



Recipe Modifications and Smart Substitutions



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cholesterol, while noticing little, if any, difference in taste.

Recipe Modification and Smart Substitutions

You may have a recipe box full of your favorite foods, but you don't have to toss them out and start anew. Modifications to your old favorites are a perfect way to "have your cake and eat it too!" There are hundreds of ways to make a few changes to most recipes to make them fit into your healthy eating plan.

Modifications can be made to recipes to add "functional" ingredients to your foods, such as fiber, protein or flavor. You can also subtract ingredients to reduce fats, sodium (salt), sugar and calories from your recipes. Those little changes add up to big results.

Change up the fat

Decreasing fat in recipes is one easy way to decrease calories or substitute for healthier fat. For example, use poly/monounsaturated fats instead of saturated or trans fats. Instead of butter, margarine or oil, you can use:

- ▶ Flaxseed (3:1 ratio)
- ▶ Unsweetened applesauce (1:1 ratio)
- ▶ Plain nonfat yogurt (1:1 ratio)
- ▶ Prune/fruit puree (1:1 ratio)
- ▶ Canned pumpkin (1:1 ratio)

Cut the sugar

Sugar provides sweetness as textural properties to foods. Adjusting the amount of sugar may be an "experiment" at first. Decreasing sugar content can reduce calories. For baking, if you are also substituting the fat in recipes, choose a prune/fruit puree to add additional sweetness. This also adds functional ingredients to your recipes (fiber and/or protein). You should also:

- ▶ Be aware of "Sugar Free" claims (It does not always mean decreased calories or even reduced carbohydrate content of the food.)
- ▶ Reduce the sugar content
- ▶ Try sugar substitutes or sugar substitute/sugar blends

- ▶ Use fruit purees in baked goods in place of fat to add fiber
- ▶ Add Benefiber® to boxed cakes, muffins or breads
- ▶ Use flaxseed in lieu of oil when baking
- ▶ Substitute soy, whole wheat and other whole grain flours for refined flour
- ▶ Incorporate protein powder in foods
- ▶ Add yogurt in place of fat

Lighter baking done right...The details!

Do you think that being healthier means that you are destined to live with tasteless cookies or a life without sweets? Think again.

There are many ways to substitute lower calorie ingredients that will still deliver tasty treats. While watching the cooking shows, it is easy to get swept away watching how the chefs prepare their meals. It is an art. However, baking with substitutes is a science. If you eliminate all fat, then your results might be inedible. Most of the fat from baked goods comes from three ingredients: butter/oil, eggs and sugar. These ingredients add not only flavor, but also moisture and texture. So how do you reduce the calories and still get good taste?

Bake without butter

This is an ingredient that adds moisture and richness, but can also add unnecessary calories and fat. Only swap out half the fat that a recipe calls for:

- ▶ Unsweetened applesauce has a neutral flavor that works well in almost every baked good. It adds moisture and fiber to recipes.

How much: Replace half the butter, oil or shortening called for with equal amounts of applesauce.

Best used in: Any baked goods, especially cake

Calorie swap: 1 cup butter vs. 1 cup applesauce
 1628 calories vs. 98 calories
 180 gm fat vs. 0 gm fat

- ▶ Pumpkin puree helps to make baked goods moist and spongy.

How much: Replace half the butter, oil or shortening called for with an equal amount of puree.

Best used in: Spiced breads, cakes or muffins; quick breads, pancakes and brownies

- ▶ Prune puree has a rich flavor that blends well with chocolate and spices.

How much: Replace half the butter, oil or shortening called for with an equal amount of puree.

Best in: Chocolate baked goods, brownies, gingerbread and spice cakes

Calorie swap: 1 cup butter vs. 1 cup prune puree
 1628 calories vs. 732 calories
 180 gm fat vs. <1 gm fat

- ▶ Bananas can add fiber, flavor and moisture much like oil does. Use in any recipe where their strong flavor won't overpower more delicate ingredients such as citrus or berries.

