<table>
<thead>
<tr>
<th>Handouts</th>
<th>Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweeteners</td>
<td>o Learning Method</td>
</tr>
<tr>
<td>Healthy Cooking</td>
<td>o Teaching, Power Point</td>
</tr>
<tr>
<td></td>
<td>o How much salt, saturated, and fat do we need each day</td>
</tr>
<tr>
<td></td>
<td>o Learn about salt (sodium) and salt substitutes</td>
</tr>
<tr>
<td></td>
<td>o Learn the different types of sugars and sweeteners</td>
</tr>
<tr>
<td></td>
<td>o Use unsaturated fats in foods</td>
</tr>
<tr>
<td></td>
<td>o Learn which fats are unsaturated and saturated</td>
</tr>
<tr>
<td></td>
<td>o Learn how to decrease fats carbohydrates and salt in recipes</td>
</tr>
<tr>
<td></td>
<td>o Recipes</td>
</tr>
<tr>
<td>Grocery Item</td>
<td>Cider Vinegar Dressing</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------------</td>
</tr>
<tr>
<td>Onion, celery, garlic, lemon pepper (etc.)</td>
<td></td>
</tr>
<tr>
<td>Seasonings (Bar-B-que, carrot, red onion, lettuce, cucumber, green pepper, partcipant)</td>
<td>and other seasonings</td>
</tr>
<tr>
<td>4 oz chicken</td>
<td></td>
</tr>
</tbody>
</table>

**Comments**

**Food Preparation**

- Use the Template to start to fill in favorite foods and portion sizes
- One made with reduced fat and carbohydrates products
- Compare the Cherry Cream Cheese dessert made with regular products to substitutes
- Look at food labels of foods with fats, sugars, sodium and salt

Activity: Whisking Your Way to Health
<table>
<thead>
<tr>
<th>Knives (paring &amp; chef)</th>
<th>Cutting Board</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad bowl</td>
<td>George Forman Grill</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spenda, Lemons</td>
</tr>
<tr>
<td>Real Lemon Juice, Cherry Pie Filling, Low Fat Crescent Rolls, 1 Can Crescent Rolls, 2 Cans Almond Extract, 2 Cans Fat, 2 Eggs, Powdered Sugar, Paperika, Canola Oil, Mustard, Pepper, Sugar, Parsley, Dry Cider Vinegar, Salt</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dessert</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemonade, Cherry Cream Cheese</td>
</tr>
</tbody>
</table>

Whisking Your Way to Health
### Class Simmons

#### Whisking Your Way to Health - Lesson Plan

<table>
<thead>
<tr>
<th>Lesson Plan</th>
<th>Set Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare &amp; cook chicken</td>
<td>Prepare &amp; cook chicken</td>
</tr>
<tr>
<td>Cheese dessert</td>
<td>Make salad</td>
</tr>
<tr>
<td>Make low calorie cherry cream</td>
<td>Make salad dressing</td>
</tr>
<tr>
<td>Group 1</td>
<td>Group 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cooking Plan</th>
<th>Pitcher</th>
<th>Round baking pan (2)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spatula</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pastry brush</td>
<td></td>
<td>Mixer</td>
</tr>
<tr>
<td>Blender/food processor</td>
<td></td>
<td>Can opener</td>
</tr>
<tr>
<td>Liquid measuring cup</td>
<td></td>
<td>Measuring cups/spoons</td>
</tr>
</tbody>
</table>

Continue to list favorite foods on the placement template. Bring food labels from 2 or 3 things you used this next week. Bring 2 or 3 of your favorite recipes.
Grilled Chicken Salad

Favorite seasonings: Mrs. Dash, Lemon Pepper, Bar B Que, or other
4 ounces of boneless, skinless chicken breast per serving

Sliced cucumber
Sliced carrots
Tomato slice
Red onion cut in rings
Green pepper cut in strips
Red or Green leaf lettuce

Serve with cider vinegar dressing

Make salad and place chicken on top.

Grilled or George Foreman, charcoal or gas grill or under broiler. Do not over cook, it using the
Grill on the George Foreman.

Slice in strips.

George Foreman remember the meat cooks from both sides.

