



Whisking your way to Health

Lesson 1 - Evaluating recipes

Objectives	Learning Method
<ul style="list-style-type: none">○ Learn how to decrease fats carbohydrates and salt in recipes○ Learn which fats are unsaturated and saturated○ Use unsaturated fats in foods○ Learn the different types of sugars and sweeteners○ Learn about salt (sodium) and salt substitutes○ How much salt, carbohydrates, and fat do we need each day	<ul style="list-style-type: none">○ Lecture, Power Point and Handout
Handouts	
<ul style="list-style-type: none">○ Fats○ Foods High in Salt○ Placemat Template	<ul style="list-style-type: none">○ Healthy Cooking○ Sweeteners

Whisking your way to Health

Activity

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

Food Preparation

Item	Comments	Groceries
<ul style="list-style-type: none"> ○ Grilled Chicken Salad 	Prepare with Bar-B-Que and other seasonings	4 oz chicken/ participant lettuce, cucumber, green pepper, red onion, carrot seasonings(Bar-b-que, lemon pepper etc)
<ul style="list-style-type: none"> ○ Salad dressing 	Cider vinegar dressing	Onion, celery, garlic,

Whisking your way to Health

<ul style="list-style-type: none"> <input type="radio"/> Cherry cream cheese dessert 		cider vinegar, salt, sugar, parsley, dry mustard, pepper, paprika, canola oil
<ul style="list-style-type: none"> <input type="radio"/> Lemonade 		1 - 8 oz cream cheese, 1 8 oz cream cheese low fat 2 eggs, powdered sugar, almond extract, 2 cans crescent rolls, 2 cans low fat crescent rolls, 1 cherry pie filling, Real lemon juice, Splenda, lemons
Utensils		
<ul style="list-style-type: none"> <input type="radio"/> George Forman Grill <input type="radio"/> Cutting Board 	<ul style="list-style-type: none"> <input type="radio"/> Salad bowl <input type="radio"/> Knives (paring & Chef) 	

Whisking your way to Health

<ul style="list-style-type: none"> <input type="radio"/> Measuring cups/spoons <input type="radio"/> Can opener <input type="radio"/> Mixer <input type="radio"/> Round baking pan (2) <input type="radio"/> Pitcher 	<ul style="list-style-type: none"> <input type="radio"/> Liquid measuring cup <input type="radio"/> Blender/food processor <input type="radio"/> Pastry brush <input type="radio"/> Spatula
<p>Cooking Plan</p>	
<p>Group 1</p> <ul style="list-style-type: none"> <input type="radio"/> Make salad dressing <input type="radio"/> Make salad <input type="radio"/> Prepare & cook chicken 	<p>Group 2</p> <ul style="list-style-type: none"> <input type="radio"/> Make low calorie Cherry cream cheese dessert <input type="radio"/> Prepare & cook chicken
<p>Set Goal</p>	
<p>Lesson Plan</p>	
<p>Homework</p> <ul style="list-style-type: none"> <input type="radio"/> Bring 2 or 3 of your favorite recipes <input type="radio"/> Bring food labels from 2 or 3 things you used this next week <input type="radio"/> Continue to list favorite foods on the Placemat template 	



Whisking Your Way to Health



Grilled Chicken Salad

4 ounces of boneless, skinless chicken breast per serving

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

Red or Green leaf lettuce

Green pepper cut in strips

Red onion cut in rings

Tomato sliced

Sliced carrots

Sliced cucumber

Sprinkle both sides of the chicken breast with seasonings

Grill on the George Foreman, charcoal or gas grill or under broiler. Do not over cook, if using the George Foreman remember the meat cooks from both sides. Slice in strips.

Make salad and place chicken on top.

Serve with Cider Vinegar dressing.

Whisking Your Way to Health

Cherry Cheese Coffee Cake

- 2 package (8 ounces each) Low fat crescent rolls
- 1 package Neufchatel (cream cheese) 8 ounces, softened
- $\frac{1}{4}$ cup powdered sugar
- 1 egg
- $\frac{1}{2}$ tsp almond extract
- 1 can (20 ounce) Lite cherry pie filling

Glaze

- $\frac{1}{2}$ cup powdered sugar
- 2 - 3 teaspoons milk

Preheat oven 350° F. Unroll crescent dough. Separate into 16 triangles, reserve 4 triangles for decoration. On a 15 inch round pan arrange 12 triangles in a circle with the wide ends toward the outside edge of the pan and the points toward the center, points will not meet. Press seams together and seal leaving a 3 inch hole in the center. Make an edge around the center with the points and around the outer edge. For filling, combine cream cheese, powdered sugar, egg and almond extract mix until smooth. Spoon cream cheese mixture on the dough to within $\frac{1}{2}$ inch of edges; top with pie filling.

