



## Change How You Cook to Use Less Sugar



- Add less or no sugar**
- Use foods with little or no sugar added**
- Use flavorings and spices that are naturally sugar-free but add a sweet taste**
- Use sugar-free products and sugar substitutes**
- Use fruits as sweeteners**





## Build a Better Recipe to Lower Sugar



**Look for high-sugar foods in your recipes. Use low-sugar foods instead.**

Use ...	Instead of ...
Splenda® or Equal® for baking	Full amount of white or brown sugar
1/2 applesauce and 1/2 sugar	Full amount of sugar
1/2 pureed fruit and 1/2 sugar	Full amount of sugar
1/2 sugar substitute and 1/2 sugar	Full amount of sugar
Fruit and berries	Maple syrup or honey
Sugar-free Jell-O®	Regular Jell-O®
More vanilla, cinnamon or nutmeg	Full amount of sugar
Sugar-free drink mixes	Regular drink mixes





# Sugar Substitutes



Generic Name	Brand Name	Notes
sucralose	Splenda®	
acesulfame-K	Sweet One® Sunett® DiabetiSweet® DiabetiSweet® Brown Sugar Sweet and Safe®	
aspartame	Equal® NutraSweet® NatraTaste® Insta Sweet®	May lose sweet taste when heated for a long time Loses sweetness when stored for a long time
neotame		This is a new product
saccharin	Sweet'N Low® Sweet'N Low® Brown Sugar Twin® Brown Sugar Twin® Sweet Twin® Necta Sweet®	Leaves an aftertaste when used in large amounts
stevia	Stevia™	Natural plant product May be expensive and hard to find





## Change How You Cook to Use Less Fat



- Add less or no fat
- Use low-fat or fat-free food
- Bake, broil, steam, poach, boil or grill food instead of frying
- Remove fat from food
- If fat is added, use healthier fat
- Use wild game and fish





## Build a Better Recipe to Lower Fat



**Look for high-fat foods in your recipes. Use low-fat foods instead.**

Use ...	Instead of ...
Ground turkey breast (lean only, no skin), ground buffalo meat or wild game	Regular ground beef, pork or turkey
Fat-free or low-fat cheese	Regular cheese
Low-fat or non-fat sour cream or plain, non-fat yogurt	Sour cream
Low-fat or fat-free margarine, vegetable-oil spray	Margarine, oil, or butter
Cocoa powder plus a small amount of oil or low-fat margarine (see instructions on cocoa box label)	Chocolate
Small amount of extra lean, trimmed pork loin chop, trimmed ham or turkey ham	Pork or bacon fat for seasoning
Low-fat cream soups or flavored white sauce made without fat	Cream soup
Evaporated skim milk	Evaporated milk
2 egg whites or 1/4 cup of egg substitute	Whole egg
Non-fat or low-fat mayonnaise or salad dressing, plain non-fat or low-fat yogurt	Regular mayonnaise or salad dressing
Skim, 1% or evaporated skim milk	Whole milk, heavy cream or half and half



In recipes for cakes, cookies, muffins and quick breads:

- try cutting the amount of margarine/butter by 1/3 to 1/2
- replace with the same amount of unsweetened applesauce, pureed prunes or skim milk





## Change How You Cook to Use Less Sodium



- Add less or no salt
- Use fewer high-salt foods
- Use low-salt or unsalted ingredients





## Build a Better Recipe to Lower Sodium



**Look for high-sodium foods in your recipes.  
Use low-sodium foods instead.**

<b>Use ...</b>	<b>Instead of ...</b>
Unsalted meat, fish and poultry	Smoked or salted meats
Fresh or frozen vegetables, or unsalted canned	Pickled or regular canned vegetables
Fresh/dried herbs and plain spices	Seasoning salt
Garlic or onion powder	Garlic or onion salt
Low-sodium broth or bouillon	Regular broth and bouillon
Low-sodium soups	Regular soups
Low-salt crackers and plain bread crumbs	Regular crackers and seasoned crumbs
Lemon, lime or fruit juices	Meat tenderizers, soy sauce



# Four Steps to Food Safety



## 1. CLEAN

*Wash hands and surfaces often*



Germs can spread through the kitchen and get onto cutting boards, utensils, sponges and counter tops. Do these things for food safety:

- Wash hands, utensils and surfaces in hot soapy water before and after food preparation, especially after preparing meat, poultry, eggs or seafood. Use a disinfectant cleaner or a mixture of bleach and water on surfaces.
- Use plastic or other nonporous cutting boards. Wash boards in the dishwasher or in hot, soapy water after use.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often in the hot cycle of a washing machine.
- Wash your hands after using the bathroom, changing diapers and handling pets.

