



Menu Make-overs

Ways to Cut Fat, Saturated Fat and Cholesterol

- Use 1/4 egg substitute or 2 egg whites for each whole egg
- Use non-stick vegetable sprays
- Use lower fat cheese
- Use skim or reduced fat milk, sour cream or yogurt
- Season with low sodium bouillon
- Mix lite mayonnaise half and half with yogurt
- Use oil instead of shortening, butter or margarine (will only cut saturated fat and trans fats not calories or total fat)
- Trim fat from meat and poultry
- Use reduced fat condensed cream soups
- Substitute vegetables for part of meat, poultry or fish in recipe

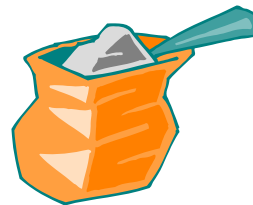


Ways to Cut Salt

- Leave out or reduce salt
- Use low sodium products
- Season with herbs and spices
- Squeeze on some lemon juice

Ways to Cut Sugar

- Cut sugar in baked goods 1/4 to 1/2.
Do not do this in cakes or yeast breads.
- Buy fruit packed in own juice.
- Add vanilla or cinnamon when you cut the sugar.
- Use artificial sweetener for all or part of the sugar



1/4- 1/2 less

Ways to Increase Fiber



- Replace half the white flour with whole wheat flour
- Use brown rice
- Stretch meat, poultry and fish with beans and other vegetables.
- Add oatmeal, stone ground cornmeal and other whole grains to bread recipes.
- Add fruit to muffins, pancakes, salads and desserts
- Add vegetables to bread batter, egg dishes, casseroles, soups and salads.



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