Whisking Your Way to Health

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

12 servings

Cider Vinegar Dressing

- | | |
|---------------------------------|------------------------------------|
| 1 medium onion, diced | 1 tablespoon sugar (Splenda) |
| 1 celery rib cut into 3 pieces | 1 teaspoon dried parsley |
| 1 garlic clove | $\frac{1}{4}$ teaspoon dry mustard |
| $\frac{3}{4}$ cup cider vinegar | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{4}$ cup water | $\frac{1}{4}$ teaspoon paprika |
| 1 tablespoon salt | 2 cups canola oil |

Process first 11 ingredients in a blender or a food processor 1 or 2 minutes. With blender or processor running, add oil in a slow stream; process until smoothly.

Makes 4 cups



Shopping List

Lesson 1

Chicken Breast	3 1/2 pounds	\$10.00
Lettuce red and green leaf	3 bunches	\$4.17
Cucumber	1	\$0.50
Green pepper	1	\$0.50
Red onion	1	\$0.99
Carrots	2	\$0.69
Tomatoes	2	\$1.49
Onion	1 medium	\$1.99
Celery	1 rib	\$1.39
Garlic	1 clove	\$1.00
Cider Vinegar *	3/4 cup	\$0.69
Canola oil *	2 cups	\$1.25
Egg	1	\$0.99
Neufchatel	8 oz	\$1.20
Powdered sugar *	2/3 cup	\$0.69
Cherry pie filling *	1 can	\$1.99
Crescent rolls, low fat	2 cans	\$3.58
Milk, Skim	1 quart	\$1.14
	Total	\$34.25

* Items in staples - Total less these items \$29.63

Staples

Bar B Que seasoning	\$2.08
Lemon Pepper, no salt	\$1.69
Mrs. Dash	\$2.14
Salt	\$0.42
Dried Parsley	\$1.31
Paprika	\$1.54
Splenda	\$6.49
Dry mustard	\$1.99
Pepper (grinder style)	\$1.62
Almond extract	\$2.50
	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



Evaluating Recipes



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?



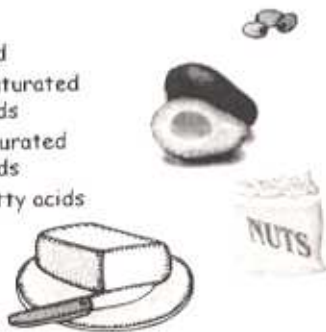
Stevia

- 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?



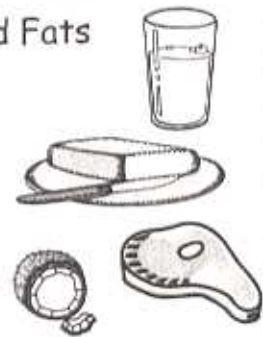
Fats

- 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



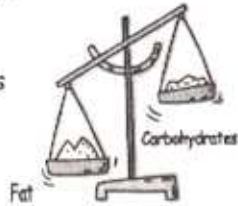
Trans Fatty Acids

- 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
- Sodium
- Milk

Questions?

Homework:
Favorite recipes





Whisking your way to Health

A cooking program
for people with diabetes

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.



Evaluating 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 modified.



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



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

- 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

- Equal
- Sweet n Low
- Splenda
- Stevia



Splenda

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



Equal

- Aspartame
- 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
- How do you use it?



Sweet n Low

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



Splenda

- Sucralose is about 600 times sweeter than sugar
- How do you use it?



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 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?



