

## Altering recipes for health

Many people today are looking for ways to cut down on sugar, fat, and salt in their diets. An easy way to do this is by altering recipes that call for these ingredients. Although there will be differences in texture and appearance, you are increasing the health benefits for your family. This information is provided by food specialists at Iowa State University.

### *Reducing sugar*

#### Baked Goods

- Reduce sugar by  $\frac{1}{3}$  of the original amount in pudding, custard, cookies, cakes, and quick bread recipes.  
Example: if a recipe calls for 1 cup, use  $\frac{2}{3}$  cup.

#### Canned or Frozen Fruits

- Decrease or omit sugar when canning or freezing fruits. Fruits can be preserved in water, fruit juices (diluted or full strength pineapple, apple, and white grape are good choices), or a very weak sugar solution. Berries, plums, and rhubarb can be frozen dry by packing into freezer containers or bags. Remove as much air as possible.

### *Reducing fat*

- Reduce fat by  $\frac{1}{3}$  of the original amount in gravies, sauces, and baked products, especially quick breads.
- Replace fat with an equal amount of applesauce in cakes, cookies, and quick breads.
- Substitute yogurt, fat-free cream cheese, cottage cheese, or fat-free sour cream for sour cream in some recipes and dips.
- Substitute skim or nonfat dry milk for whole milk.

### Fat Free Products

- Some reduced fat margarines should not be used for baking due to high water content.
- Substitute reduced fat cheeses for cheese in any recipe; however, they do not melt as well.
- Use lowfat or nonfat cream cheeses as spreads, but they are not heat stable.

### *Reducing salt*

- Reduce or omit salt from all foods, except when it is used as a preservative (i.e., pickling or curing).
- You may notice some differences in your final product from the above change. Many are very acceptable and often preferred. Omitting salt takes time to accept, so it may be better to reduce salt gradually.

