



Recipe Remix

Note: this document contains the text from Recipe Remix, a Flash activity available at www.fruitsandveggiesmatter.gov

Vegetables are a healthy choice as a main ingredient in any recipe. They are low in calories and fat and add many essential nutrients to your diet. You often can add extra vegetables beyond what your recipe calls for. When preparing vegetables, pay attention to the way they are cooked. Vegetables can be prepared using a variety of methods. Some methods add a large amount of fat and calories and others do not. Choose how the vegetables in this recipe are prepared from the choices below.

Deep-frying vegetables adds a lot of extra fat and calories. Choose other cooking methods to reduce the calories and fat in your recipe. Instead of deep-frying your vegetables, try some cooking methods that do not add a lot of fat or calories to your recipe. -- Steaming, grilling, baking, roasting, poaching, microwaving and sautéing/stir-frying in small amounts of unsaturated oil are all healthy ways to cook vegetables.

Raw vegetables are naturally low in fat and calories. Frying them is what adds a large amount of fat and calories. To improve this recipe:

Steam, grill, bake, roast, or microwave vegetables using no fat or oil.

Sauté/stir-fry the vegetables using a small amount of unsaturated oil such as olive, canola, peanut, sunflower, safflower or soy.

Or, try poaching in a small amount of clear broth or liquid.

Preparing vegetables using a low-fat cooking method such as baking, roasting, steaming, or poaching, is a great start to a healthy recipe. To modify this recipe, focus on the other ingredients. The vegetables in your recipe do not need to be changed.

Vegetable dishes are a delicious and healthy choice. When they are not fried, they are usually low in fat and calories and high in nutrients. The cooking method used in this recipe does not add fat or calories and is therefore a healthy choice. To enhance any recipe:

Add a variety of types of vegetables, especially ones with deep, dark colors.

Fruits are generally low in calories, most contain virtually no fat, and they are packed with nutrients. When using canned fruits, look for ones that are canned in their own juice, without added sugar. To modify this recipe, focus on the other ingredients that may add a large amount of fat and calories.

Fruits work well as a main ingredient for breakfast, lunch or dinner. Almost all fruits are low in calories, contain virtually no fat, and are packed with vitamins and minerals. To enhance any recipe:

Vary the fruits and include all the colors of the rainbow.

Be sure to limit canned fruits with added sugar or syrup.

Meats provide protein and other nutrients, but can also contain a lot of calories, total fat, saturated fat, and cholesterol. If you eat meat often, try replacing part of the meat in your recipe with a vegetable or a cooked whole grain to reduce the fat and calories and add the nutrients vegetables and whole grains can provide. For example, if a spaghetti sauce calls for Italian sausage, try using half the amount of Italian sausage and add chopped or grated zucchini to the recipe. To learn more about modifying the meat in your recipe, choose the kind of meat used in your recipe from the list below.

Choosing to prepare fish is a healthy decision. Fish can be lower in calories compared to other meats and contains unsaturated fats that may be helpful for your heart. Next, focus on how you prepare the fish in your recipe. Choose how the fish is prepared from the list below.

Deep frying fish adds a lot of fat and calories. This recipe can be improved by changing the way you prepare the fish. -- Try preparing the same recipe, but baking or broiling the fish. This way your fish will still turn out crunchy, but without the extra fat and calories. - - Other healthy ways for cooking fish include; poaching, stewing, steaming, or grilling. -- You might also try different herbs and spices to enhance the flavor of your recipes without adding fat, calories, or sodium.

Fish is a fantastic choice for overall health. Most fish is lower in calories and saturated fat than beef, pork, or lamb. But deep frying fish adds a lot of fat and calories. To improve this recipe:

Bake, broil, microwave, or grill the fish instead of frying.

To enhance the flavor, use your favorite herbs and spices and low-fat, low-sodium marinades.

Baking is a healthy way to prepare fish that does not add fat or calories. To make your dish even more flavorful, bake the fish using your favorite herbs and spices. Experiment with many different spices to enhance the flavor of your recipes without adding fat or calories to your recipe.

Fish can be lower in calories than many meats and the unsaturated fats in fish are helpful to your heart. Baking is one of the healthiest ways to cook fish. It does not add unwanted fat and calories. To enhance any recipe:

Experiment with different spices to awaken the natural flavors of fish.

Broiling can be a healthy way of preparing fish. If the recipe calls for the fish to be brushed with oil before broiling, use only a small amount of unsaturated oil such as olive, canola, peanut, sunflower, safflower, or soy. Use a variety of herbs and spices and low-

fat marinades when broiling fish to add flavor without adding fat, calories, or sodium to your recipe.

Broiling fish does not add extra fat and calories to fish. It also lets fat drain off, making it a healthier cooking method. When broiling:

Use only a small amount of unsaturated oil to brush fish before broiling.

Broil using a variety of herbs and spices to add flavor without adding fat or calories.

Grilling fish adds a unique flavor without adding a lot of fat and calories. Grill your fish using a low-fat marinade and spices to enhance the flavor without adding a lot of calories or fat. To keep fish from sticking to the grill, lightly spray the grill with cooking spray before lighting. If your fish flakes easily, use a grill pan or tin foil to keep the fish from falling through the grill.

Fish is lower in calories than many meats and contains less saturated fat than many meats. Grilling fish adds a unique flavor without adding a lot of unwanted fat and calories and is therefore a healthy cooking method. To enhance any recipe:

Use your favorite herbs and spices and low-fat and low-sodium marinades when grilling.

Sautéing fish uses less oil or fat than frying. This makes it a healthier choice. -- When sautéing, use only a small amount of unsaturated oil such as olive, canola, peanut, sunflower, safflower, or soy. -- Sauté the fish using cooking spray.

Fish is lower in calories than many meats and the fats in fish are beneficial to your body, especially to your heart. Sautéing uses far less fat than frying making it a healthier choice, but sautéing can still add fat.

Chicken is low in calories compared to most cuts of beef, pork, or lamb especially when you trim the fat and remove the skin. White meat has less calories and fat than dark meat. To learn more about improving this recipe, choose how the chicken is prepared from the choices below.

Deep-frying chicken adds a great deal of saturated fat. If a recipe calls for chicken to be fried in oil, prepare the same recipe, but bake or broil the chicken instead. This will keep the chicken crispy, but reduce the fat and calories.

