



Swapping Ingredients to Make Recipes Healthier

Maybe you have some of your own favourite recipes that you would like to introduce to your centre, but are unsure about whether they are healthy choices. The following list has some common ingredients that should be limited. It also contains easy substitutions you can do to make your recipes healthier. By using this list, you can adapt your cultural or family recipes to be a little healthier.

All meals should contain all four food groups. Here are some easy ways to add each food group to your recipes.

<i>My recipe is missing....</i>	<i>Try adding....</i>
Vegetables and fruit	Grated carrots or zucchini to baked goods, soups, or sauces Frozen peas or mixed vegetables to stews, meat dishes, rice or sauces Applesauce to baked goods Fresh or frozen spinach to soups, sauces, pasta or rice
Whole grains	Toasted whole oats or oat bran to salads or yogurt Barley, quinoa or wheat berries into soups or stews A small side of whole grain pasta or brown rice Wrap a vegetable dish in a whole grain tortilla or use a whole grain bread to dip in soup or stew
Dairy & alternatives	A tablespoon of plain yogurt to stews, soups or meat dishes Cheese to sauces, casseroles or meat dishes A glass of low-fat milk with the meal Cottage cheese or evaporated milk into sauces, soups or stews
Meat & alternatives	Soaked, dried beans or lentils to soups or stews Pureed beans to thicken sauces or soups Sautéed or grilled chicken or salmon to salads or grain-based dishes Tofu, either sautéed, grilled or pureed to add texture or thicken a dish



PRACTICES

Here are some ingredient switches that can help make recipes healthier.

<i>My recipe calls for...</i>	<i>Try substituting....</i>
Granulated sugar	Honey Fruit (such as dates) or fruit puree Half the amount of sugar and 1 teaspoon of vanilla
White flour	Half the white flour can be replaced with whole wheat flour For pastries, whole wheat pastry flour should be used Black bean puree can be substituted at a 1:1 ratio for half the flour in a cake or brownies Herbs, spices or salt (sodium)-free seasonings
Salt	Vinegar or lemon juice
Oil	If using for sautéing, limit to 1 tablespoon and use olive, sunflower or canola oil. Avoid any oil that says, “partially hydrogenated” or “hydrogenated” on the label, and limit coconut oil, palm oil, and peanut oil. If for baking, replace oil with low-fat yogurt. Applesauce or mashed banana can also be used.
Butter	Half the amount of healthy oil for sautéing or baking Fruit puree for baking Chia seeds (soaked) for half the butter in baking Nut butters for baking or spreading
Lard	Half the amount of healthy oil for sautéing or baking Fruit puree for baking
Cream	In sauces, use low-fat evaporated milk, yogurt or blended soft tofu. In baking, use one egg or two egg whites per ¼ cup cream
Milk, cheese, yogurt, cream cheese, or sour cream	Use low-fat versions.
Mayonnaise	Low-fat mayonnaise Avocado Light salad dressing Pureed cottage cheese if using mayonnaise in dips Low-fat yogurt or sour cream
Eggs	Use egg whites (two whites/egg in recipe)



PRACTICES

<i>My recipe calls for...</i>	<i>Try substituting....</i>
Roux (butter flour thickener)	Evaporated milk or vegetable puree. Potatoes, cauliflower, parsnips or squash purees work well.
Arborio, basmati, or white rice	Whole grain brown rice. Wild rice or quinoa are also good choices. Substitute diced vegetables for one third rice after rice is cooked.
Pasta	Whole grain pasta Lightly steamed vegetables for half the cooked pasta Zucchini ribbons or spaghetti squash can substitute for spaghetti or linguini
Sausage, ground pork, or ground beef	Ground turkey or ground chicken breast

Adapted from:

<http://www.nutrition411.com/education-materials/fruits-and-vegetables/item/15430-30-ways-to-sneak-more-fruits-and-vegetables-into-your-diet>,

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<http://www.webmd.com/diet/features/6-reasons-to-get-your-diary>

<http://www.livestrong.com/article/383397-healthy-substitutions-for-cooking/>,

<http://www.healthline.com/health-slideshow/foods-for-the-heart#1>

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