Whisking Your Way to Health - Lesson 1 Lesson Plan

Whisking your way to health.
edges: top with pie filling. Spread cream cheese mixture on the dough to within ½ inch of the outer edge. Make an edge around the center, leaving a ½ inch hole in the center. Press seams together and seal. Place the pan on the outside edge of the pan and the points toward the center. Points will not meet. Preheat oven 350°F. Unroll crescent dough. Separate into 16 triangles. Reserve 4 triangles for decoration.

Glaze

2 – 3 teaspoons milk

½ cup powdered sugar

2 tsp almond extract

1 cup 

1 tsp cherry pie filling

1 can (20 ounce) Cherry Cheese Cake

2 packages Neufchatel (cream cheese) 8 ounces, softened

2 Fat crescent rolls
Class: Simmonds
Whisking Your Way to Health - Lesson 1 Lesson Plan

Makes 4 cups

Processer running, add oil in a slow stream. Process until smooth.

Process first 11 ingredients in a blender or a food processor 1 or 2 minutes. With blender on

2 cups canola oil
1 tablespoon salt
1 cup water
1 cup cider vinegar

1 teaspoon paprika
1/2 teaspoon pepper
3/4 teaspoon dry mustard
1 teaspoon dried parsley
1/2 tablespoon sugar (Splenda)
1 celery rib cut into 3 pieces
1 medium onion, diced

Cider Vinegar Dressing

12 servings

Smooth. Drizzle over coffee cake.

25 - 30 minutes or until golden brown. Cool slightly. For glaze, mix powdered sugar and milk until
in spoke fashion continue with remaining strips. Press edges to seal at center and outer edge. Bake
lengthwise and repeat with the other 2 triangles. Twist one of the strips and place over the filling
Take 2 of the remaining 4 dough triangles and press seam to make a rectangle. Cut into 4 strips

Whisking Your Way to Health
## Lesson 1

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Breast</td>
<td>3 1/2 lbs</td>
<td>$10.00</td>
</tr>
<tr>
<td>Lettuce red and green leaf</td>
<td>3 bunches</td>
<td>$4.17</td>
</tr>
<tr>
<td>Cucumber</td>
<td>1</td>
<td>$0.50</td>
</tr>
<tr>
<td>Green pepper</td>
<td>1</td>
<td>$0.50</td>
</tr>
<tr>
<td>Red onion</td>
<td>1</td>
<td>$0.99</td>
</tr>
<tr>
<td>Carrots</td>
<td>2</td>
<td>$0.69</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2</td>
<td>$1.49</td>
</tr>
<tr>
<td>Onion</td>
<td>1 medium</td>
<td>$1.99</td>
</tr>
<tr>
<td>Celery</td>
<td>1 rib</td>
<td>$1.39</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 clove</td>
<td>$1.00</td>
</tr>
<tr>
<td>Cider Vinegar *</td>
<td>3/4 cup</td>
<td>$0.69</td>
</tr>
<tr>
<td>Canola oil *</td>
<td>2 cups</td>
<td>$1.25</td>
</tr>
<tr>
<td>Egg</td>
<td>1</td>
<td>$0.99</td>
</tr>
<tr>
<td>Neufchatel</td>
<td>8 oz</td>
<td>$1.20</td>
</tr>
<tr>
<td>Powdered sugar *</td>
<td>2/3 cup</td>
<td>$0.69</td>
</tr>
<tr>
<td>Cherry pie filling *</td>
<td>1 can</td>
<td>$1.99</td>
</tr>
<tr>
<td>Crescent rolls, low fat</td>
<td>2 cans</td>
<td>$3.58</td>
</tr>
<tr>
<td>Milk, Skim</td>
<td>1 quart</td>
<td>$1.14</td>
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</table>

### Total
$34.25

* Items in italics - Total less these items

### Staples

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar B Que seasoning</td>
<td>$2.08</td>
</tr>
<tr>
<td>Lemon Pepper, no salt</td>
<td>$1.69</td>
</tr>
<tr>
<td>Mrs. Dash</td>
<td>$2.14</td>
</tr>
<tr>
<td>Salt</td>
<td>$0.42</td>
</tr>
<tr>
<td>Dried Parsley</td>
<td>$1.31</td>
</tr>
<tr>
<td>Paprika</td>
<td>$1.54</td>
</tr>
<tr>
<td>Splenda</td>
<td>$6.49</td>
</tr>
<tr>
<td>Dry mustard</td>
<td>$1.99</td>
</tr>
<tr>
<td>Pepper (grinder style)</td>
<td>$1.62</td>
</tr>
<tr>
<td>Almond extract</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