## 2. SEPARATE

*Keep raw food away from other food*



Germs can be spread from one food to another, especially when handling raw meat, poultry and seafood. Keep these foods and their juices away from other foods. Do these things for food safety:

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use a different cutting board for raw meat products.
- Wash hands, cutting boards, dishes and utensils in hot, soapy water after they touch raw meat, poultry and seafood.
- Never place cooked food on a plate which held raw meat, poultry or seafood.

## 3. COOK

*Cook to proper temperatures*



Foods are properly cooked when they are heated long enough and at a high enough temperature to kill germs that cause illness. Do these things for food safety:

- Use a clean thermometer, which measures the inside temperature of cooked foods, to make sure meat, poultry, casseroles and other foods are cooked all the way through.
- Cook roasts and beef to at least 145° F. Cook whole poultry to 180° F and pork to 165° F.
- Cook eggs until the yolks and whites are firm. Do not use recipes in which eggs remain raw or only partially cooked.
- Fish is done when it flakes easily with a fork.
- When cooking in a microwave oven, make sure there are no cold spots in food where bacteria can survive. Cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers to at least 165° F.

## 4. CHILL

*Refrigerate right away*



Refrigerate foods right away. Cold temperatures keep germs from growing. Keep your refrigerator no higher than 40° F and the freezer unit at 0° F. Check these temperatures with an appliance thermometer. Do these things for food safety:

- Refrigerate or freeze perishables, prepared foods and leftovers within two hours.
- Thaw food in the refrigerator, under cold, running water or in the microwave. Never defrost food at room temperature. Marinate foods in the refrigerator.
- Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.
- Do not pack food too closely in the refrigerator. Cool air needs to circulate to keep food safe.







# Sample Recipes



## Orange Gelatin Surprise

**Servings**      **Serving Size**      **Calories**      **Protein**      **Fat**      **Carbohydrate**  
 6                      3/4 cup                      25                      1 g                      0 g                      5 g

Ingredients	Amount	Directions
Sugar-free gelatin dessert	1 3-ounce box	Dissolve gelatin as directed on box.
Crushed pineapple, canned in juice	1 cup	Add to slightly thickened gelatin.
Carrots, grated	1 cup	Add to gelatin mixture.
		Refrigerate until set.

**3/4 cup = free food**

## Lower Fat Potato Salad

**Servings**      **Serving Size**      **Calories**      **Protein**      **Fat**      **Carbohydrate**  
 12                      1/2 cup                      78                      3 g                      1 g                      12 g

Ingredients	Amount	Directions
Boiling potatoes, medium, cut into quarters with skins on	6 each	Place in large pan with enough water to cover. Bring to a boil. Reduce heat and simmer for 15 minutes or until potatoes are tender. Drain well and cool. Peel skins off and cut into 1/4 inch pieces. Place in a medium-sized bowl.
Onion, chopped Black pepper Salt Celery, chopped Eggs, hard-cooked, coarsely chopped	1/2 cup 1/8 teaspoon 1/2 teaspoon 1/2 cup 2	Add to potatoes and mix well.
Light mayonnaise or salad dressing Non-fat yogurt, plain Mustard, prepared	1/4 cup 2/3 cup 2 teaspoons	Mix in separate bowl. Add to potato mixture. Blend well until potatoes are covered.

