

FitFUTURE

Strategies for
Better Living.



Ingredients for Healthier Home-Cooked Meals

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There is nothing like a home-cooked meal! Among the many benefits to preparing meals and snacks at home, is the ability to control the quality of ingredients. Small changes in food choice can result in significant reductions to the calories, fat and sodium in your family meals.

Try the substitutions below to increase the health-factor of your home-cooked meals:

| Instead of: | Substitute: |
|--|--|
| 1 cup cream | 1 cup evaporated fat-free milk |
| 1 cup butter, margarine, or oil in baking | 1/2 cup apple butter, applesauce, pureed pears, prune puree, yogurt, pureed cottage cheese |
| 1 egg | 2 egg whites or 1/4 cup egg substitute |
| Pastry dough | Graham cracker crumb crust |
| Butter, margarine, or vegetable oil for sautéing | Cooking spray, chicken broth, or a small amount of olive oil |
| Bacon | Lean turkey bacon or ham |
| Ground Beef | Extra lean ground beef or ground turkey breast |
| Sour Cream | Fat-free sour cream |
| 1 cup chocolate chips | 1/4 - 1/2 cup mini chocolate chips, or use raisins instead |

| Instead of: | Substitute: |
|---|---|
| 1 cup sugar | 3/4 cup sugar (this works with everything except yeast breads) |
| 1 cup mayonnaise | 1 cup reduced-fat or fat-free mayonnaise |
| 1 cup whole milk | 1 cup fat-free milk |
| 1 cup cream cheese | 1/2 cup ricotta cheese pureed with 1/2 cup fat-free cream cheese |
| Oil and vinegar dressing with 3 parts oil to 1 part vinegar | 1 part olive oil + 1 part vinegar (preferably flavored vinegar, such as balsamic) + 1 part orange juice |
| 1 oz. unsweetened baking chocolate | 3 Tbsp. unsweetened cocoa powder + 1 Tbsp. vegetable oil or margarine |
| Bouillon | Low-sodium, low-fat broth, available canned, powdered, or base |

Sources:
MyPyramid.gov
<http://www.mypyramid.gov>