animal products and whole milk dairy products and are solid at room temperature. Some vegetable products such as coconut oil, palm oil, cocoa butter found in chocolate and vegetable oils that have been hardened by hydrogenation are mostly saturated fats.

Saturated fats are a dietary risk factor in developing heart disease and raise blood cholesterol. Unsaturated fats include monounsaturated and polyunsaturated fats. They are found in most vegetable oils and are liquid at room temperature. Oils high in polyunsaturated fats are safflower, sunflower, corn, soybean and cottonseed. Monounsaturated fats are predominant in olive, canola and peanut oil.

Blood or serum cholesterol is a waxy fat-like substance that is produced by the liver or obtained by eating certain foods. Dietary cholesterol is found in foods of animal origin, especially meats, egg yolk and whole-milk dairy products.

- Choose lean cuts of meat, fish and poultry. Trim all visible fat, including the skin of poultry. Serve smaller portions.
- Avoid deep-fried foods or limit how often you eat them. If you must fry or sauté, use a non-stick pan, a non-stick spray coating or low-fat, low-sodium broth.
- Limit high fat meats such as hot dogs, salami, bologna, bacon and sausage. High sodium is often a concern in many processed foods.
- Bake, broil, steam or microwave food.
- Use egg substitutes or egg whites.
- Use skim or 1% milk instead of whole.
- Use nonfat or reduced calorie salad dressings or limit the serving size.
- Use low-fat cheeses.
- Avoid butter, animal fats such as lard and bacon grease and hydrogenated shortenings. Replace with oils or margarines made from canola, corn, safflower, soybean or sunflower oil.
- Read food labels.

Tips for Reducing Salt

Although sodium has been linked to high blood pressure, new research suggests that a combination of not enough calcium or potassium may also have an impact on blood pressure. Until conclusive evidence is in, the recommended sodium intake is 2,400 milligrams per day.

Sodium and salt are mistakenly thought to be the same ingredient. Actually, sodium is a mineral while salt is a naturally-occurring chemical compound made up of 40% sodium and 60% chloride. Table salt is the major source of sodium in the diet. One teaspoon of table salt contains 2,300 milligrams of sodium.

There are several no-salt or low-salt seasoning mixes on the market, but you can use spices and herbs to reduce your sodium intake. Our taste for salt is acquired, so it is possible to cut back on salt a little at a time. Gradually your taste buds will adapt to the new and more subtle flavors of herbs and spices. Experiment with small amounts to find seasonings your family will accept.

- Start with one teaspoon of mild herbs or spices, such as basil, cinnamon, cumin, lemon pepper or oregano per six servings.
- Start with only ¼ teaspoon of strong herbs or spices such as allspice, cloves, ginger, nutmeg, rosemary or tarragon per six servings. Ground herbs are stronger than dried which are stronger than fresh. If a recipe calls for ¼ teaspoon of ground herbs, use ¾ to 1 teaspoon of dried or 2 teaspoons of fresh herbs.

Try the following seasoning recipes on your table to replace the salt shaker or add the seasoning to your favorite grilled meats or vegetables. With a little imagination, you can develop your own seasoning mix.



Table Seasoning

Yield: ½ cup

Blend 2 tablespoons each of dry mustard, onion powder and paprika; 2 teaspoons each of garlic powder, white pepper and ground thyme; and ½ teaspoon ground basil together. Store in a tightly covered container.

Grilled Meat Seasoning

Yield: ½ cup

Blend 1 tablespoon each of ground basil, ground anise seed, ground oregano, and powdered lemon rind and 2 tablespoon of garlic powder together. Store in a tightly covered container.

Tips for Reducing Sugar

Sugar is the number one additive in the United States. The following guidelines can help to reduce the amount of sugar in baked goods. If you reduce the amount of sugar in a recipe, adding a small amount of vanilla, cinnamon or nutmeg can enhance the sweet flavor.

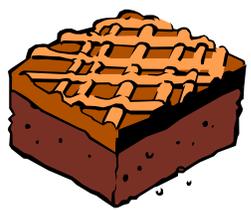
- Use ½ cup sugar per cup of flour in cakes.
- Use 1 tablespoon sugar per cup of flour in muffins and quick breads.
- Use 1 teaspoon sugar per cup of flour in yeast breads.