Chicken is low in calories and fat compared to most cuts of beef, pork, or lamb, but frying chicken adds an unhealthy amount of calories and fat. To improve this recipe:

Choose white meat rather than dark meat.

Trim the fat from the chicken before cooking.

Bake, broil, microwave, or grill the chicken instead of frying, depending on your recipe.

Your recipe uses a low-calorie, low-fat meat. Baking does not add extra fat or calories. Neither the chicken nor the cooking method need to be changed in this recipe. When baking chicken, use your favorite spices to enhance the flavor of your recipe without adding fat and calories.

Chicken - Baked

Chicken is low in calories and fat compared to most cuts of beef, pork, and lamb. Baking is a healthy choice that does not add calories or fat to your food. When preparing recipes made with chicken:

Choose white meat rather than dark meat.

Trim the fat and remove the skin from the chicken before cooking.

Add flavor by using your favorite spices and low-fat, low-sodium marinades.

Broiling can be a healthy way to prepare chicken. You do not need to change the chicken or the cooking method in this recipe. When broiling, use only a small amount of unsaturated oil such as olive, canola, peanut, sunflower, safflower, or soy. These oils are still high in total fat, but they are a healthier choice than butter or lard which add a large amount of saturated fat. When broiling chicken, use your favorite herbs and spices to enhance the flavor of your recipe without adding fat and calories.

Chicken - Broiled

Broiling is a healthy method for cooking chicken that does not add a lot of extra calories or fat to your food. To enhance any recipe made with chicken:

Choose white meat rather than dark meat.

Trim the fat from the chicken before cooking.

Use only a small amount of unsaturated oil to brush the meat before broiling.

Add flavor by using herbs and spices and low-fat, low-sodium marinades.

Grilling chicken adds a unique flavor without adding fat. Grill chicken using your favorite low-fat, low-sodium marinades and herbs and spices to enhance the flavor of your recipe without adding calories, fat, or sodium. To keep chicken from sticking to the grill, lightly spray the grill with cooking spray or brush it with olive or canola oil before lighting. Chicken - Grilled

Grilling adds a special flavor to chicken without adding a lot of unwanted fat and calories. To enhance any grilled chicken recipe:

Choose white meat rather than dark meat most of the time.

Trim the fat and remove the skin from chicken before cooking it.

Use spices and low-fat, low-sodium marinades to boost the flavors.

Brush a tiny amount of unsaturated oil such as olive or canola on the chicken before grilling.

This cooking method uses far less oil than frying, which makes it a healthier choice. When sautéing, use unsaturated oil, such as olive, canola, peanut, sunflower, safflower, or soy. These oils provide unsaturated fats rather than saturated fats. To reduce the fat and calories further, try sautéing meat with cooking spray.

Chicken – Sautéed

Chicken is low in calories and fat compared to most cuts of beef, pork, or lamb and sautéing chicken uses far less oil than frying; making this a healthier choice. To improve this recipe:

Choose white meat rather than dark meat.

Trim the fat and remove the skin from the chicken before cooking.

Sauté using an unsaturated oil rather than butter.

Sauté with cooking spray.

Turkey is low in calories compared to most cuts of beef, lamb, and pork, especially when you trim the fat and remove the skin. White meat has less calories and fat than dark meat. To learn more, specify how the turkey is prepared by clicking on a cooking method below.

Deep-frying turkey adds a large amount of saturated fat. If a recipe calls for turkey to be fried in oil, prepare the same recipe, but choose a healthier cooking method, such as baking or broiling instead. This will keep the turkey crisp without the added fat and calories.

Turkey - Fried

Turkey is low in calories and fat compared to most cuts of beef, pork, and lamb, but frying turkey adds a lot of calories and fat. To modify this recipe:

Prepare the same recipe but bake, broil, or grill the turkey.

Choose white meat rather than dark meat.

Trim the fat and remove the skin from the turkey before cooking.

Your recipe uses a low-calorie, low-fat meat. Baking does not add extra fat or calories. Neither the turkey nor the cooking method need to be changed in this recipe. When baking turkey, use your favorite herbs and spices to enhance the flavor of your recipe without adding fat and calories. Experiment with a variety of spices to find the flavor that you like best.

Turkey - Baked

Turkey is a low-calorie, low-fat meat and baking is a healthy cooking method that does not add extra calories or fat to your food. To enhance any recipe made with turkey:

Choose white meat rather than dark meat most of the time.

Trim the fat and remove the skin from turkey before cooking it.

Use spices and low-fat, low-sodium marinades to boost the flavors.

Broiling can be a healthy way of preparing turkey. You do not need to change the turkey or the cooking method in this recipe. When broiling, use only a small amount of olive or canola oils. Olive and canola oils provide unsaturated fats rather than saturated fats. When broiling turkey, use your favorite spices to enhance the flavor of your recipe without adding fat and calories.

Turkey - Broiled

Broiling does not add extra calories or fat to turkey. It also lets fat drain off so it is a healthier cooking method. To enhance any recipe:

Brush a small amount of unsaturated oil, such as olive, canola, peanut, sunflower, safflower, or soy oil on the turkey before broiling.

Trim the fat and remove the skin from the turkey before cooking it.

Choose white meat rather than dark meat most of the time.

Use your favorite herbs and spices and low-fat, low-sodium marinades.

Grilling turkey adds a unique flavor without adding fat. Grill turkey using your favorite low-fat, low-sodium marinades and herbs and spices to enhance the flavor of your recipe without adding a large amount of calories or fat to the recipe.

Turkey - Grilled

Grilling adds a special flavor to turkey without adding unwanted fat and calories. To enhance any recipe:

Choose white meat rather than dark meat most of the time.

Trim the fat and remove the skin from the turkey before cooking it.

Brush a small amount of unsaturated oil, such as olive, canola, peanut, sunflower, safflower, or soy oil on the turkey before grilling.

Use your favorite herbs and spices and low-fat, low-sodium marinades.

Sautéing uses far less oil than frying, which makes it a healthier choice. -- When sautéing with oil, use a small amount of unsaturated oil, such as olive, canola, peanut, sunflower, safflower, or soy oil. These oils provide unsaturated fats rather than saturated fats. -- To reduce the fat and calories further, try sautéing meat with cooking spray.

