



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

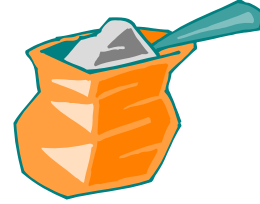


Ways to Cut Salt

- 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.



The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and counties of the state cooperating. Cooperative Extension, the University of Georgia Colleges of Agricultural and Environmental Sciences and Family & Consumer Sciences, offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, gender or disability.

**An Equal Opportunity Employer/Affirmative Action Organization
Committed to a Diverse Work Force**

Publication # FDNS-E-89-15a

Reviewed by Connie Crawley June 2011