### Total
$21.78
Pre test

1. Which of the following sweeteners should not be used when cooking or baking
   - [ ] Splenda
   - [ ] Equal
   - [ ] Sweet n Low

2. Which of the following kinds of fat is not good for you
   - [ ] Mono unsaturated
   - [ ] Poly unsaturated
   - [ ] Trans Fatty Acids

3. When cooking and baking you can reduce the sugar and the fat by ___ without changing the finished product.
   - [ ] 1/3
   - [ ] 1/2
   - [ ] 3/4

4. Fat-free cheese is a good choice in casseroles.
   - [ ] True
   - [ ] False

5. A person with diabetes should have ____ or less of sodium each day.
   - [ ] 1000 mg
   - [ ] 3000 mg
   - [ ] 2400 mg
Post test

1. Which of the following sweeteners should not be used when cooking or baking
   [ ] Splenda
   [ ] Equal
   [ ] Sweet n Low

2. Which of the following kinds of fat is not good for you
   [ ] Mono unsaturated
   [ ] Poly unsaturated
   [ ] Trans Fatty Acids

3. When cooking and baking you can reduce the sugar and the fat by ___ without changing the finished product.
   [ ] 1/3
   [ ] 1/2
   [ ] 3/4

4. Fat-free cheese is a good choice in casseroles.
   [ ] True
   [ ] False

5. A person with diabetes should have _____ or less of sodium each day.
   [ ] 1000 mg
   [ ] 3000 mg
   [ ] 2400 mg

My goal for next week: I will ________________________
How much _______________ How often ____________________
When ________________________________________________
Whisking your way to Health

A cooking program for people with diabetes

Sugar
- Provides calories but few nutrients
- Sugar provides sweetness and bulk in recipes
- 1 teaspoon of sugar, honey or molasses provide about 5 grams of carbohydrate

Sweeteners
- Equal
- Sweet n Low
- Splenda
- Stevia

Equal
- Aspartame is about 200 times sweeter than sugar
- How do you use it?

Sweet n Low
- Saccharin is about 300 times sweeter than sugar
- How do you use it?
**Splenda**
- Sucralose is about 600 times sweeter than sugar.
- How do you use it?

**Stevia**
- Is an herb in the chrysanthemum family.
- Powder is about 10 to 15 times sweeter than sugar, the extract is 200 to 300 times sweeter than sugar.
- How do you use it?

**Fats**
- Saturated
- Monounsaturated fatty acids
- Polyunsaturated fatty acids
- Trans Fatty acids

**Saturated Fats**
- From animal sources such as meat and poultry, milk and butter.
- Are usually solid at room temperature.

**Unsaturated Fats**
- Monounsaturated and polyunsaturated fatty acids
- Are usually liquid or soft at room temperature
- Mainly come from vegetable oil

**Trans Fatty Acids**
- Formed when vegetable oils are processed into margarine or shortening.
- Are found in snack foods and baked goods.
• Remember all Fats are high in calories
• Fat has 9 calories per gram
• Carbohydrates have 4 calories per gram

• Cholesterol
• Found in food from animals such as egg yolk, organ meat and full fat dairy products

• Sodium
• You should have 2400mg or less each day
• Sodium is found in processed and packaged foods, soups and vegetables

• Healthier Recipes

• Reducing calories in Recipes
  - Reduce sugar by 1/4 to 1/3
  - Reduce fat by 1/4 to 1/3

• Low Fat milk choices
  - Skim milk
  - 1% milk
  - Non-fat dry milk
  - Non-fat evaporated milk
Reducing sodium
- Just DO NOT add it!
- Do not use packaged food
- Season food with herbs and spices

Increase calcium each day
- Add non-fat dry milk to casseroles, sauces, beverages and milk drinks

Review
- Sweeteners and sugar
- Fats

Questions?

Homework:
Favorite recipes
Welcome to Whisking your way to health.

During the next five weeks we are going to learn how to modify recipes, plan meals and practice new recipes.

