

Add a healthy twist to some of your own holiday baking favorites.

Healthy Baking Substitutions

| <i>Instead of:</i> | <i>Try:</i> |
|---------------------------|--|
| Butter | Trans-fat free spread such as Promise Buttery Spread or Smart Balance |
| 1 Egg | 2 egg whites or $\frac{1}{4}$ cup egg substitute |
| Sweetened condensed milk | Nonfat or fat-free sweetened condensed milk |
| Evaporated milk | Evaporated skim milk |
| 1 cup chocolate chips | $\frac{1}{2}$ cup mini chocolate chips - all the chocolate flavor but $\frac{1}{2}$ the calories and saturated fat |
| Frosting | Sliced fresh fruit with a dusting of powdered sugar |
| Sour cream | Nonfat or low-fat sour cream or low-fat or fat-free yogurt |
| Whole milk | 1% or nonfat milk |
| Half-and-half or cream | Fat-free half-and-half or evaporated milk |
| Flour | Substitute whole wheat for part of the white flour |
| Sugar | Use $\frac{1}{4}$ to $\frac{1}{2}$ less sugar in the recipe, or use Splenda. |
| Cream cheese | Neufchatel or reduced-fat cream cheese |

Know beans!



What's a bean? Beans and peas are the mature, edible seeds of some **legumes**. They include kidney beans, pinto beans, black beans, garbanzo beans (or chickpeas), lima beans, black-eyed peas, split peas and lentils. **Green peas** and **green beans** aren't in the same group because they do not have the same nutritional value of these other beans.

The “bean-efits”

Protein -- Beans are a key source of plant-based protein.

Dietary fiber -- one-half cup has six grams, about a quarter of your daily need

Minerals -- iron, zinc, folate, potassium

Anti-oxidants -- In general, the deeper the color of the beans' skins, the more antioxidants they offer.

Value -- beans are very inexpensive!



Have you “bean” thinking of questions? Some people ask about...

Amount? 1½ cups per week for omnivores

4 cups per week for vegetarians and vegans

Sodium? Canned beans are usually high in sodium. Look for low-sodium products, or drain and rinse canned beans to cut the sodium almost in half.

Cooking? Dried beans require soaking and usually long cooking. To save time, cook a lot at once and freeze what you don't use. Or look in your grocery store for canned, frozen or refrigerated cooked beans.

Digestive problems? A carbohydrate in beans ferments in the gut because the body lacks the enzyme to digest it. The problem may be worse if you suddenly start eating a lot of beans. To avoid gas, try phasing in beans, starting with just a tablespoon a day, or start with the “gentle lentil” or white kidney beans (cannellini). Or try Beano or similar products; they contain a bean-digesting enzyme.



Just "bean" creative

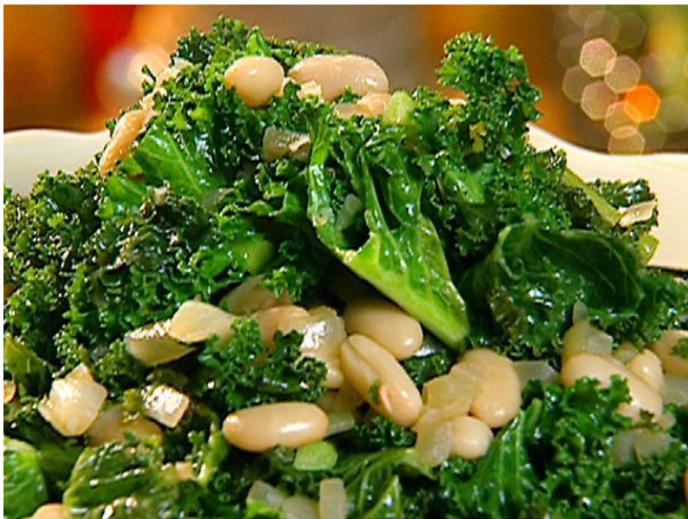


Half-hour vegetarian chili,
www.eatingwell.com

Dips and spreads
Salads
Chilis and soups
Pasta sauces
Casseroles
Refried beans
and more!