Today, there are several quality sugar substitutes which can be used in place of sugar to produce a lower sugar product. Follow the manufacturer's instructions for best results.

How to Alter a Recipe

Recipes are chemical formulas. Companies spend a lot of time and money testing recipes for consumer use. Any change made in a recipe will produce a slightly different product and you may or may not be happy with the results. Do not substitute ingredients in preservation recipes as proportions and ingredients are used as food safety measures.

The serving size and frequency of eating are important factors in deciding when to change baked products. This brownie recipe offers the alternative of replacing margarine with applesauce.



BROWNIES

Original	Moderate Fat	Low Fat
Yield: 16 servings		
½ cup margarine	¼ margarine	Omit
	¼ cup unsweetened applesauce	½ cup unsweetened applesauce
1 cup sugar	1 cup sugar	1 cup sugar
1 egg	1 egg	2 egg whites
½ teaspoon vanilla	½ teaspoon vanilla	½ teaspoon vanilla
¾ cup flour	2/3 cup flour	¾ cup flour
¼ cup cocoa	¼ cup cocoa	¼ cup cocoa
¼ teaspoon baking powder	¼ teaspoon baking powder	¼ tsp. baking powder
⅛ teaspoon salt	⅛ teaspoon salt	⅛ teaspoon salt
½ cup chopped walnuts	¼ cup chopped walnuts	Omit

In a mixing bowl, combine applesauce, sugar, egg whites and vanilla. Stir in remaining dry ingredients. Pour into a 9x9x2-inch baking pan prepared with nonstick spray coating. Bake at 350° F for 20 to 25 minutes.

Approximate nutritional analysis per serving:

Original	Moderate Fat	Low Fat
153 calories	117 calories	78 calories
9 grams fat	5 grams fat	0.2 grams fat
49% fat calories	34% fat calories	3% fat calories
13 mg cholesterol	13 mg cholesterol	0 mg cholesterol

Note: If you use store-bought brownie or cake mixes, try substituting ½ cup nonfat yogurt for 2 eggs and ½ cup oil. This will not work with *light* or microwave mixes.

Other Substitutions

When your recipe calls for...	Use...
Whole Milk (1 cup)	1 cup skim or nonfat milk + 1 tablespoon polyunsaturated oil
Heavy cream (1 cup)	1 cup evaporated skim milk; OR ½ cup low-fat yogurt and ½ cup low-fat cottage cheese
Cream cheese	4 tablespoons of margarine blended with 1 cup low-fat cottage cheese. Add a small amount of skim milk if needed. For variety, add chopped chives or pimento or herbs and spices.
Butter (1 tablespoon)	1 tablespoon polyunsaturated margarine; OR ¾ tablespoon polyunsaturated oil.
Shortening (1 cup)	2 sticks polyunsaturated margarine
Oil (1 cup)	1¼ cups polyunsaturated margarine
Eggs (1 egg)	1 egg white + 2 teaspoons of unsaturated oil; OR ¼ cup homemade egg substitute for cooked products: Blend together until smooth ¼ cup nonfat dry milk powder, 6 egg whites and 1 teaspoon polyunsaturated oil; OR commercially produced egg substitute per directions; OR 3 egg whites per 2 whole eggs; OR 2 egg whites for 1 whole egg during baking
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon of polyunsaturated oil. Carob is sweeter than cocoa, so also reduce the sugar in the recipe by one-fourth.
Sour cream	Use <i>light</i> sour cream or make your own mock sour cream: Blend together until smooth 1 cup nonfat cottage cheese, 2 tablespoons skim milk and 1 tablespoon lemon juice
Sugar	Reduce amount by up to ½ of the original amount. Use no more than ¼ cup of sugar to each cup of flour.
All-purpose flour (1 cup)	¾ cup all-purpose white flour + ¼ cup bran; OR ½ cup all-purpose flour + ½ cup whole-wheat flour; OR 1 cup whole-wheat flour minus 2 tablespoons, decreasing oil by 1 tablespoon and increasing liquid by 1 tablespoon.

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