



COMMUNITY

4-H & YOUTH

ENVIRONMENT

AGRICULTURE

FOOD

UNIVERSITY OF
VERMONT

EXTENSION

CULTIVATING HEALTHY COMMUNITIES

In Your Hands

Start From Scratch: Ingredient Swap!



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

INSTEAD OF	SUBSTITUTE
Grains	
White bread/pasta	Whole-wheat bread or pasta
White bread crumbs	Whole-wheat bread crumbs, rolled oats
White rice	Brown rice
Dairy Products	
Whole or 2% milk	1% or skim milk
Butter	Tub margarine, canola oil, olive oil
Sour cream	Low or non-fat sour cream or plain yogurt
Cheese	Low or non-fat cheese
Protein	
Bacon, sausage	Turkey bacon or turkey sausage
Ground beef	Drain/rinse cooked ground beef, $\geq 90\%$ lean ground beef, ground turkey or chicken breast
Ham	Canadian bacon, lean ham
Canned beans/legumes	Dry beans, drain/rinse canned beans or legumes
Condiments	
Salt	Salt-free herbs or spices, garlic
Mayonnaise	Light mayonnaise, mustard
Salad dressing	Oil-based dressing, low or non-fat dressing
Chicken or beef broth	Low-fat, low-sodium chicken, beef or vegetable broth. Even better - make your own.



ChooseMyPlate.gov

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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		
Serving Size 1 Cup	Servings Per Container 9	
Amount Per Serving		
Calories 480	Calories from Fat 210	
Total Fat 24g	37%	
Saturated Fat 14g	70%	
Trans Fat 0g		
Cholesterol 70mg	23%	
Sodium 370mg	15%	
Total Carbohydrate 48g	16%	
Dietary Fiber 2g	8%	
Sugars 3g		
Protein 19g		
Vitamin A 15% • Vitamin C 0%		
Calcium 35% • Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Calories: 2,000	2,500	
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		

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.



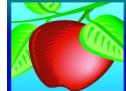
Tips for Healthy Eating at Mealtime

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, tofu.
6. **Keep Grains Whole** - look for “100% whole wheat” on the ingredients label.

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UVM Extension's Expanded Food and Nutrition Education Program helps limited resource families, their children and pregnant women learn to shop smarter, eat healthier, and save money. For more information, please contact: (802) 656-2311 or 1-877-337-5826 (toll-free in Vt.) efnep@uvm.edu



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