Turkey - Sautéed

Sautéing uses far less oil than frying; making it a healthier cooking method. To improve this recipe:

Choose white meat rather than dark meat.

Trim the fat from the turkey before cooking.

Sauté with cooking spray.

Beef gives your body essential vitamins plus needed minerals such as iron and zinc, but can also be high in total fat, saturated fat and calories. Bison and venison are good, but more expensive substitutes for beef. Calories and fat can be reduced easily in beef recipes. The ways to improve beef recipes depend on the type of beef used and how the beef is cooked. To learn more, choose the type of beef used in your recipe from the choices below.

Ground beef can provide a lot of total fat, saturated fat, and calories. There are several ways to improve a recipe made with ground beef: -- Choose the leanest variety available at your grocery store and drain the fat after cooking. -- Replace ground beef with ground turkey or chicken, which are somewhat lower in calories and fat. -- Replace part of the ground beef used in the recipe with a vegetable such as zucchini, summer squash, or eggplant. The cooking method used in your recipe can also add a lot of calories and fat. Choose how the beef is prepared from the choices below.

Deep-frying ground beef adds a large amount of fat. If your recipe is one such as meatballs, that calls for the ground beef to be deep-fried, try baking or broiling instead. Baking and broiling will help keep the desired texture, but reduce the fat and calories in your recipe.

Ground Beef - Fried

Ground beef can be high in fat and calories. To reduce the fat and calories in this recipe and any dish made with ground beef:

Instead of frying, bake or broil the meat.
Choose the leanest variety of ground beef available.
Drain the fat from the ground beef and rinse the beef after cooking.

The ground beef in this recipe does not use a high-fat cooking method. Baking and broiling are both healthy ways to prepare ground beef. -- Replace ground beef with ground chicken breast or ground turkey breast.

Ground Beef - Baked

Baking ground beef is a healthy cooking method. To reduce the fat and calories in any dish made with ground beef:

Choose the leanest ground beef available.

Drain the fat from the ground beef after cooking.

In recipes where appropriate, replace half of the ground beef with a hearty vegetable.

Consider using zucchini, summer squash, or eggplant.

Replace ground beef with ground chicken breast or ground turkey breast.

Ground Beef - Broiled

Broiling ground beef is a healthy cooking method for preparing ground beef. To reduce the fat and calories in any dish made with ground beef:

Choose the leanest variety available.

Drain the fat from the ground beef after cooking it.

In recipes where appropriate, replace half of the ground beef with a vegetable. Consider using zucchini, summer squash, or eggplant.

When cooking with beef steaks, choose the leanest steaks available at your grocery store. Also, trim the fat from the meat before cooking and eating it. Preparing meats using a low-fat method is another way to cut down on calories and fat. How is the beef prepared in this recipe?

Frying beef adds a great deal of fat. If your recipe calls for beef to be fried in oil, try preparing the same recipe, but baking, broiling or grilling the beef instead. These methods will retain the rich flavor but will not add a lot of fat and calories.

Beef Steak - Fried

Beef steak can be high in fat, calories, and cholesterol, especially when fried, but there are several ways to modify steak recipes. To improve this recipe:

Choose the leanest steaks available.

Trim the fat from the meat before cooking it.

Bake, broil, or grill the steak instead of frying.

Baking, broiling and grilling do not add a large amount of fat or calories to your recipe. They are all healthy ways of preparing beef steak. Add flavor to your steaks by cooking with a variety of herbs and spices and low-fat, low-sodium marinades.

Beef Steak - Other

Beef steak can be high in fat, calories, and cholesterol. Fortunately, you have chosen a cooking method that does not add extra fat, calories, or cholesterol. To improve steak recipes:

Choose the leanest steaks available.

Trim the fat from the meat before cooking.
Bake, broil, or grill the steak.

Beef roasts are very flavorful but can contain a large amount of total fat, saturated fat, and calories. Use the following strategies when cooking beef roasts: -- Trim the fat from the roast before cooking. -- As the meat cooks and the juice from the meat gathers in the pan, skim the fat from the juice and discard it.

Beef Roast (Pot or Rib)

Pot roasts and rib roasts can be high in calories, total fat, saturated fat, and cholesterol. Fortunately oven roasting does not add extra calories, fat, or cholesterol. To reduce fat and calories, when preparing beef roast:

Trim the fat from the roast before cooking.

As the meat cooks, discard the juices and meat drippings.

Enjoy your roast without gravy which can be very high in calories and fat.

Pork can be used in many dishes but some types of pork can be high in fat. Look for pork with very little fat and trim any visible fat off of the meat before preparing your dish. To learn more about improving pork recipes, choose the type of pork your recipe contains from the choices below.

Use turkey bacon or Canadian bacon to replace large amounts of regular pork bacon. These meats are leaner than regular pork bacon so they have fewer calories and less fat. Drain any fat from the meat after cooking. Bacon

Regular pork bacon can be high in fat and calories. To improve recipes that use regular pork bacon:

Use turkey bacon or Canadian bacon instead of regular pork bacon.

Drain any fat from the bacon after cooking.

Canadian Bacon This cut of pork is leaner than regular pork bacon. This is a healthier option if you want to keep the flavor of pork and also reduce calories and fat.

Canadian Bacon

Pork can be high in fat and calories, but Canadian bacon is a leaner cut of pork making this a healthier choice for a recipe ingredient.

Ham can contain a large amount of fat, calories, and sodium. Choose the leanest ham available and be sure to trim the fat from the cuts of ham you use in the recipe.

Ham

Ham can be high in fat, calories and sodium. To improve this recipe:

Choose the leanest variety of ham available.

Trim the fat from the ham before cooking.

Sausages of all kinds can be very high in total fat, saturated fat, calories, and sodium. Try one of the following ways to improve recipes made with pork sausage. -- Choose a reduced-fat variety of pork sausage and drain the fat after cooking the meat and before adding it to the recipe. -- Replace part or all of the pork sausage with ground turkey

breast, ground chicken breast, one or more vegetables, beans, or a cooked whole grain such as brown rice or oatmeal. **Pork Sausage**

Pork sausage can be very high in fat, calories, and sodium. To improve this recipe:

Choose a reduced-fat variety of sausage if it is available.

