



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS
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Country Women of the World and in partnership with Clemson University Cooperative Extension Service
SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Title **Cutting the Calories in Your Favorite Recipes**

Objectives:

1. Participants will be able to list the 3 steps to modifying a recipe.
2. Participants will be able to describe at least 3 methods to eliminate some calories in recipes.
3. Participants will be able to describe at least 3 methods to reduce calories in recipes.
4. Participants will be able to describe at least 3 methods to substitute ingredients in recipes to reduce calories

Lesson Overview/Introduction:

According to the Centers for Disease Control and Prevention, more than one-third of adults in the United States are obese. Obesity is known to increase the risk of heart disease, stroke, type 2 diabetes and some cancers, which can then lead to death. Obesity is primarily caused by a poor nutritionally sound diet and/or lack of exercise.

Overcoming obesity is no simple task. Often it takes several years for someone to become obese and it can take just as long to take off the extra pounds. Making a lifestyle change needs to be gradual so that it becomes part of your lifestyle. Fast and drastic changes often result in failed attempts to develop a healthy lifestyle.

A place to begin developing a healthier lifestyle is in your cooking. It is hard to give up a favorite recipe that you have and love because you know that it is high in calories. However, there are some easy steps you can take to help make your favorite recipes healthier. In this lesson we will focus on how you can modify your favorite recipes to help reduce the total calories in your foods. Making these small changes can greatly add up to a reduced calorie intake and help you begin to achieve a healthier lifestyle.

Lesson:

1. **To modify your recipes follow these 3 easy steps:**
 1. **Eliminate:** If an ingredient(s) in the recipe is high in fat and/or sugar and is not essential, don't use it.
 - a) If a casserole calls for butter "dotted" on top, it is not needed, so leave it out.
 - b) If a pasta or rice dish says to boil the pasta or rice with oil or butter, it is not needed, so leave it out.
 - c) To brown meat, turn down the heat and cover instead of adding oil. The juice from the meat will "brown" it for you.

2. **Reduce:** Some high in fat and/or sugar ingredients are not needed in their full quantity to provide a quality product, so reduce these ingredients to only what is necessary.
- a) Try reducing fat and/or sugar by 1/3 to 1/2 in your recipe.
 - b) Bake, grill, broil, boil, poach or roast instead of frying.
 - c) Start with lean cuts of meat and trim the fat off carefully.
 - d) Remove the skin from poultry before cooking.
 - e) Use more herbs and spices, onion, garlic, lemon juice, vinegar or table wine to increase flavor and reduce fat (and sodium too).
 - f) When cooking stocks, stews, soups, gravies or other dishes which contain fat, prepare it a day ahead of time and refrigerate. The hardened fat is easily spooned off the top before reheating. This also works for canned soup or broth.
 - g) Some sugar amounts can be reduced from the original recipe. Follow these guidelines when reducing the amount of sugar in a recipe. Reducing the sugar amount more than these guidelines may result in an unsatisfactory product.
 - Cakes – use ½ cup sugar per cup of flour in the recipe (this will make the cake more dense, like a quick bread.).
 - Muffins and quick breads – use 1 tablespoon sugar for every cup of flour
 - Yeast bread – use 1 teaspoon sugar for every cup of flour.
 - Add some extra vanilla to baked goods and pudding recipes that are made with less sugar. Vanilla naturally increases the sweetness of the product without adding calories.
3. **Substitute:** If you can find a healthier ingredient or comparable substitution then use it.
- a) When a recipe calls for vegetables sautéed in oil, try using water, wine, stock or broth.
 - b) Baste with wine, tomato juice, or lemon juice instead of butter or meat drippings.
 - c) Eggs—Substitute two egg whites or 1/4 cup egg substitute for one egg.
 - d) Whole Milk—Substitute with low fat or skim milk.
 - e) Butter and Oil—For every 1 cup of butter, substitute 1/2 to 1 cup of margarine. For baked goods, substitute applesauce for the butter or oil.
 - f) Cheese—For every 1 cup of cheese, substitute 1/2 to 1 cup of low fat cheese.
 - g) Cream—Substitute with evaporated skim milk. This works best in soups, chowders and casseroles.
 - h) Salad Dressing—Substitute low-calorie and reduced-calorie salad dressings.
 - i) Mayonnaise—Substitute with plain non or low-fat yogurt or sour cream or use light or fat free mayonnaise.
 - j) Sour Cream—Substitute low fat or non-fat yogurt or sour cream.
 - k) Baking Chocolate—Substitute 3 tablespoons cocoa powder for every ounce of baking chocolate.
 - l) Cream Cheese—Substitute with low fat or fat free cream cheese.
 - m) Bacon—Substitute 2 teaspoons bacon bits or a small amount of lean Canadian bacon, reduced fat bacon, turkey bacon or lean ham.
 - n) Ground Beef—Substitute extra lean (10% fat) ground beef. Once cooked, drain as much fat as possible.
 - o) Potato and Corn Chips—Substitute Rice Krispies, cornflakes and other crushed cereals.