All of us have favorite recipes and special foods we prepare for holidays. When you have diabetes, you still want to enjoy these foods. Are their ways that your favorite recipes can be modified? The amount of sugar, fat and sodium in a recipe can often be modified.

There are at least 21 simple carbohydrates identified as sugar. These are some of the more familiar ones.

- Sugar provides calories but few nutrients
- In recipes sugar provides sweetness, texture and bulk, helps soften batter, caramelize, and enhance the browning process
- 1 teaspoon of sugar, honey or molasses has about 5 grams of carbohydrates.
Sweeteners or Sugar substitutes

- Sweeteners - Make foods sweeter with few calories and no nutrients. When heated they may not perform in an acceptable manner.
- The US Food and Drug Administration has approved saccharin, aspartame and acesulfame-K

Equal

- Aspartane
- 200 times sweeter than sugar
- Not stable at high temperatures
- Can be used for cooking and baking

Sweet n Low

- Saccharin is about 300 times sweeter than sugar
- Used in soft drinks, and other beverages and foods

Splenda

- Sucralose
- 600 times sweeter than sugar
- Can be used in cooking and baking
- Can be used with acidic ingredients
Stevia

- Is an herb in the chrysanthemum family
- Powder is about 10 to 15 times sweeter than sugar; the extract is 200 to 300 times sweeter than sugar
- How do you use it?

Fats occur naturally in food and play an important role in nutrition

Why do we need fats?

- Fats and oils provide a source of energy for the body.
- Fats help transport fat soluble vitamins through the blood
- Essential fatty acids are needed for cell structure and making hormones

Cooking with fats

Fats play in important role in food preparation:

- Add flavor to foods
- Make baked products tender
- Conduct heat during cooking

Not all Fats are the same
Fats and oils are made up of fatty acids

- Saturated fatty acids
  - Monounsaturated fatty acids
  - Polyunsaturated fatty acids
  - Trans fatty acids

**Saturated Fats**

- Mostly from animals
  - Meat, poultry, milk, butter
- Some vegetables
  - Coconut, palm, palm kernel
- Usually solid at room temperature

**Unsaturated Fats**

Are found mostly in vegetables and are liquid or soft at room temperature

**Monounsaturated**

- Canola, olive and peanut oil
- Liquid at room temperature

**Polyunsaturated**

- Safflower, corn, canola, flaxseed, sunflower oils
- The main fat in seafood
- These are also called essential fatty acids. They are needed
by the body for cell structure and making hormones.

**Trans Fatty Acids**

- Are formed when vegetable oils are made into margarine or shortening. Trans fatty Acids are found in foods made with partially hydrogenated vegetable oil or vegetable shortening.
- They are found in snack foods and baked goods.
- Occur naturally in some dairy products.

**Remember all Fats have Calories**

- Fat has 9 calories per gram.
- Carbohydrates have 4 calories per gram.

**Cholesterol**

- Found in food from animals such as egg yolk, organ meat, and full-fat dairy products.
- Cholesterol in the diet is found in animal foods such as organ.
Salt plays an important role in food preparation:
- Adds flavor

Cooking with Salt/Sodium:

Eggs:
- Cooking with eggs: Eggs give structure and tenderness to foods.
- Whipped egg whites act as a leavening agent.
- Eggs act as a thickening agent.

Sodium:
- You should have 2400mg or less each day.
- Sodium is found in processed and packaged foods, soups and vegetables.

Dairy foods:
- Meat (yolks) and full fat dairy foods.

Blood (serum) Cholesterol:
- A waxy substance that occurs naturally in our bodies. It helps in the production of estrogen, testosterone and bile.

HDL Cholesterol is "Good" cholesterol, it helps remove extra cholesterol from the body.

LDL Cholesterol is "Bad" cholesterol because it builds up on the walls of the arteries.
➢ Improves texture
➢ Slows yeast fermentation
➢ Used as a preservative in canned foods

Most Americans eat 1 to 3 teaspoons of salt a day.

If you have diabetes, you should have less than 2400 mg (1 teaspoon) each day.