Drain the fat from the meat after cooking it.

Replace pork sausage with ground turkey breast or ground chicken breast.

Replace part of the sausage with a favorite vegetable, such as zucchini or squash, beans, or a cooked whole grain.

Pork Chops - Choose the leanest pork chops available and trim the fat from the pork chops before preparing. Boneless, pork tenderloin chops are the leanest variety. If lean pork chops are not available, replace pork chops with lean turkey breast medallions. The cooking method can also add extra fat and calories. To learn more, choose how your pork chops are cooked from the choices below.

Frying adds a great deal of fat. Prepare the same recipe, but bake, broil or grill the pork. Add your favorite herbs and spices to pork dishes to enhance the flavor without adding fat and calories. Sage and rosemary both work well with pork chops.

Pork Chops - Fried

Pork chops can be a lean meat, but frying them adds an unhealthy amount of fat and calories. To improve this recipe:

Choose the leanest pork chops available.

Trim the excess fat from the pork chops before cooking.

Bake, broil, or grill the pork chops instead of frying them.

Replace the pork chops with lean turkey breast medallions, if lean pork chops are not available.

Sautéing is a healthier method than frying, but can still add fat and calories. Try one of the following ways to improve your recipe. -- Sauté with a small amount of unsaturated oil, such as olive, canola, peanut, sunflower, safflower, or soy. These oils contain unsaturated fats, which are healthier than saturated fats. -- Sauté with cooking spray.

Pork Chops - Sautéed

Sautéing uses less oil or fat than frying; making it a healthier choice, but it can still add fat to your recipe. To sauté in a healthy way:

Use a small amount of unsaturated oil to sauté.

Choose the leanest pork chops available and trim before cooking.

Consider using lean chicken breasts if lean pork chops are not available.

The cooking method used in this recipe does not add fat or calories. It is a healthy choice for cooking pork chops and does not need to be modified. Add your favorite herbs and spices to pork dishes to enhance the flavor of the dish without adding fat and calories.

Sage and rosemary both work well to season pork chops.

Pork Chops - Baked

Baking, broiling, and grilling are all healthy ways for preparing pork chops. When using pork chops:

Choose the leanest pork chops available.

Trim the fat from the pork chops before cooking them.

Consider replacing the pork chops with turkey breast medallions, if lean pork chops are not available.

Add flavor by using your favorite herbs and spices such as rosemary or sage.

Broiled - The preparation method used in this recipe does not add fat. It is a healthy method for cooking pork chops and does not need to be modified. Add your favorite spices to pork dishes to enhance the flavor of the dish without adding fat and calories. Sage and rosemary both work well to season pork chops.

Pork Chops - Broiled

Baking, broiling, and grilling are all healthy ways for preparing pork chops. When using pork chops:

Choose the leanest pork chops available.

Trim the fat from the pork chops before cooking them.

Consider replacing the pork chops with lean chicken breasts, if lean pork chops are not available.

Add flavor by using your favorite herbs and spices such as rosemary or sage.

Grilled - The preparation method used in this recipe does not add fat. It is a healthy method for cooking pork chops and does not need to be modified. Add your favorite herbs and spices to pork dishes to enhance the flavor of the dish without adding fat and calories. Sage and rosemary can both be used to season pork chops.

Pork Chops - Grilled

Baking, broiling, and grilling are all healthy ways for preparing pork chops. When using pork chops:

Choose the leanest pork chops available.

Trim the fat from the pork chops before cooking them.

Consider replacing the pork chops with lean chicken breasts, if lean pork chops are not available.

Add flavor by using your favorite herbs and spices such as rosemary or sage.

Ground pork can be used in many recipes but can be high in fat. When using ground pork, try one or more of the following to improve the recipe. -- Choose the leanest meat available. -- Drain fat from the meat after cooking. -- Replace ground pork with ground turkey or chicken, or replace half of the ground pork with a vegetable or a cooked whole grain. The method of cooking can add extra fat and calories to any meal. To learn more, choose how the pork is prepared in this recipe from the choices below.

Frying pork adds a great deal of fat. If the recipe calls for pork to be fried in oil, prepare the same recipe, but use a healthier cooking method such as baking, broiling or grilling. This will keep the desired texture, but reduce the fat and calories.

Ground Pork - Fried

Ground pork can be very high in fat, especially when it is fried. Try the following to improve your recipe:

Bake or broil ground pork instead of frying it.

Choose the leanest variety available.

Drain the fat from the meat after cooking.

Replace the ground pork with ground turkey breast or ground chicken breast.

Replace part of the ground pork with a hearty vegetable such as summer squash, eggplant, or beans. Or, try replacing it with a cooked whole grain.

The cooking method used in this recipe does not add fat to the pork and does not need to be modified. Cooking methods that do not use a large amount of oil are generally healthier ways of preparing meat. When preparing your ground pork, use a variety of herbs and spices to enhance the flavor without adding fat or calories.

Ground Pork - Other

Baking or broiling are both healthy ways for preparing ground pork, but it can still be high in fat and calories, so try the following to improve recipes with ground pork:

Choose the leanest variety available.

Drain the fat from the meat after cooking.

Replace ground pork with ground turkey or ground chicken.

Replace part of the ground pork with a hearty vegetable such as summer squash, eggplant or beans. Or, try replacing it with a cooked whole grain.

Organ meats such as liver and giblets are full of good nutrients, but some are high in cholesterol. Limit using organ meats in your recipes. Try cutting the quantity in half, replacing one half with a lower fat meat such as chicken or turkey. You can also use tofu or other non-meat protein product. Or simply eat this recipe in moderation.

Organ Meats

Organ meats tend to be high in calories and cholesterol. To improve this recipe:

Reduce the amount of organ meats such as liver and giblets used in a recipe.

Eat a smaller portion of this dish.

Eat this recipe on rare occasions.

Eggs are an excellent source of protein and can be used for a variety of purposes in a variety of recipes. However, they can also be a source of dietary fat and cholesterol. To learn more about making this recipe healthier, choose how the eggs are added to the recipe from the choices below.