How much: Mashed or pureed banana for every cup of oil

Best used in: Quick breads, coffee cakes and pancakes (due to density, they are not recommended for light and fluffy baked goods)

Calorie swap: 1 cup oil vs. 1 cup bananas
 1980 calories vs. 134 calories
 220 gm fat vs. <1 gm fat

Egg replacements

The two primary roles of eggs in any recipe includes: leavening (helping baked goods to rise and become “fluffy” and light) and binding (preventing baked goods from crumbling or falling apart). They also provide a creamy texture, moisture and richness. However, eggs add fat and cholesterol. Here are a few ways to substitute the eggs out:

- ▶ Unsweetened applesauce can serve as a binder and help to keep baked goods moist.

How much: ¼ cup of applesauce to replace one egg

Best used in: Brownies, cakes and quick breads

Calorie Swap: 1 egg vs. ¼ cup applesauce
 74 calories vs. 25 calories
 4.5 gm fat vs. 0 gm fat

- ▶ Vinegar and baking soda can help to make cakes rise and stay light.

How much: 1 teaspoon baking soda and 1 tablespoon vinegar (apple cider vinegar works best) per egg

Best used in: Quick breads, cakes and cupcakes

Calorie swap: Save 75 calories and 4.5 grams of fat per egg

- ▶ Ground flaxseed is packed with Omega 3 and fiber. When the flaxseeds are ground and mixed with water, it becomes sticky and gummy. However, mixing it in a blender can make a thick and creamy substance.

How much: 1 tablespoon ground flaxseed and 3 tablespoons water per egg

Best used in: Baked goods that can handle the nutty taste of flaxseed such as pancakes, waffles, muffins, carrot cake and oatmeal cookies

- ▶ Bananas can add sweetness and binding when mashed and added to baked goods.

How much: ¼ cup mashed or pureed banana for every egg

Best used in: Banana bread, other quick breads, muffins, cakes, waffles and pancakes (Stay away from any recipes where they would overpower a subtle flavor such as apple or citrus.)

- ▶ Silken tofu has a creamy texture when whipped or pureed that is ideal for baking. You can find it with the Asian foods or in the produce section.

How much: ¼ cup of silken tofu equals one egg

Best used: Cakes, brownies and custards

Sweet as sugar

Sugar is important in baked goods to help prevent cookies from becoming tough and chewy, and adds flavor and color. It contains 775 calories per cup.

With pie fillings, cakes and cookies, you can usually reduce the amount of sugar by half. You can also use sugar substitutes. The following are the recommendations made by manufacturers:

- ▶ Sucralose (Splenda®): Use 1 cup Splenda per 1 cup sugar.
- ▶ Saccharin (Sweet 'N Low®): Use six packets to replace ¼ cup sugar.
- ▶ Stevia: 1 teaspoon equals 1 cup sugar
- ▶ Aspartame (Equal®, NutraSweet®): Do not bake with these products because they are not heat stable.

Recipe Modification

You can make many of your favorite recipes healthier by using lower fat or nonfat ingredients. These healthy substitutions can help you cut down on saturated fats, trans fats and

INSTEAD OF ...	TRY ...
An egg	<ul style="list-style-type: none"> ▶ Two egg whites ▶ 1 tbsp ground flaxseed + 3 tbsp water ▶ ¼ cup egg substitute
All-purpose flour	<ul style="list-style-type: none"> ▶ Half whole wheat flour, half all-purpose flour ▶ Whole wheat pastry flour (1:1 ratio)
Sugar	<ul style="list-style-type: none"> ▶ Splenda Granular (1:1 ratio) ▶ Splenda Baking (½:1 ratio)
Brown sugar	<ul style="list-style-type: none"> ▶ Splenda Brown Sugar (½:1 ratio)
Powdered sugar (for dusting)	<ul style="list-style-type: none"> ▶ 1 cup Splenda + 1 tbsp cornstarch Blend in blender for one minute, scraping as needed.
Oil, butter, margarine	<ul style="list-style-type: none"> ▶ 1 tbsp ground flaxseed + 3 tbsp water (3:1 ratio) ▶ Unsweetened applesauce (1:1 ratio) ▶ Plain nonfat yogurt (1:1 ratio) ▶ Canned pumpkin (1:1 ratio) ▶ Decreasing fat amount by half and replace with fruit puree or yogurt ▶ Using only ½ fat amount in recipe
Evaporated whole milk	<ul style="list-style-type: none"> ▶ Evaporated skim milk
Whole milk	<ul style="list-style-type: none"> ▶ 1 percent milk ▶ Skim milk ▶ Light almond milk ▶ Light soy milk
Heavy cream	<ul style="list-style-type: none"> ▶ Equal parts half and half and fat-free evaporated milk
Mayonnaise or salad dressing	<ul style="list-style-type: none"> ▶ Light or nonfat versions