- These work well to add crunch to casseroles or coatings.
- p) Substitute honey in baked good recipes for granulated sugar. Honey adds moisture and density to the item. Use $\frac{3}{4}$ cup honey for every cup of sugar, add a pinch (about $\frac{1}{8}$ teaspoon.) baking soda, decrease the liquid in the recipe by $\frac{1}{4}$ cup and decrease the oven temperature by 25° .
 - q) Substitute maple syrup in baked good recipes for granulated sugar. Maple syrup adds flavor and is sweeter than granulated sugar. Use $\frac{3}{4}$ cup maple syrup for every cup of sugar and decrease the liquid in the recipe by 3 tablespoons for each cup of syrup used.
 - r) Substitute fruit juice in recipes for granulated sugar. Orange, apple and white grape juice works best. Use $\frac{3}{4}$ cup for every cup of sugar and decrease liquid in the recipe by 3 tablespoons for each cup of juice used.
 - s) Use a sugar substitute in place of granulated sugar.
 - a. Read the sugar substitute label or website for more information on how to use it in your recipes when replacing sugar.
 - b. Splenda® – in making cakes, for each cup of Splenda® used, add $\frac{1}{2}$ cup sifted nonfat dry milk powder and $\frac{1}{2}$ teaspoon baking soda to the dry ingredients. When making cookies, brownies, muffins and quick breads, add $\frac{1}{2}$ teaspoon baking soda for every cup of Splenda® used. Add 1-2 tablespoons of honey or molasses to muffin and quick bread recipes to add extra flavor and moisture.
 - t) Add ginger to fruit salad instead of sugar. Ginger naturally enhances the sweetness of the fruit.
 - u) Add cinnamon and/or nutmeg to cooked cereals, cookies, rice and other items to enhance their sweetness.
 - v) Instead of adding sugar to coffee, spice it up before brewing with a dash of cinnamon, ginger, nutmeg or allspice to enhance the sweetness.

Lesson Summary:

Applying these 3 simple steps to the recipes and foods you cook can assist you in reducing your calorie intake. It is not always necessary to give up your favorite foods when trying to cut calories. A few modifications can make those foods lower in calories while remaining flavorful and delicious. But do keep in mind this is just one part of developing an overall healthy lifestyle. Choosing a variety of healthy foods (whole grains, vegetables, fruits, low fat/nonfat dairy and lean meats) and getting enough physical activity is just as important.

Suggested Activities:

1. Share a variety of recipes with the participants and ask them how each recipe can be modified using the 3 steps they have just learned.
2. Ask the participants if they have any examples of eliminating, reducing and substituting that they would like to add that was not mentioned in the lesson. Write these on a dry erase board or tablet for everyone to see.

Suggested Materials: N/A

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Sources/References:

1. Centers for Disease Control and Prevention. Adult Obesity Facts. www.cdc.gov/obesity/data/adult.html