Indian-style Chickpeas,
www.cookingwithamy.blogspot.com



Greens and Beans, Down Home with the Neelys,
www.foodnetwork.com



Bush's Red, white and bean minestrone, www.bushbeans.com



Chef Meg's herbed bulger and lentil salad, <http://recipes.sparkpeople.com>



Hummus and grilled vegetable wrap,
Ellie Krieger, www.foodnetwork.com



Bean tostadas,
<http://lowcaloriecooking.about.com>



Vegan bean and fresh herb sandwich spread
or dip, <https://vegetarian.about.com>

Dry cereals



Read the Nutrition Facts label and ingredient list and check the serving size.

Look for:

Fiber: at least 3 grams (g) per serving, aim for 5 grams or more.

Sugar: 5g or less per serving. Avoid cereals that list sugar at or near the top of the ingredient list, or that list multiple types of added sugar, such as high fructose corn syrup, honey, brown sugar and dextrose.

Calories. If you're counting calories, look for less than 120 calories per serving.

Examples of good options for dry breakfast cereals

| Cereal and serving size | g Fiber | g Sugar | Calories |
|--|---------|---------|----------|
| General Mills Cheerios, 1 cup | 3 | 1 | 103 |
| General Mills Fiber One, 1/2 cup | 14 | 0 | 60 |
| Kashi Go Lean, 1 cup | 10 | 6 | 148 |
| Kellogg's All-Bran Bran Buds, 1/3 cup | 13 | 8 | 75 |
| Kellogg's All-Bran Original, 1/2 cup | 9 | 5 | 81 |
| Post Raisin Bran, 1 cup | 7 | 17 | 187 |
| Post Shredded Wheat Original Spoon Size, 1 cup | 6 | 0.5 | 167 |
| Quaker Life Cereal, plain, 3/4 cup | 2 | 6 | 119 |

Source: USDA National Nutrient Database for Standard Reference, Release 23

Cereal bars should meet the same guidelines as dry cereal (3g or more fiber, 5g or less sugar, 120 calories or less if you are counting calories.)

Round out your breakfast with fruit and low-fat milk or yogurt.

From www.mayoclinic.com



The core of a healthy breakfast



Whole grains. Whole-grain rolls, bagels, pita, hot or cold whole-grain cereals, low-fat muffins, whole grain tortillas, crackers, or Melba toast.



Low-fat protein. Nuts or nut butter; lean meat, poultry or fish, or eggs; skim milk, low-fat yogurt and low-fat cheeses, such as cottage and natural cheeses.



Fruits and vegetables. fresh or frozen fruits and vegetables, Whole fruit is better than juice. If you are going to include juice, choose 100 % juice beverages without added sugar, low-sodium versions if available.

When you eat a healthy breakfast, you're more likely to:

- Eat better in general (more vitamins and minerals, less fat and cholesterol)
- Concentrate better and be more productive throughout the morning
- Control your weight and control your eating better later in the day
- Have lower cholesterol, which may reduce your risk of heart disease
- have a faster reaction time
- have more energy for physical activity and less muscle fatigue

Not hungry in the morning?

- try eating less at dinner
- skip your evening snack.
- bring your breakfast to work with you if you aren't ready to eat when you first get up in the morning.
- give your body fuel within 2-3 hours after you get up.

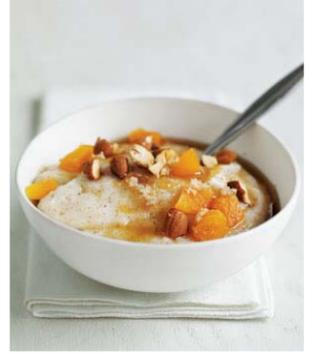
Don't have time?

- make breakfast the night before and heat in the morning
- try a portable meal
- do some preparation the night before (at least set out kitchen equipment, utensils and non-perishable ingredients)



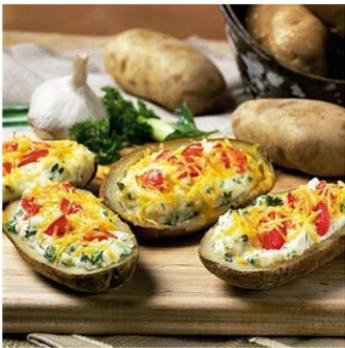
Try these healthy breakfast ideas!