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



Fats

- Saturated
- Monounsaturated Fatty acids
- Polyunsaturated Fatty acids
- Trans Fatty acids



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 an 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

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



Saturated Fats

- Mostly from animals
 - Meat, poultry, milk, butter
- Some vegetables
 - Coconut, palm, palm kernel
- 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



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

- Formed when vegetable oils are processed into margarine or shortening
- Are found in snack foods and baked goods

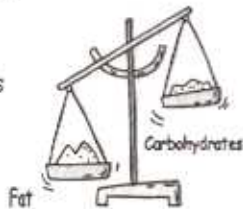


Trans Fatty Acids

- 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 are high in calories
- Fat has 9 calories per gram
- Carbohydrates have 4 calories per gram



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

2 kinds of cholesterol

- Cholesterol in the diet is found in animal foods such as organ

meat, egg yolks and full fat dairy foods

- Blood (serum) Cholesterol - is 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

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



Salt/Sodium

Cooking with Salt/Sodium

Salt plays an important role in food preparation:

- Adds flavor

- 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.



Healthier Recipes



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 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



- Reduce sugar by 1/4 to 1/3
- Reduce fat by 1/4 to 1/3

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



Low Fat milk choices

- Skim milk
- 1 % milk
- Non-fat dry milk
- Non-fat evaporated milk



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

- Just DO NOT add IT!
- Do not use packaged food
- Season food with herbs and spices



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



Increase calcium each day

- Add non-fat dry milk to casseroles, sauces, beverages and milk drinks



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



Review

- Sweeteners and sugar
- Fats
- Sodium
- Milk

Questions?

Homework:
Favorite recipes



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

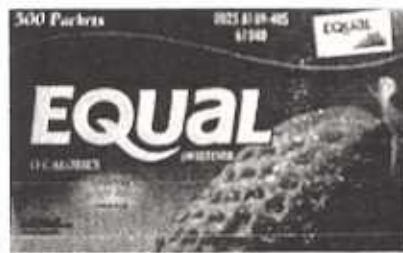
Homework

- ❖ 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 :
 - Gives food a sweet taste
 - Gives a golden brown color to baked goods
 - 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



- 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

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 made 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. Trans 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 animals 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



- 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



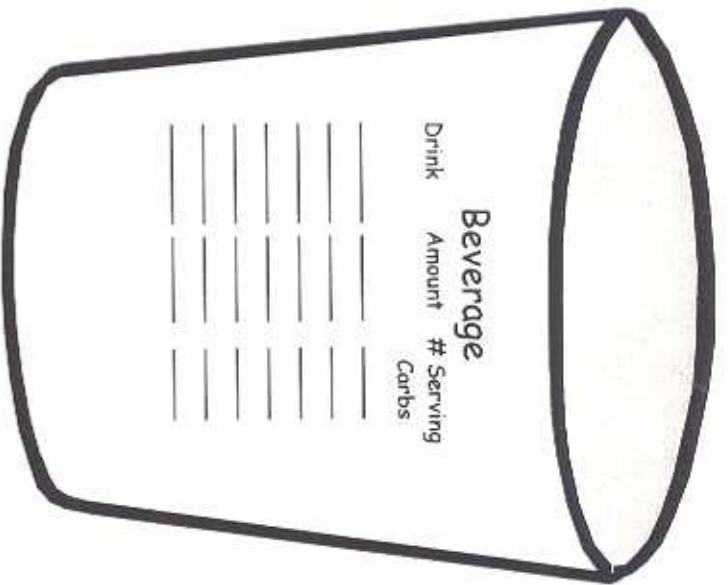
- Do not bring the salt shaker to the table
- Use herbs and spices instead of salt
- Try garlic, onion and peppers
- Try lemon, lime and orange rind and juice to add flavor
- Slowly decrease the amount of salt you use in food preparation

