

HOW TO MODIFY A RECIPE

Unfortunately every recipe that has been developed may not be nutritionally balanced, the tables below will help you to experiment with recipes to make them healthier!

Tips to decrease the total **fat** and **lower calories**

Instead of this:	Try using this:
Butter or Margarine	Use a $\frac{1}{4}$ less of butter or margarine in cooking. If you need 1 cup use $\frac{3}{4}$ instead.
Butter, Margarine and oil for frying	Use a non stick pan, cooking spray or broth.
Full fat cream cheese	Use low fat cream cheese
Full fat sour cream or cottage cheese	Use low fat sour cream or fat free plain yoghurt and use fat free cottage cheese.
Cream	Use evaporated milk
Eggs	Use only egg whites (2 whites for every egg).
Whole fat cheese	Use low fat cheese and add near the end of baking to reduce the amount you need.
Frying in fat	Use other cooking methods such as bake, boil, grill, poach, roast, stir fry or microwave.
Regular mayonnaise or salad dressing	Use low fat mayonnaise and salad dressings, or make your own with balsamic vinegar and lemon juice.
Canned Fish	Use water packed canned goods or rinse syrup packed goods before cooking.
Fatter cuts of meat	Use leaner meat and remove fat and skin before cooking.

Tips to reduce **salt**

Instead of this:	Try using this:
Salt	Reduce salt by $\frac{1}{2}$ in most recipes (except in products with yeast). Cook foods without salt and don't put the salt shaker on the table.
Frozen or canned vegetables	Choose frozen vegetables without sauces or use 'no salt added' canned goods. Also rinse canned goods before cooking.
Seasoning salt and spice mixes with salt.	Use salt free seasoning and spice mixes. Use herbs, spices, lemon juice, or vinegar to flavour food instead of salt. Seasonings with high salt content include ketchup, chilli sauce, chilli powder, bouillion cubes, soy sauce and worcester sauce.

Tips to reduce **sugar**

Instead of this:	Try using this:
Sugar	Reducing sugar by a $\frac{1}{4}$ in baked goods. Cinnamon, vanilla and almond extract can be added to give the impression of sweetness.
Sugar	Try using a sugar alternative such as splenda or half spoon sugar.
Fruit flavoured yoghurt	Use plain yoghurt with fruit slices or use low fat versions of yoghurt.
Syrup	Use pureed fruit, such as no sugar added apple sauce, or sugar free syrup.
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits or buy unsweetened frozen fruit or fruit canned in it's own juice or water.