When using raw eggs, try one of these ways for improving your recipe: -- Reduce the amount of fat and cholesterol in your recipe by using a packaged egg substitute. Replace each egg that is called for in the recipe with 1/4 cup of a packaged egg substitute. -- Replace a portion of the eggs called for in a recipe with egg whites only. Use two large egg whites for each large egg called for in the recipe. For best results, especially in baked products, replace only half the whole eggs with egg whites because recipes baked with egg whites only tend to have a tougher consistency. Eggs - Raw

Eggs are an excellent source of protein, but can also be a source of dietary fat and cholesterol. To reduce the cholesterol and fat in a recipe that calls for raw eggs:

Use a packaged egg substitute. For each egg in the recipe, use 1/4 cup of the packaged egg substitute.

Use egg whites only. For each egg in the recipe, use 2 egg whites. When baking, replace only half the eggs with egg whites to avoid a tough consistency in your baked good.

If eggs are hard-cooked in the recipe, they cannot be replaced with an egg substitute. Try using only the egg white portion of the hard-cooked egg. Use two large egg whites to replace each whole egg called for in your recipe.

Eggs - Hard Cooked

Eggs are an excellent source of protein, but can also be a source of dietary fat and cholesterol. In recipes that call for hard cooked eggs:

Use only the egg white portion of the hard-cooked egg. Replace each hard-cooked egg with two egg whites.

Beans are naturally low in fat and high in protein, minerals and other nutrients. Preparing recipes with beans is a great start, but watch out for added fats in bean recipes. To learn more, choose the type of bean recipe you are preparing from the choices below.

Bean soups and other dishes that use whole beans are generally low in fat and full of nutrients. They are a great way to get a lot of protein at a low cost. Focus on the other ingredients in your recipe that might add extra fat and calories.

Beans - Soup (Whole Beans)

Beans are a hearty and healthy source of vitamins, minerals and fiber. Bean soups and chilis pack a lot of protein for a low cost.

Refried beans can be made in a variety of ways. Some are very high in fat and others are not. If your recipe calls for refried beans, look for low-fat varieties. If you make your own refried beans, try one of the following: -- Reduce the amount of butter, oil or lard by 1/3 to 1/2, or eliminate any sort of fat.

Beans - Refried Beans

Refried beans are often made with a large amount of fat, but they do not need to be made that way to taste great. To improve this recipe:

Reduce the amount of butter or lard by 1/3 to 1/2 to lower the fat and calories; or, Make refried beans without adding any sort of fat. Let the flavor of the beans speak for itself. Use water for consistency.

Tofu is usually low in fat and calories and provides a large amount of protein from a vegetarian source. This is a healthy ingredient to use in a variety of recipes. How is the tofu prepared?

Frying tofu adds a large amount of fat and calories. Prepare the tofu by baking, broiling, grilling or sautéing to reduce the fat and calories in this recipe. To enhance the flavor of the tofu, marinate it in a low-sodium soy sauce or a low-fat, low-sodium marinade before cooking.

Tofu - Fried

Tofu is a powerful protein from a vegetable source – soy beans. Frying adds an unhealthy amount of fat and calories to this otherwise wholesome food. To improve this recipe:

Bake, broil or grill the tofu.

Sauté the tofu using cooking spray.

Use spices and low-fat, low-sodium marinades to boost the flavors.

Sautéing is a healthier method than frying, but can still add fat and calories. Try one of the following ways for sautéing tofu in a healthy way. -- When sautéing with oil, use only a small amount of unsaturated oil such as olive, canola, peanut, sunflower, safflower, or soy. -- Sauté tofu using cooking spray.

Tofu - Sautéed

Tofu is a powerful protein from a vegetable source – soy beans. Sautéing uses less oil than frying, making it a healthier choice. Try these ways to sauté in a healthy way:

Use a small amount of unsaturated oil to sauté.

Sauté using cooking spray.

Tofu that is baked, broiled, or grilled will not add a lot of fat or calories. Remember that using your favorite spices and low-fat and low-sodium marinades to prepare tofu will add flavor to your recipe without adding fat and calories.

Tofu - Baked, Broiled, Grilled

Tofu is a powerful protein from a vegetable source – soy beans. The preparation method used in this recipe does not add extra fat and calories. This is a healthy choice. Remember to add flavor to your tofu by using a variety of herbs, spices, low-fat, low-sodium marinades or low-sodium soy sauce.

Ingredients from the grain group provide necessary and beneficial carbohydrates to give your body energy. Use whole grains rather than refined grains in your recipes as often as possible. To be sure that you are choosing a whole grain product, look for a whole grain as the first ingredient. Many whole grain products now carry a whole grain stamp from the Whole Grains Council, to help you identify these products. There are a number of types of grains that are used in recipes. To learn more, choose the type of grain used in your recipe from the choices below.

Flour is used in many different recipes. To learn more about modifying the flour in your recipe, which type of flour does this recipe use?

All-purpose flour can be replaced in part with whole wheat flour, rolled oats, or wheat germ in some recipes. Remember, whole wheat flour tends to be denser than white flour. For best results replace only 1/4 of the all-purpose flour with the whole grain substitute. This will add whole grains to your diet, without changing the texture and consistency of the recipe too much.

Flour - White

Foods from the grain group give your body needed carbohydrates and can provide a lot of your body's energy. To add whole grains to your diet:

Replace part of the all-purpose or baking flour called for in your recipe with whole wheat flour or ground oatmeal. For best results replace only 1/4 of the all-purpose or baking flour with whole wheat flour or ground oatmeal.

Whole wheat flour is a healthy choice to use in your recipe. Whole wheat flour provides energy and fiber. Using whole wheat flour is an easy way to add whole grains to your diet. This ingredient does not need to be modified.

Flour - Wheat

Foods from the grain group provide carbohydrates needed for your body's energy. To add whole grains to your diet:

Replace part of the all-purpose or baking flour called for in your recipe with whole wheat flour. For best results replace only 1/4 of the all-purpose or baking flour with whole wheat flour.

In recipes where bread is used, such as bread pudding or stuffing, replace white bread and other refined-grain breads with whole grain breads. This change in your recipe is an easy way to increase the fiber and whole grains in your diet.

Bread

Foods from the grain group provide carbohydrates needed for your body's energy. To increase the fiber and whole grains in your diet:

Replace white bread and other refined-grain breads with whole wheat or other types of whole grain bread.