**Foods high in sodium**

➢ Processed meats - bacon, ham, cold cuts, corned beef, hot dogs, sausage
➢ Fish - canned tuna, salmon or sardines, commercially frozen, pre-breaded or smoked fish, and canned shellfish
➢ Prepared or pre-mixed - macaroni and cheese, rice mixes, boxed dinners, frozen dinners
➢ Snack - chips, pretzels, crackers, baked goods
➢ Sauces and condiments - pickles, olives cheeses, salad dressing, soy and steak sauce.

**Three ways to modify recipes**

➢ Change the ingredients - can you substitute an ingredient
that is lower in fat, salt, sugar or sodium

➢ Change the preparation method
  - sauté in broth instead of oil,
  use spray oil instead of oil, broil
  instead of frying

➢ Change the amount of a high
  calorie ingredient. Use less
  meat and more vegetables, use
  less pasta, rice and cheese in
  casseroles. Decrease the nuts
  or coconut in baked goods.

Reducing calories in recipes

Sugar

➢ Reduce sugar by 1/4 to 1/3
➢ If you want to use sweeteners
  follow the manufacturer’s
  directions and only replace up
  to 1/2 cup of the sugar.
➢ Replacing too much sugar will
  cause the finished product to
  be flat, gray, dry and tough
➢ Add vanilla or spices to
  increase sweetness in baked
  goods

Fat

➢ Reduce fat by 1/4 to 1/3
➢ Use reduced-fat or fat-free
  foods instead of full fat foods
Chill soups and stews then remove the hardened fat
After browning or pan frying pour off the fat
Eggs - use egg substitutes or 2 egg whites in place of 1 whole egg

Milk
Low fat milk choices - select the lowest % of fat milk possible. Skim milk is best but 1% AND 2% are better than whole milk.
Other choices are non-fat dry milk and non-fat evaporated milk.
Non-fat dry milk can be used in recipes to increase the calcium.
Non-fat evaporated milk can be used to make dishes creamier.

Reducing Sodium

- Check with your provider before using a salt substitute such as potassium chloride this is very important if you take heart medicine.
- In recipes reduce the amount of salt by half.
Choose fresh vegetables or canned that have no added salt
Do not add salt to the water when cooking pasta, rice and noodles
Use herbs and spices to add flavor
Look for seasoning mixes without salt

Adding calcium to each day
Add powdered milk to mashed potatoes, soups, casseroles, and ground meat.
Be sure to include milk, yogurt and cheese in your daily meal plans

There are many ways to make the foods you like to eat healthier.
Ask the class to name a few of the ideas they might try this week
Homework - bring in 2 or 3 of your favorite recipes.
Lesson 1

Evaluating Recipes

- Reducing sugar, fat and sodium in recipes
- What fats are saturated, unsaturated and trans fats
- Which sweeteners to use when cooking and baking

Let's Cook

- Grilled Chicken Salad
- Cider vinegar dressing
- Cherry cream cheese dessert
- Lemonade

My healthy food goal for this week:

I will

Homework

- Next week bring 2 or 3 of your favorite recipes
- Bring 3 labels from foods you use this next week
Sweeteners

Sweeteners or Sugar substitutes

- Sweeteners - Make foods sweeter with few calories and no nutrients. When heated they may not perform in an acceptable manner.
- The US Food and Drug Administration has approved saccharin, aspartame and acesulfame-K

Equal

- Aspartame
- 200 times sweeter than sugar
- Not stable at high temperatures
- Can be used for cooking and baking

Sweet n Low

- Saccharin
- 300 times sweeter than sugar
- Stable in high temperatures
- Used in soft drinks, and other beverages and foods

Splenda

- Sucralose
- 600 times sweeter than sugar
- Highly stable
- Can be used in cooking and baking
- Can be used with acidic ingredients
Stevia

➢ Is an herb from the chrysanthemum family
➢ The powder is about 10 to 15 times sweeter than sugar, the extract is 200 to 300 times sweeter than sugar
➢ It is not approved by the FDA for use as a sweetener
➢ Can be used in cooking and baking

Sugar

➢ In baked goods sugar:
  o Gives food a sweet taste
  o Gives a golden brown color to baked goods
  o Makes baked goods tender

➢ Only replace half of the sugar with a sweetener (up to \( \frac{1}{2} \) cup of sweetener) in baked goods (if you replace all the sugar your baked good will be flat, tough, gray and dry)

➢ Sweeteners are best used in drinks, gelatin, pudding and frozen desserts

➢ Splenda and Equal now have products with half sugar and half sweetener for baking

Some other names for sugar

➢ Dextrose, corn syrup, fructose, honey, lactose, maltose, sugar alcohol, sorbitol, mannitol, xylitol, and molasses
Sugar - free

Sugar free does not mean carbohydrate FREE

Read the label - many sugar - free items have just as many carbohydrates as the regular item.