**1/2 cup = 1 starch exchange**

(Sample Recipes - continued)

**Oven Jo Jo Potatoes**

**Servings** 8      **Serving Size** 1/2 potato      **Calories** 50      **Protein** 2 g      **Fat** 0 g      **Carbohydrate** 13 g

Ingredients	Amount	Directions
Non-stick pan spray		Preheat oven to 375° F. Spray flat pan with pan spray.
Potatoes, medium sized	4	Wash potatoes. Leave skins on and cut into eight pieces along the length of the potato. Place on the pan with about 1/2 inch between each piece.
Pump margarine spray		Spray a light amount on each potato.
Salt-free seasoning	4 teaspoons	Sprinkle with seasonings.
		Bake for 20-30 minutes, or until potatoes are fork tender.

1/2 potato = 1 starch exchange

**Carrot Snack Cake**

**Servings** 12      **Serving Size** 1/12 cake      **Calories** 78      **Protein** 1 g      **Fat** 1 g      **Carbohydrate** 17 g

Ingredients	Amount	Directions
Non-stick pan spray		Preheat oven to 350° F. Coat 8x8x2-inch pan with pan spray.
Margarine, softened or canola oil Sugar	1/4 cup 1/2 cup	In a large bowl, beat with a mixer until blended.
Egg substitute Skim milk Vanilla	1/4 cup 1/2 cup 1/2 teaspoon	Add margarine mixture and beat.
Carrot, shredded	1/2 cup	Stir into margarine/milk mixture.
Flour Baking powder Cinnamon, ground Salt Nutmeg	1/2 cup all purpose 1/2 cup whole wheat 1 1/4 teaspoons 1/4 teaspoon 1/8 teaspoon 1/8 teaspoon	Combine in a separate bowl and add to carrot mixture. Stir until blended.
		Pour batter evenly into pre-sprayed pan. Bake for 20-25 minutes or until a toothpick inserted near the center comes out clean. Remove cake from pan after cooling for 10 minutes.
Powdered sugar	1 teaspoon	Lightly sift over cake.
		Cut into 12 pieces.

1/12 cake = 1 sugary food exchange



# Pumpkin Pie Makeover



## Low-Calorie Pumpkin Pie

**Servings** 8      **Serving Size** 1/8 pie      **Calories** 114      **Protein** 6 g      **Fat** 2 g      **Carbohydrate** 18 g

Ingredients	Amount	Directions
Non-stick pan spray		Preheat oven to 350° F. Spray 9-inch pie pan with pan spray.
Pumpkin, canned, solid-pack	1 16-ounce can	Place all ingredients in a blender, food processor or mixing bowl. Blend 1 minute with a mixer. Pour into prepared pie pan.
Evaporated skim milk	1 13-ounce can	
Egg	1	
Egg whites	2	
Biscuit mix, <i>e.g.</i> Bisquick®	1/2 cup	
Splenda®	3/4 cup	
Pumpkin pie spice	2 1/2 teaspoons	
Vanilla	2 teaspoons	
		Bake for 50 minutes or until a knife inserted in center comes out clean.

1/8 pie = 1 sugary food exchange and 1 fat exchange

## Regular Pumpkin Pie

**Servings** 8      **Serving Size** 1/8 pie      **Calories** 320      **Protein** 7 g      **Fat** 14 g      **Carbohydrate** 41 g

Ingredients	Amount	Directions
		Preheat oven to 350° F.
Pastry for 1 9" pie		
Pumpkin, canned, solid-pack	1 16-ounce can	Place all ingredients in a blender, food processor or mixing bowl. Blend 1 minute with a mixer. Pour into prepared pie crust.
Evaporated canned milk	1 13-ounce can	
Eggs	2	
Sugar	3/4 cup	
Pumpkin pie spice	2 1/2 teaspoons	
Vanilla	2 teaspoons	
		Bake for 50 minutes or until a knife inserted in center comes out clean.

1/8 pie = 3 sugary food exchanges and 2 fat exchanges





## Changes I Can Make



I am:

- Thinking about it
- Ready to start
- Doing it now
- Doing it for 6 months

My long-term goal is:

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My short-term goal is: (Be specific about what, when, how and where)

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I will ask (Who?) \_\_\_\_\_ for support by helping me in this way:  
(Be specific about what they can do to help you)

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I will check regularly to see if I reach my goal by:

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When I reach my short-term goal my reward will be:

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