There are many types of whole grain pasta. Choose whole grain pasta to increase the fiber and whole grains in your diet. Many whole grain products now carry a whole grain stamp from the Whole Grain Council, to help you identify these products when shopping. In most recipes, pasta is served with some sort of sauce. Sauces for pasta can be high in fat and calories. To learn more about making your sauce recipe healthier, choose the main ingredient of the sauce from the choices below.

Cream-based sauces are very high in fat. These sauces should only be used on occasion and in small amounts. When you do prepare a cream sauce, replace heavy cream with evaporated skim milk, light cream, or fat-free half-and-half plus a thickening agent (such as flour) to reduce the calories and fat.

Pasta - Heavy Cream Sauce

Pasta gives your body carbohydrates and energy. White pasta, though is low in fiber. Also, many sauces, especially sauces made with heavy cream, can add a lot of fat and calories. In cream-based sauces, replace the heavy cream with a thickening agent (such as flour) and one of the following:

Evaporated skim milk

Light cream

Fat-free half-and-half

And, choose whole grain pasta to serve with your sauce.

Sauces with a broth base are generally lower in fat and calories than cream-based sauces. Choose this type of sauce more often than cream sauces. This sauce should not need to be modified, unless there is a large amount of oil used in the sauce. If there is a large amount of oil, reduce the amount of oil and use unsaturated olive or canola oils, rather than oils that contain saturated fats. When choosing a broth, choose a low-sodium variety. Pasta -

Broth Based Sauce

Broth based sauces are generally lower in fat than cream based sauces making them a healthier choice. To enhance this recipe:

Use whole grain pasta to boost the fiber and nutrients.

Tomato-based sauces are usually lower in fat and calories than cream based sauces and the tomatoes provide a lot of nutrients. Look for low-fat sauce varieties. Choose this type of sauce more often than cream sauces. Pasta - Tomato Sauce

Tomato-based sauces are generally low in fat and calories and are packed with nutrients. They are a healthy choice. To enhance this recipe:
Use whole wheat pasta to boost the fiber and nutrients.

When using rice in recipes or serving rice along with recipes, replace white rice with brown rice or wild rice. This is an easy way to increase the fiber in the recipe and to add whole grains to your diet. Lentils can also be added to rice recipes.

Rice

Rice is a versatile source of energy, but white rice is low in fiber and other nutrients. To improve this recipe:

Use brown or wild rice to boost the fiber and nutrients.
Consider adding lentils to your rice recipe.

Whole wheat and corn tortillas are both whole grain products. Replace flour tortillas with corn or whole wheat tortillas. Corn tortillas are lower in fat than flour tortillas. Both will add whole grains to your diet.

Tortillas

When using tortillas, replace white flour tortillas with corn or whole wheat tortillas as often as possible.

Dairy products are vital to any well-balanced diet, but they can add a lot of fat and calories. To reduce the fat and calories in a recipe, focus on dairy products. To learn more about making this recipe healthier, choose which type of dairy product is used from the choices below.

Milk comes in a variety of fat contents. This makes modifying recipes that contain milk simple. Some recipes allow for whole milk to be replaced with low-fat or fat-free milk. Fat-free milk contains about half the calories of whole milk and contains no fat.

Milk

To reduce the fat and calories that milk can add to a recipe:

Choose low-fat or fat-free milk. Replacing higher fat milk with a lower fat one can affect the creamy texture of a recipe. To begin, consider replacing half the amount with the lower fat variety.

Heavy cream is used in many different types of recipes but is high in total fat, saturated fat, and calories. Heavy cream can be replaced with different ingredients depending on the type of recipe. To learn more, choose the type of recipe that most closely matches the type of recipe you are preparing.

In cream-based soup recipes, replace heavy cream with evaporated skim milk to reduce fat and calories. Also, try using pureed vegetables such as potatoes or winter squash, rather than heavy cream to give soups a thick, creamy texture.

Heavy Cream - Soup

Soups with heavy cream as a base tend to be very high in fat and calories. In soups:
Replace heavy cream with evaporated skim milk.
Use pureed vegetables rather than heavy cream to thicken.

In casseroles and mixed dishes, heavy cream can sometimes be replaced with evaporated skim milk. This switch will reduce the total fat, saturated fat, and calories in your recipe.
Heavy Cream - Casserole
To reduce calories, total fat and saturated fat in many casseroles and mixed dishes:
Replace heavy cream with evaporated skim milk.

In baked goods such as cakes, breads, and quiches, you can sometimes replace heavy cream with light cream or fat-free half-and-half. This switch will reduce total fat, saturated fat, and calories in your recipe.
Heavy Cream - Baked Goods
To reduce calories, total fat, and saturated fat in some baked goods such as cakes, breads, and quiches:
Replace heavy cream with light cream or fat-free half-and-half.

Replace heavy cream with half-and-half or evaporated skim milk to reduce the calories and fat in the recipe. When replacing heavy cream with lower fat substitutes, heat the sauce slowly over low or medium heat to prevent curdling. To maintain the creaminess that heavy cream gives a sauce, add 1 tablespoon of flour for each 1 cup of evaporated skim milk.
Heavy Cream - Sauce
Cream-based sauces add a large amount of total fat, saturated fat, and calories. In cream-based sauces, replace the heavy cream with a thickening agent such as flour and one of the following:
Evaporated skim milk
Light cream
Fat-free half-and-half

Cheese is a delicious source of protein and calcium, but can add a large amount of fat and calories to your diet when eaten in large amounts. Try one of the following to improve a recipe made with cheese. -- Reduce the amount of cheese in a recipe by about 1/3. -- Choose a low-fat or fat-free cheese (made with 2% or fat-free milk). -- Or, use a smaller amount of cheese with a more intense flavor. For example, in recipes that call for cheddar cheese, use a smaller amount of sharp cheddar to replace larger amounts of mild cheddar cheese.

Cheese

Cheese is a great source of protein and calcium, but also adds a large amount of fat and calories to recipes when used in large quantities.

Try one of the following in this recipe:

Reduce the amount of cheese by up to 1/3.

Choose low-fat or fat-free cheeses. Fat-free cheeses will change the texture and consistency of your recipe and will not melt as well as other cheeses.