You may be paying more money for just as many carbohydrates

TIPS!

○ Non caloric sweeteners give recipes a sweet taste but baked goods will not brown
○ If you combine sweeteners the result is a sweeter taste
○ Diet beverages and sugar - free gelatin have zero carbohydrates
○ Many of the sugars used in foods labeled “Sugar - Free” can cause diarrhea
○ Spices can help with the after taste of some of the sweeteners
○ Adding cinnamon and vanilla can give foods a sweet taste
○ Pureed fruit can add sweetness and bulk to baked goods but they also add carbohydrates
Fats

Remember that all fats are high in calories

Our bodies need fats for energy, to help our body use vitamins, making cells and hormones.

Fat is important in the food we eat

➢ Fat adds flavor
➢ Fat makes baked goods (cakes and cookies) tender

Not all fat is the same

Some fats are better for us than others

Saturated Fats - should make up only a small part of the fat we eat. Come mostly from animals and is usually solid at room temperature. Coconut and palm oil is also a saturated fat

Examples of saturated fats:

Marbling in meat is a saturated fat
Buy lean meat and cut off the fat
Take skin off chicken and turkey
Powdered non-dairy creamers are made with palm or coconut oil, use liquid no-dairy creamer made with non-saturated fats
Use Canadian bacon instead of bacon and lard for flavor

Whisking Your Way to Health
Cass, Simmons
Unsaturated fats - are found mostly in vegetables, they are liquid or soft at room temperature. These should be the fats you include each day.

- **Monounsaturated** - Canola, olive and peanut oil and nuts such as walnuts, pecans, almonds and peanuts
- **Polyunsaturated** - Safflower, corn canola, flaxseed and sunflower oils. The main fat in seafood.

Trans fatty acids - Are mad when vegetable oils are changed into margarine or shortening. Trans fatty acids are found in foods made with “partially hydrogenated vegetable oil” or vegetable shortening. Tran’s fatty acids can be as harmful to your body as saturated fats.

- Found in snack foods and baked goods

**Monounsaturated fats may help prevent Heart Disease**

Dairy products - You can reduce the fat by selecting low fat milk such as skim, 1% or 2%. Choose the lowest fat content you can. Also, select non-fat or low fat when using cheese, sour cream and yogurt.

**Cholesterol**

All people and animal make cholesterol. Some people make too much cholesterol. To eat heart healthy you need to cut down on the saturated fats and cholesterol in your food.

Cholesterol in the diet is found in animal foods such as organ meat, egg yolks and full fat dairy foods.
Foods high in salt:

- Meats - Bacon, cold cuts, ham, hot dogs, Italian and Polish sausage and corned beef

- Canned, smoked and pre-breaded fish, canned shellfish and commercially frozen fish

- Canned soup, vegetables and vegetable and tomato juices

- Pickles and olives

- Prepared and premixed such as flavored rice and noodles

- Commercially prepared sauces: steak, soy, picante and taco and Salad dressing

- Snack foods such as nuts, chips, crackers, pretzels and baked goods like cakes and cookies
Healthy Cooking

Reduce Sugar in Recipes

- Reduce the sugar by 1/4 to 1/3
- Substitute up to 1/2 cup of sweetener for sugar
- Use sugar free pudding and gelatin in place of regular pudding and gelatin
- Remember, Equal should not be used for cooking and baking
- Add vanilla or spices to increase the sweetness in baked goods

TIPS!