- Hot or cold whole grain **cereal** with **nuts** or **seeds**, fresh or dried **fruit**, low-fat or skim **milk** or **yogurt**
- Trail mix or whole-grain, high-fiber cereal with nuts and dried fruit



- **nut butter** on whole wheat toast, **English muffin**, **waffles** or **crackers**, mixed into **hot cereal**, or on **banana** or **apple**

- whole-grain **bread** and a low-fat **cheese** stick or leftover **vegetable pizza**
- **tortilla** filled with **vegetables**, **salsa** and low-fat shredded **cheese**
- microwaved **potato** topped with **broccoli** and grated **Parmesan cheese**
- **bread** or toast topped with low-fat **ricotta** and **tomato** or **fruit**
- low-fat **cottage cheese** with **fruit**



- A smoothie with fresh or frozen **fruit**, fat-free plain **yogurt** or **buttermilk**, and a spoonful of **wheat germ**
- Multigrain **pancakes** topped with **fruit** and **yogurt**
- A **whole-wheat sandwich** with lean **meat** (leftover salmon or tuna, turkey or chicken), low-fat **cheese** and vegetables
- **whole wheat toast** with **refried beans**, **salsa**, grated **cheese**



- omelet with **vegetables**
- hard-boiled **eggs** or **eggs** scrambled with **vegetables**, in whole-wheat **pita**
- Poached, scrambled or fried **egg** on whole wheat **English muffin**, **bread** or **pita**
- scrambled or hardboiled **egg** in **corn** or whole wheat **tortilla**, topped with **salsa**, **low-fat cheese**, optional thin slice of lean **ham** or **Canadian bacon**
- Hardboiled **egg** and a piece of **fruit**





Make healthier cookies and cakes

- * Use sweeteners judiciously
- * Avoid hydrogenated fat (solid shortening)
- * Use all-natural ingredients
- * Use low-fat or nonfat dairy products
- * Use as much whole-grain flour as possible
- * Make cookies small; choose cake and pie recipes that easily can be sliced into small servings
- * Limit the number of different items you serve so you can enjoy each without overdoing it



Traditional Chocolate Chip Cookies **Made Healthier**

Makes 30 cookies

~~1/2 cup (1 stick) butter~~ $\frac{1}{2}$ cup trans-fat free spread
3/4 cup packed dark brown sugar
~~3/4 cup sugar~~ Splenda
~~2 large eggs~~ $\frac{1}{2}$ cup egg substitute
1 teaspoon vanilla extract
~~1 bag (12-ounce) semisweet chocolate chips~~ $\frac{1}{2}$ bag (6 ounces) mini chocolate chips
~~2 1/4 cups all-purpose flour~~ 1 cup all purpose flour
1 1/4 cups whole wheat flour
3/4 teaspoon baking soda
1 teaspoon salt

- Preheat oven to 375°
- Put butter in a microwave-safe bowl, cover and microwave on medium power until melted (or melt in a small saucepan). Cool slightly. In a large bowl, whisk together the sugars, eggs, melted butter and vanilla until smooth.
- In another bowl, combine the flours, baking soda and salt. Stir the dry ingredients into the wet ingredients. Stir in the chocolate chips.
- Spray baking sheets with cooking spray. Drop by rounded Tablespoonfuls onto baking sheets. Space the cookies about 2-inches apart on the pans. Bake, until golden, but still soft in the center, 12 to 16 minutes, depending on how chewy or crunchy you like your cookies. Remove cookies and put on a rack to cool.

Recipe adapted from *Food Network Kitchens How to Boil Water*, Meredith, 2006

Nutritional Information - per cookie:

Calories: ~~161~~ 106
Total Fat: ~~7g~~ 4g
Saturated fat: ~~4g~~ 1.5g
Carbohydrates: ~~25g~~ 16g
Dietary Fiber: ~~1g~~ 1g
Protein: ~~2g~~ 1.75g





Make your traditional holiday dinner healthier!