Carbohydrates

Breakfast

Food	Amount	# Servings

Beverage



Protein Breakfast

Food	Amount	# Servings

Fats

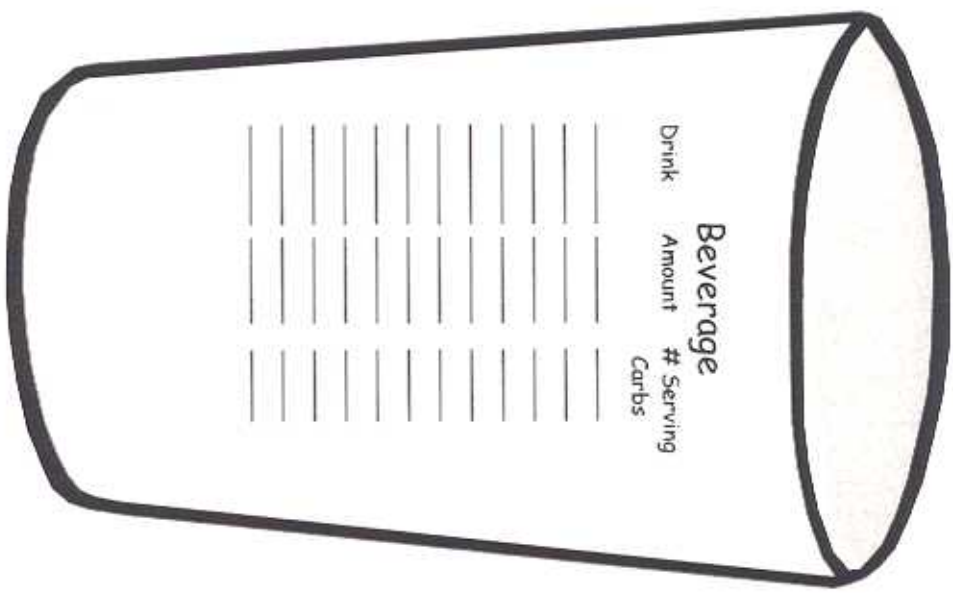
Food	Amount	# Servings

Whisking Your Way to Health
Cass, Simmons

Snacks

Food	Amount	# Servings	Carbs	Fat
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Whisking Your Way to Health
Cass, Simmons



Lesson 1 handout

Carbohydrates

Lunch/Dinner

Food	Amount	# Servings Carbs
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Fats

Lunch/Dinner

Food	Amount	# Servings Fat
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Non Starchy Vegetables

Food	Amount	Servings
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Beverage			
Lunch/Dinner			
Drink	Amount	# Serving	Carbs
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Sweets and Desserts

Food	Amount	# Servings	Carbs
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Protein Lunch /Dinner

Food	Amount	# Servings
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Meals on the Go

Food	Amount	# Servings	Carbs	Fat
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Whisking Your Way to Health
Cass, Simmons

Lesson 1

Grilled Chicken Salad

- 4 ounces of boneless, skinless chicken breast per serving
- Favorite seasonings: Mrs. Dash, Lemon Pepper, Bar B Que, or other
- Red or Green leaf lettuce
- Green pepper cut in strips
- Red onion cut in rings
- Tomato sliced
- Sliced carrots
- Sliced cucumber

Sprinkle both sides of the chicken breast with seasonings
Grill on the George Foreman, charcoal or gas grill or under broiler. Do not over cook, if using the George Foreman remember the meat cooks from both sides. Slice in strips.

Make salad and place chicken on top.
Serve with Cider Vinegar dressing.

Lesson 1

Cherry Cream Cheese Dessert

- 2 package (8 ounces each) Low fat crescent rolls
- 1 package Neufchatel (cream cheese) 8 ounces, softened
- $\frac{1}{4}$ cup powdered sugar
- 1 egg
- $\frac{1}{2}$ tsp almond extract
- 1 can (20 ounce) Lite cherry pie filling

Glaze

- $\frac{1}{2}$ cup powdered sugar
- 2 - 3 teaspoons milk

Preheat oven 350° F. Unroll crescent dough. Separate into 16 triangles, reserve 4 triangles for decoration. On a 15 inch round pan arrange 12 triangles in a circle with the wide ends toward the outside edge of the pan and the points toward the center, points will not meet. Press seams together and seal leaving a 3 inch hole in the center. Make an edge around the center with the points and around the outer edge. For filling, combine cream cheese, powdered sugar, egg and almond extract mix until smooth. Spoon cream cheese mixture on the dough to within $\frac{1}{2}$ inch of edges; top with pie filling.

Lesson 1

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

12 servings



Cider Vinegar Dressing

- 1 medium onion, diced
- 1 celery rib cut into 3 pieces
- 1 garlic clove
- $\frac{3}{4}$ cup cider vinegar
- $\frac{1}{4}$ cup water
- 1 tablespoon salt
- 1 tablespoon sugar (Splenda)
- 1 teaspoon dried parsley
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon paprika
- 2 cups canola oil

Process first 11 ingredients in a blender or a food processor 1 or 2 minutes. With blender or processor running, add oil in a slow stream; process until smoothly.

Makes 4 cups