- Try sugar free gelatin or fruit for a sweet treat instead of cakes, pies and cookies
Reduce Fat in Recipes

- Reduce the shortening or oil by 1/4 to 1/3

- Reducing the fat works best in puddings, gravys, and sauces

- Replace half to all of the fat in baked goods with applesauce, low-fat yogurt or prune puree. Remember these add carbohydrates to the food

- Sauté in broth instead of oil

- Chill broth and soup and remove the hardened fat

- Cut all fat off the meat and buy the leanest meat you can

- Neufchatel cheese works well when cream cheese is called for and needs to be baked or beat into a recipe

- Evaporated skim milk can be used when a high fat cream is called for in a recipe

- Use low-fat sour cream and yogurt
Cooking the low fat way: with Fat-free or reduced-fat margarines

😊 Fat-free or reduced-fat margarine
   Works well as a spread on bread or toast

😊 Does not work well for frying or sautéing
   Does not work well in baked desserts
   Does not work well for frying, it has water and causes spattering or burning

😊 Choose 1% or skim milk for less fat and cholesterol.
   In cooking, these work the same as whole milk.

😊 Some of the newer low-fat cheeses have good flavor and melt

😊 / 😞 Fat-free cheese can add flavor but does not melt, do not use it for baked dishes

Fat-free creamed cheese is good as a spread but do not beat or bake with it

○ Oils such as olive, sesame, and walnut are strong and can add flavor to food

○ A small amount of strong-flavored, high-fat cheese such as Parmesan can be added to food for flavor
Reducing salt and sodium in recipes

- Use only half of the salt the recipe calls for

- Do not add salt to the water when cooking, pasta, rice, grits, noodles and cooked cereal

- Read the list of ingredients on seasonings, if salt is listed first look for a no salt added product

- Choose garlic and onion powder instead of garlic and onion salt

- When using vegetables and tomato products select fresh or No Salt Added canned products

**TIPS!**

- Do not bring the salt shaker to the table
- Use herbs and spices instead of salt
- Try garlic, onion and peppers
- Try lemon, lime and orange rind and juice to add flavor
- Slowly decrease the amount of salt you use in food preparation
Lesson 1 Handout

Whisking Your Way to Health

<table>
<thead>
<tr>
<th>Food</th>
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<th>Servings</th>
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Meals on the Go

Protein Lunch / Dinner

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Carbs

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Fat

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Sweets and Desserts

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Grilled Chicken Salad

Serves with Cider Vinegar Dressing.

Make salad and place chicken on top.

Sprinkle both sides of the chicken breast with seasonings.

Sliced cucumber
Sliced carrots
Tomato slices
Red onion cut in rings
Green pepper cut in strips
Lettuce

Favorite seasonings: Mrs. Dash, Lemon Pepper, Bar-B Que, or other

4 ounces of boiledless, skinless chicken breast per serving

Lesson 1
the dough to within ⅛ inch of edges; top with pie filling.

Powdered sugar, 1 cup powdered sugar

Combine cream cheese, 1/2 tsp almond extract

Mix until smooth. Spoon cream cheese mixture on center with the points and around the outer edge. For filling, combine cream cheese, powder 2

Press seams together and seal leaving a 3-inch hole in the center. Make an edge around the points toward the center. Points will not meet.

Preheat oven to 350°F. Unroll crescent dough, separate into 16 triangles, reserve 4 triangles.

Glaze

2 1/2 cups powdered sugar
1/2 tsp almond extract
1 egg

1 can (20 ounces) Lite Cherry Pie Filling
1 package Neufchatel (cream cheese) 8 ounces, softened

Cheery Cream Cheese Dessert

Lesson 1
12 servings

For glaze, mix powdered sugar and milk until smooth. Drizzle over coffee cake.

Seal at center and outer edge. Bake 25 - 30 minutes or until golden brown, cool slightly.

Place over the filling in spoke fashion continue with remaining strips. Press edges to

Take 2 of the remaining 4 dough triangles and press seam to make a rectangle. Cut into

Lesson 1
Cider Vinegar Dressing

**Makes 4 cups**

Process first 11 ingredients in a blender or a food processor 1 or 2 minutes. With:

- 2 cups canola oil
- 1 tablespoon salt
- 1/3 cup water
- 1/3 cup cider vinegar
- 2 teaspoons paprika
- 1/2 teaspoon pepper
- 1/2 teaspoon dry mustard
- 1 teaspoon dried parsley
- 1 tablespoon sugar (Splenda)
- 1 garlic clove
- 1 celery rib cut into 3 pieces
- 1 medium onion, diced

**Cider Vinegar Dressing**