You'll have to experiment a bit to find the best option!

Yogurt

Plain yogurt can be a low-fat and low-calorie product that is a great choice for use in a variety of uncooked recipes. Choose a low-fat yogurt.

Replace regular sour cream with a low-fat or fat-free variety or with low-fat plain yogurt to reduce fat and calories. Use the replacement in the same amount that is called for in your recipe. Fat-free sour cream may turn sweet when it is heated, so it makes a good substitution in sweet recipes, but not in recipes that are not intended to be sweet.

Sour Cream

Regular sour cream can add a lot of fat and calories to your dish. To improve this recipe: Replace regular sour cream with a low-fat or fat-free variety.

Replace regular sour cream with low-fat or fat-free plain yogurt (in uncooked recipes).

Use these replacements in equal amounts to what is called for in recipe. Note that fat-free sour cream may turn sweet when heated, so it works well in sweet recipes, but not in recipes that are not intended to be sweet.

Use a low-fat or fat-free variety to reduce fat and calories. Use the replacement in the same amount that is called for in your recipe. Fat-free products will make a recipe runny if the cream cheese is heated. If your recipe calls for the cheese to be heated, substitute only 1/3 - 1/2 of the cream cheese with a lower-fat variety.

Cream Cheese

Use a low-fat or fat-free variety of cream cheese to reduce the fat and calories in your recipe. Use the replacement in the same amount that is called for in recipe. Fat-free products will make a recipe runny if heated.

Oils and fats serve many functions in recipes, but are also a major source of fat and calories. When modifying recipes to make them healthier, focus on the oils and fats used in the dish. Choose the type of oil or fat used in your recipe from the choices below.

Butter is used in a variety of recipes, both as an ingredient and also as a cooking method (such as sautéing). To learn more about modifying this ingredient, choose the description below that most closely matches how butter is used in your recipe.

Sautéing uses a smaller amount of oil and fat than frying. This makes it a healthier choice than frying, but it can still add fat and calories to your recipe. Use one of the following options to sauté in a healthy way. -- Use a small amount of unsaturated oil such as olive, canola, sunflower, peanut, safflower or soy, rather than butter. This change will not greatly reduce the calories or total fat in your recipe, but it will reduce the saturated fat. -- To reduce total fat and calories further, use cooking spray.

Butter - Sautéing

Butter's rich flavor comes with a price – saturated fat and calories. To improve this recipe:

Sauté with a small amount of unsaturated oil, instead of butter. (This will not reduce total fat or calories, but will reduce saturated fat).

Sauté with a non-fat cooking spray.

In baked goods such as cakes and breads, replace part of the butter with applesauce, baby food fruits, or other pureed fruit to reduce calories, total fat, and saturated fat in a recipe.

Replace between 1/2 and 3/4 of the butter called for in a recipe with applesauce or other type of pureed fruit. **Butter - Baking**

To reduce the calories, total fat, and saturated fat in baked goods such as cakes and breads:

Replace butter with applesauce or other pureed fruits. Replace between 1/2 and 3/4 of the butter with applesauce or pureed fruit.

Shortening and other solid fats should be replaced with unsaturated vegetable oils such as olive or canola oils to reduce saturated fats. It is even better to use applesauce and other pureed fruits to reduce the total fat and saturated fat in a recipe. Each of these tips work for different types of recipes. How is the shortening used in your recipe?

Shortening used in breads and other baked goods can be replaced with applesauce or other pureed fruits to lower the fat in a recipe. To begin, try using half applesauce or pureed fruit and half oil. This switch will make your recipe slightly more moist and dense.

Shortening - Baking

Replace shortening and other solid fats with vegetable oil to reduce the saturated fat in a baked recipe. When replacing shortening with oil, use about 1/4 less oil than shortening is called for in the recipe. To reduce the calories and total fat content of a baked recipe:

Replace up to 3/4 of shortening with applesauce or other type of pureed fruit.

Deep-frying is a very high fat cooking method that should only be used on rare occasions.

Use a different type of cooking method, such as baking to reduce calories and fat. When you choose to deep-fry, use unsaturated oil instead of shortening.

Shortening - Frying

Deep frying with shortening is not a cooking method that should be used often. When possible, it should be avoided. It adds a large amount of saturated fat to your recipe.

Choose another cooking method such as baking, broiling, or roasting to prepare your recipe.

Oils from vegetable sources, such as olive canola, peanut, sunflower, safflower, or soy are a healthier choice than solid fats such as butter or lard. However, they still add a large amount of total fat to your recipe. The oil in some recipes can be replaced with lower fat options. To decide on the best substitution for vegetable oil in this recipe, choose how the oil is used from the choices below.

Replace oil used in breads and other baked goods with applesauce, baby food fruits or other pureed fruits to lower the fat in a recipe. To begin, try using 1/2 applesauce or pureed fruit and 1/2 oil. This switch will make your recipe slightly more moist and dense.

Vegetable Oils - Baking

Oils from vegetable sources are a healthier choice than solid fats such as butter or lard, but still contribute a large amount of total fat to your recipe.

In baked recipes, replace between 1/2 and 3/4 of the oil with applesauce, baby food fruit or other pureed fruit to lower the calories, fat, and saturated fat. This switch will make your recipe slightly more moist and dense.

Sautéing uses less oil than frying, but can still add calories, total fat, and saturated fat to your recipe depending on what is used for sautéing. Use one of the following options for sautéing in a healthy way. -- Use a small amount of unsaturated oil such as olive, canola, peanut, sunflower, safflower, or soy. These vegetable oils are high in monounsaturated fats, which are beneficial to your heart. -- Sauté using cooking spray.

Vegetable Oils - Sautéing

To sauté in a healthy way, try one of the following options:

Use a small amount of unsaturated oil to sauté.

Sauté with cooking spray.

Deep-frying is a high-fat cooking method that should only be used on rare occasions. Consider using a different type of cooking method, such as baking to reduce calories and fat. When you choose to deep-fry, using unsaturated oil instead of lard, shortening, or butter is a better choice. Vegetable Oils - Frying

Deep frying is a very high fat cooking method that should only be used on rare occasions.

To improve this recipe:

Consider using a different type of cooking method, such as baking to reduce calories and fat.