| Menu Item | Traditional | | Healthy | | | |
|------------------------------------|---|-----------------------|-----------------|---|-----------------------|----------------|
| Appetizers | 2oz of cheese and 8 crackers | 295 calories | 21g fat | 2 Tbsp. hummus and 8 wheat thins | 125 calories | 5.6g fat |
| Roasted Turkey 3oz | 3 oz white and dark meat <u>with</u> skin | 254 calories | 19g fat | 3oz white and dark meat <u>without</u> skin | 128 calories | 2g fat |
| Mashed Potatoes 1/2 cup | Made with butter and milk | 204 calories | 12.3g fat | Very low-fat mashed potatoes* | 113 calories | 0g fat |
| Gravy 1/2 cup | Made from turkey drippings | 129 calories | 13g fat | Low fat gravy* | 62 calories | 1.8g fat |
| Stuffing 3/4 cup | Cornbread stuffing | 350 calories | 16g fat | Wild rice stuffing with cranberries* | 151 calories | 8g fat |
| Sweet potatoes/Squash 1 cup | Candied sweet potatoes or winter squash | 325 calories | 8g fat | Butternut squash bisque soup* | 50 calories | 1g fat |
| Green Beans 1/2 cup | Green bean casserole made with cream of mushroom soup | 240 calories | 15g fat | Garlicky green beans* | 72 calories | 2.5g fat |
| Butter 1 Tablespoon | Butter | 102 calories | 11g fat | Promise Light spread | 45 calories | 5g fat |
| Beverages | 1 glass of wine | 125 calories | 0g fat | Water/Tea | 0 calories | 0g fat |
| Apple pie | 1/8 th pie | 411 calories | 19g fat | Baked apples with maple yogurt sauce* | 204 calories | 5.7g fat |
| Pumpkin Pie | 1/8 th pie | 316 calories | 14g fat | Healthy Pumpkin pie* | 173 calories | 2.4g fat |
| Coffee 1 cup | With 1 Tbls. Half and half | 20 calories | 1.7g fat | Black coffee | 0 calories | 0g fat |
| Totals | | 2,771 calories | 150g fat | | 1,123 calories | 34g fat |

* recipes available





Eat more fruit and more vegetables

especially dark green and red and orange
vegetables and beans and peas.

- good sources of folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K
- can help reduce your risk of heart attack, stroke and other diseases and may protect against certain types of cancer
- can help you achieve and maintain a healthy weight

How much?

Vegetables: $2\frac{1}{2}$ cups a day
less than $\frac{3}{4}$ cup starchy vegetables



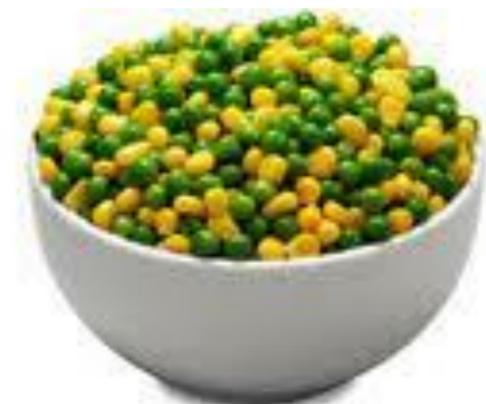
dark green vegetables
broccoli, spinach, romaine, collard,
turnip, mustard greens



red and orange vegetables
tomatoes, red peppers, carrots,
sweet potatoes, winter squash,
pumpkin



beans and peas
kidney beans, lentils, chickpeas, and
pinto beans



starchy vegetables
white potatoes, corn, green peas



other vegetables
iceberg lettuce, green beans, onions

How much?

Fruits: 2 cups a day

fruits -- All fresh, frozen, canned, and dried fruits and fruit juices

oranges, orange juice, apples, apple juice, bananas, grapes, melons, berries, and raisins



Fresh, frozen or canned?

- All forms of whole fruits and vegetables have similar nutrient value.
- Use fresh produce soon after purchasing.
- Avoid canned or frozen fruits packed in sugar syrup.
- Dried fruits have fiber and nutrients but are high in sugar.

What about juice?

- Juice lacks dietary fiber and is high in calories.
- Most of your fruit should come from whole fruits.
- If you drink juice, choose 100% juice.
- Vegetable juices are lower in calories than fruit juice but may be high in sodium.

Cooked or raw?

Starchy vegetables and beans and peas (not including green peas or green beans) should be eaten cooked. All other groups can be eaten cooked or raw.



grilled ratatouille, barbequelovers.com



Mixed bean salad with tomato and lemon
smittenkitchen.com



Weight Watchers sugar-free dried fruit muffins
<http://ww-recipes.net>



nectarine and plum galette, www.womansday.com