

HEALTHY SUBSTITUTIONS

During the holidays, cookies, cakes, and candies are very popular treats. When you combine those goodies with extravagant meals, it is easy to see how people can pack on the pounds. While indulging in your favorite holiday snack in moderation can satisfy a sweet tooth, too much of a “good” thing can lead to the holiday weight-gain blues! Use the following recipe substitutions to ensure a healthy holiday season for your family and friends.

TO REDUCE FAT and CHOLESTEROL

INSTEAD OF	TRY
Oil, Butter, or Margarine	Applesauce
Eggs	Egg Whites
Sour Cream	Plain, Fat-Free Yogurt
Evaporated Milk	Evaporated Skim Milk

TO REDUCE SUGAR

INSTEAD OF	TRY
Sugar	Reduce by $\frac{1}{4}$ cup; Add vanilla cinnamon, or almond extract.
Sugar	<i>Splenda</i> or <i>Splenda for Baking</i>
Sugar	Dried Milk – use $\frac{1}{2}$ sugar and $\frac{1}{2}$ dried milk.

TIPS

1 egg = 2 egg whites or $\frac{1}{4}$ cup egg substitute. When baking, replace $\frac{1}{2}$ of the eggs with egg whites. (EX. If the recipe calls for 2 eggs, use 1 whole egg and 2 egg whites).

Replace regular sour cream with fat-free sour cream. (Only do this for sweet recipes...sour cream turns sweet when heated).

Toast nuts before adding to a recipe. Toasting nuts brings out the flavor, therefore you can use less.

Try whole wheat flour. Use $\frac{1}{2}$ whole wheat flour and $\frac{1}{2}$ white flour. (If the flavor is too strong, use less wheat flour).