

FOOD SWAP



Hello all! My name is Greta Frey, I am your Diabetes Program Assistant at Siletz Health Clinic. Here are some fun cooking tips for you all to try for this month's **Foodletter**.

Keep on glowing,

Greta

TRADE SOUR CREAM FOR FAT-FREE GREEK YOGURT

What you'll save: calories and fat. One cup of sour cream has 492 calories and 48 g of fat. The yogurt has just 130 calories and zero fat.

When to use it: any time! The tart kick of the yogurt works for taco night, in salad dressings, dips, mashed potatoes, and when baking.

The boost: protein. One cup of sour cream has 7.3 g. The yogurt has more than triple that - 23 g in a cup.

TRADE MAYO FOR MASHED AVOCADO

What you'll save: 125 calories per ounce.

When to use it: as a spread on sandwiches, mixed in to tuna or chicken salad, or in dips. The avocado gives any dish the creaminess of the mayo, but with an added kick of guacamole-like flavor.

The boost: Potassium. That same ounce of avocado delivers 137 mg of this nutrient.

TRADE BUTTER FOR UNSWEETENED APPLESAUCE OR PUMPKIN PUREE

What you'll save: The fruit purees have no fat, and you'll also save calories. Both the pumpkin and applesauce are 50 calories for half a cup, versus 810 calories for the equivalent amount of butter.

When to use it: when baking, says Devon Metz, RD, a Boulder, CO-based nutritionist. Fruit purees are often used as baking swaps to add sweetness while keeping baked goods light.

The boost: fiber. Pumpkin and apple are packed with the filling nutrient, meaning you'll feel fuller after fewer cookies.

TRADE HALF THE WHITE FLOUR FOR WHOLE WHEAT

What you'll save: You'll preserve flavor, while also adding more fiber to your food.

When to use it: whenever you're baking.

The boost: again, fiber. Whole wheat has 3.4 g in just one ounce, compared to less than 1 g for all-purpose flour.

TRADE HALF THE MEAT IN YOUR CHILI FOR MUSHROOMS

What you'll save: calories like crazy. For every half-pound of lean ground beef you replace with 2 cups of mushrooms, you'll save 375 calories.

When to use it: when you start your pot of chili. Dice the mushrooms and cook them slow and low until they release their juices. Then continue to make the chili as you normally would.

The boost: potassium. Those two cups of mushrooms will give your pot 915 mg of the cancer-fighting nutrient.

TRADE GARLIC SALT OR CELERY SALT FOR DRIED HERB SEASONINGS

What you'll save: your blood pressure. Though the sodium amounts are often similar by the teaspoon or tablespoon when using a pre-made mix, the flavor of no-salt dried herbs is stronger - so you'll need less, and use less salt.

When to use it: in chili, seafood boils, or any time you'd dash on a heap of seasoned salt while cooking.

The boost: Rosemary has been shown to improve memory, thyme contains antioxidant-rich flavonoids, and oregano has been found to fight cancer.

TRADE CREAM FOR COCONUT MILK

What you'll save: calories. One tablespoon of coconut milk has just 28 calories, compared to 52 for cream.

When to use it: in soups and sauces with strong flavors; you'll never know the difference.

The boost: again, potassium: Coconut milk has triple the potassium of cream - 31 mg in a single tablespoon.

TRADE HALF THE CHEESE FOR PUREED SWEET POTATO AND CARROTS

What you'll save: calories, fat and complaints about vegetables: This orange puree is one of the staples of Lapine's "Sneaky Chef" method. To make it, boil peeled sweet potatoes and carrots, then run them through the blender.

When to use it: in macaroni and cheese, or in almost any recipe that requires cooked cheese, Lapine says.

The boost: orange foods boast carotenoids, which help improve eye health.

TRADE SALT FOR A BIT OF WHITE VINEGAR

What you'll save: well, salt. But you won't give up the flavor-brightening properties it brings your vegetables.

When to use it: when sauteing, steaming or boiling vegetables.

The boost: Vinegar can help your body absorb more minerals.

TRADE BREADCRUMBS FOR OATMEAL IN YOUR MEATBALLS

What you'll save: If you swap a cup, you'll save 120 calories.

When to use it: Mix roughly equal parts oatmeal and ground meat with spices and a beaten egg.

The boost: fiber. You'll almost double it with oatmeal.

Presto, G. (2013, March 25). 10 Delicious Calorie Saving Swap. The Idaho Statesman. Retrieved April 5, 2013, from <http://www.idahostatesman.com/2013/03/25/2506805/10-delicious-calorie-saving-swaps.html#storylink=cpy>

Remember portion size is key. The changes made in the recipe do not change the portion of the foods you serve. These are a few ideas I enjoyed and I wanted to share with you all. It incorporates the "sneaky cook" concept of tricking yourself into thinking it is a savory treat, while giving your body the benefits of adding low fat, high protein ingredients. When dishing up, enjoy your meals on a plate and strive to cover half of it with a fresh, raw, vegetable salad. More ideas about this coming up in May's edition!