

Start from Scratch: Ingredient Swap!

Pre-packaged foods can be full of unhealthy ingredients. Cooking from scratch is often more nutritious, fun, and less expensive. Below are simple swaps to make your favorite recipes healthier. Give it a whirl - or a “whisk!”

Instead of

Try

Grains

White bread/pasta	Whole-grain bread /pasta, veggie-based pasta
White rice	Brown rice, riced cauliflower, quinoa
White flour	1/2 white, 1/2 whole wheat
White bread crumbs	Whole wheat bread crumbs, oats, crushed bran flakes

Dairy

Whole or 2% milk	1% or skim milk
Butter	canola oil, olive oil, applesauce or mashed avocado can replace 1/2 in baking
Sour cream	plain yogurt, low or non-fat sour cream
Cheese	Low or non-fat cheese
Cream cheese	Neufchatel cheese, lowfat cottage cheese pureed until smooth

Protein

Meats	Swap the meat in your recipe for cooked beans, chickpeas, lentils or tofu
Ground beef	ground turkey or chicken breast, at least 90% lean ground beef Drain and rinse cooked ground beef if higher in fat
Bacon, sausage	turkey bacon, Canadian bacon, turkey sausage

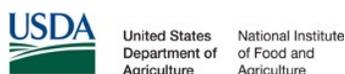
Fruits/Vegetables

Canned	Choose fruit packed in juice or water, low or no-salt vegetables
Fresh	Best flavor and variety when in-season. Frozen is always an option year-round!

Condiments

Salt	Salt-free herbs and spices, garlic, lemon juice
Mayonnaise	Plain yogurt, mustard, light mayonnaise
Salad dressing	Oil & vinegar, greek yogurt dressing

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You Can “Make” the Difference

Take a look at the recipes below. They show how changing the ingredients in a recipe, or even changing how it is cooked, can make a meal healthier. You don’t have to sacrifice taste, either! Try giving one of your own recipes a “makeover.”



Baked Macaroni and Cheese

Original Recipe

- 3 cups dry macaroni
- 2 cups Cheddar cheese, shredded
- 1/2 cup plain breadcrumbs
- 1/2 teaspoon black pepper
- 3 tablespoons butter
- 1/2 cup whole milk
- 1/2 cup light cream

Nutrition Facts	
9 servings per container	
Serving size 1 Cup	
Amount Per Serving	
Calories 320	
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 260mg	11%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0.5mcg	2%
Calcium 230mg	17%
Iron 1.5mg	8%
Potassium 150mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Revised Recipe

- 3 cups dry whole wheat macaroni
- 1 (8 ounce) package frozen chopped broccoli
- 2 cups reduced-fat Cheddar cheese, shredded
- 1/2 cup plain breadcrumbs
- 1/2 teaspoon black pepper
- 3 tablespoons canola oil
- 1 cup skim milk

Nutrition Facts	
9 servings per container	
Serving size 1 Cup	
Amount Per Serving	
Calories 250	
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 280mg	12%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0.4mcg	2%
Calcium 180mg	14%
Iron 1.9mg	10%
Potassium 200mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions:

1. Pre-heat oven to 375 degrees F.
2. Coat a medium casserole dish or baking pan with oil or non-stick spray to prevent sticking.
3. Cook macaroni according to package directions.
4. Add chopped broccoli to pasta water during last minute of cooking.
5. Drain macaroni and broccoli, set aside.
6. Layer macaroni-broccoli mixture, cheese, bread crumbs and pepper in pan. Repeat layers, finish with bread crumbs.
7. Mix oil with milk in a medium bowl, pour over top.
8. Bake about 30 minutes or until top is brown and bubbly.



Tips for Healthy Eating at Mealtime

1. **Pump up the Produce** - fill half your plate with vegetables and fruits.
2. **Trim the Fat** - limit extra sauces and gravies in your meal.
3. **Know your Food** - cook at home so you can better monitor what is in your food.
4. **Move that Salt** - take the salt shaker off the table; “out of sight, out of mind.”
5. **Choose Lean Proteins** - these include chicken, turkey, fish, beans, and tofu.
6. **Keep Grains Whole** - look for “100% whole wheat” on the ingredients label.