INSTEAD OF ...	TRY ...
Sour cream	<ul style="list-style-type: none"> ▶ Nonfat sour cream ▶ Light sour cream ▶ Greek-style plain yogurt
Regular cheese	<ul style="list-style-type: none"> ▶ Fat-free cheese ▶ Light or 2 percent cheese
Cream cheese	<ul style="list-style-type: none"> ▶ Nonfat cream cheese ▶ Laughing Cow® Light Cheese Wedges ▶ Light cream cheese
Bread crumbs	<ul style="list-style-type: none"> ▶ Ground high-fiber cereal (Fiber One®) ▶ Ground high-fiber crackers ▶ Ground whole-grain breads
Ground beef	<ul style="list-style-type: none"> ▶ Ground turkey breast ▶ Meatless soy crumbles
Bacon/sausage	<ul style="list-style-type: none"> ▶ Turkey bacon ▶ Turkey sausage ▶ Canadian bacon ▶ Soy sausage crumbles or patties
Peanut butter	<ul style="list-style-type: none"> ▶ PB2® ▶ Better Than Peanut Butter ▶ Natural peanut butter
Chocolate chips	<ul style="list-style-type: none"> ▶ Half the amount of mini chocolate chips
Salt (for seasoning)	<ul style="list-style-type: none"> ▶ Mrs. Dash® ▶ Fresh herbs ▶ Dried herbs

Smart Substitutions

INSTEAD OF ...	TRY ...
Pastries	<ul style="list-style-type: none"> ▶ Half almond butter or peanut butter sandwich on whole-grain bread with a piece of fruit ▶ Handful of almonds <p>Benefit: The sandwich contains less saturated fat and sugar and has more nutrition. Almonds are high in several nutrients and polyunsaturated fat that helps reduce LDL or "bad" cholesterol within the context of a healthy diet. Whole-grain bread, almonds and many types of fruits are high in fiber.</p>
Soft drinks	<ul style="list-style-type: none"> ▶ 1 cup low-fat or skim milk ▶ ½ cup fruit juice (Try mixing it with sparkling water for a little pizzazz) ▶ Herbal flavored iced tea <p>Benefit: Milk or fruit juice "sparkler" contains fewer calories. Milk's calcium will help protect against thinning bones.</p>
Fried tortilla chips and processed cheese	<ul style="list-style-type: none"> ▶ Baked corn tortilla chips and salsa <p>Benefit: Baked corn tortilla chips contain less fat and fewer calories per serving than fried tortilla chips. Try adding low-sodium seasoning to your cheese instead of salt. Salsa is lower in calories and more nutritious than processed cheese dip.</p>
Ice cream bars	<ul style="list-style-type: none"> ▶ Frozen 100-percent fruit bar <p>Benefit: The fruit bar is fat-free and has fewer calories; watch out for added sugars though.</p>
Candy bars	<ul style="list-style-type: none"> ▶ Fiber One® bar or Kashi® Bar <p>Benefit: Functional ingredients like protein and fiber make you feel full and satisfied.</p>
Chips	<ul style="list-style-type: none"> ▶ A small handful of almonds or a medium piece of fruit
Croissant	<ul style="list-style-type: none"> ▶ Pita bread or whole-grain bread
Salted pretzels	<ul style="list-style-type: none"> ▶ High-fiber crackers

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