When you choose to deep fry, using unsaturated oil is a better choice.

Lard is used in many baked recipes such as pastry crust to make it flaky. It can also be used for frying foods. Lard is high in both total fat and saturated fat and can be replaced with healthier options in most recipes. To decide how to replace lard in your recipe, choose how the lard is used from the choices below.

In baked recipes such as breads, pastries and cakes, the total fat, saturated fat, and calories can be reduced in a number of ways, depending on the recipe. In baked recipes, try one of the following: -- Replace lard with vegetable oil such as canola oil. Use about 1/4 less oil than lard that is called for in the recipe. -- Replace up to 3/4 of the lard with applesauce, baby food fruits, or other pureed fruit. To begin with, try only replacing 1/4 to 1/2 of the lard with applesauce, baby food fruits, or other pureed fruit.

Lard is very high in calories, total fat and in saturated fat. It should be replaced with healthier options. To modify baked recipes:

Replace up to 3/4 of the lard with applesauce, baby food fruit or other pureed fruit.

Deep-frying is a high-fat cooking method that should only be used on occasion. When choosing to fry, unsaturated oils such as olive, canola, peanut, sunflower, safflower, or soy are a healthier choice than lard and other solid fats. To replace lard with oil, use about 1/4 less oil than the amount of lard that is called for in the recipe.

Lard - Frying

Lard is very high in saturated fat and deep frying is a high fat cooking method that should only be used on occasion.

Use a different type of cooking method, such as baking to reduce calories and fat.

When choosing to fry, use unsaturated oil instead of lard and other solid fats. When replacing lard with oil, use about 1/4 less oil than the amount of lard that is called for in the recipe.

Margarine is often used as a replacement for butter. Some margarine can be lower in total fat, saturated fat and calories than butter. But some margarine can contain a large amount of trans fat. If you choose to use margarine, look for products that do not contain trans fat; they are becoming more easily available in grocery stores. If you would like to replace the margarine in your recipe, choose how the margarine is used in your recipe from the choices below.

For sautéing: -- Choose an unsaturated oil such as olive, canola, sunflower, peanut, safflower, or soy. These oils contain unsaturated fats rather than saturated or trans fats. -- Sauté using a non-fat cooking spray. -- Or, choose margarine without trans fat. These products will be labeled this way.

Margarine - Sautéing

Margarine is lower in total fat and calories than butter, but can contain a large amount of trans fat. For this reason, improve this recipe using one of the following:

Sauté using a small amount of unsaturated oil. This will not reduce total fat or calories, but will reduce saturated fat.

Sauté using cooking spray instead of margarine.

Or, sauté using a margarine that does not contain trans fat.

Butter and margarine can both be replaced with applesauce, baby food fruit, or other pureed fruit in baked goods to reduce total fat, saturated fat, trans fat and calories in the recipe. Replace between 1/2 and 3/4 of the margarine called for in a recipe with applesauce or pureed fruit. Note: Many margarine products cannot be used in baked recipes. When using margarine in baking, check the label carefully.

Margarine - Baking

Margarine is lower in fat and calories than butter, but some types of margarine contain a large amount of trans fat. To improve this recipe:

Replace margarine (or butter) with applesauce or other pureed fruit in baked goods to reduce calories and fat in the recipe. Replace between 1/2 and 3/4 of the margarine called for in a recipe with applesauce or pureed fruit.

Decreasing the amount of sugar in your diet will help to reduce overall calories in your diet. Try one of the following to improve recipes that use a large amount of sugar. -- Reduce the amount of sugar by up to 1/3. This will affect the color and texture of some recipes, but retain the flavor. -- Try sugar substitutes to decrease sugar in your diet. Some of these can be used as an equal replacement. Others have greater sweetening power than sugar, so they need to be used in different amounts than sugar. Read the package carefully in order to use it correctly. You will have to experiment to find the best ratio for your recipe.

Sugar (All Types)

Sugar adds a large amount of calories to recipes and to your diet in general. To improve your recipe, try one of the following:

Reduce the amount of sugar by 1/3.

Try sugar substitutes. Read directions carefully, all substitutes work differently in cooking.

Broil

To broil something means to cook it using radiant heat from above. Broiling is usually done in a very hot oven (set to the Broil setting). Broiling can be done on a grate or on some kind of pan or platter. Broiling is a healthy way to cook foods and provides a rich flavor and crispy texture.

Grill

To grill something means to cook it using radiant heat from below. Grilling is usually done on an outdoor grill that uses charcoal or gas as the heat source. Grilling is a healthy way to cook foods and provides a rich flavor and crispy texture.

Bake

To bake something means to cook it by surrounding food with dry, heated air in a closed environment (usually an oven or a slow cooker). Baking foods is a healthy way to cook and gives foods a rich flavor.

Sauté

To sauté something means to cook it in a pan on medium to high heat with a small amount of oil or fat. Generally, sautéing foods is a healthy cooking option and can be made even healthier by using a cooking spray instead of a conventional oil or fat. Stir-frying is a way of sautéing food, only you use a wok instead of a flat pan.

Deep-fry

To deep fry something means to cover the food completely in hot oil. The foods cook quickly, and also soak up extra fat and calories from the oil. Pan-frying is similar to deep-frying except that the oil only covers about 1/2 of the food at a time. Frying foods is not a healthy cooking option and should only be used occasionally.

Poach

To poach something means to gently cook the food in a liquid (such as water or broth) between 160-180°F. The liquid should just cover the food and should be hot enough to show movement, but not so hot that bubbles form and the liquid boils. Poaching foods is a healthy cooking method and can provide a very rich flavor, especially if spices are added or broth is used as the liquid.

Boil

To boil something means to cook the food in a pot of boiling liquid (such as water or broth). The liquid should be hot enough to make lots of bubbles. Boiling is a healthy way of cooking foods, but can make some foods less flavorful.

Steam

To steam something means to place foods on a rack, basket, or steamer above boiling water. The food should not touch the water, there should be plenty of room around the food for the steam to circulate around it, and the pot should stay covered. Steaming is a healthy way to cook foods and can enhance flavor and help foods keep their nutrients.

Vegetables can easily be steamed in a microwave oven in a glass container with lid using a small amount of water or microwave steamer dish.