

Healthy Cooking Quiz

Let's do a simple quiz to test our knowledge on some cooking basics.

1. You double all recipes by measuring twice the amount of ingredients.

- a. True
- b. False

2. To reduce total calories in baked goods, how much sugar can you cut out of the recipe?

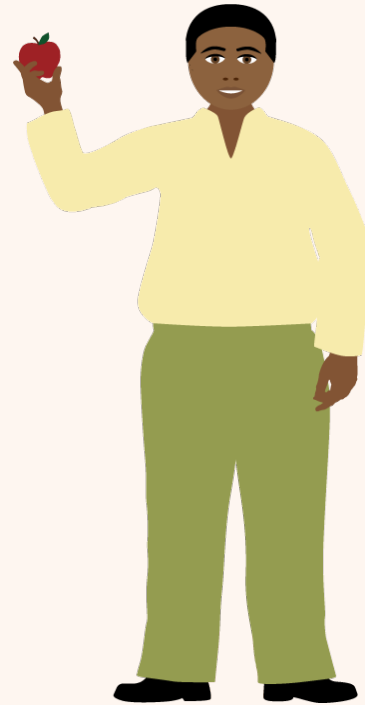
- a. One-third to one-half
- b. None - you cannot omit sugar and maintain quality
- c. You can omit all of the sugar

3. Which of the following healthy substitutes are effective in baked goods?

- a. Substitute canola oil for butter or shortening
- b. Substitute nonfat margarine for regular margarine
- c. Substitute nonfat sour cream for regular sour cream
- d. Substitute two egg whites for one whole egg
- e. All of the above

4. Which of these cooking methods adds little or no fat to the foods you cook?

- a. Broiling
- b. Poaching
- c. Steaming
- d. Roasting
- e. All of the above



5. Which of these foods cooks poorly on a grill?

- a. Eggplant
- b. Peaches
- c. Onions
- d. Peppers
- e. None of the above

6. Which statement is true about using herbs to enhance your meals?

- a. You can substitute dried herbs for fresh herbs in equal amounts
- b. Dried herbs retain their flavor and aroma for several years
- c. Don't crush dried or fresh herbs
- d. Add fresh herbs toward the end of cooking
- e. All of the above

Five Ways to Make Recipes Healthier

1. Reduce the amount of fat and sugar

With most recipes, you can reduce the amount of fat and sugar without losing the flavor. Cutting fat and sugar is an easy way to cut calories.

- ✓ **Fat** – use half the butter, shortening, or oil and replace the other half with unsweetened applesauce, mashed banana, or prune puree.
- ✓ **Sugar** – reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice, and nutmeg or flavorings like vanilla extract or almond flavoring to enhance the sweetness of the food.
- ✓ **Cheese** – if a recipe calls for one cup shredded cheese, use half a cup instead.

2. Make healthy substitutions

Healthy substitutions not only reduce the amount of fat and sugar, they can also boost the fiber content.

- ✓ Use whole wheat pasta instead of white pasta.
- ✓ Try using some whole wheat flour in baked goods. Whole wheat pastry flour works well in quick breads.
- ✓ Choose a lower-fat meat, such as ground turkey, instead of ground beef.

3. Leave out an ingredient

In some recipes, you can leave out an ingredient altogether, such as items you add for appearance (frosting, coconut, or nuts). Condiments like olives, butter, mayonnaise, syrup, and jelly can also easily be left out.

4. Change the method of cooking

Healthy cooking techniques such as **braising, broiling, grilling, or steaming** can capture the flavor without adding extra calories.

- ✓ Instead of frying in oil or butter, try baking, broiling, or poaching.
- ✓ If the directions say to baste in oil or drippings, use wine, fruit juice, vegetable juice, or fat-free vegetable broth instead.
- ✓ Use non-stick pans to reduce the amount of oil needed for cooking.

5. Change the portion size

No matter how much you reduce, switch, or omit ingredients, some recipes may still be too high in sugar and fat. In these cases, reduce the portion size you eat, and add healthful choices to your meal (steamed vegetables or fruit for dessert).

Build a Better Recipe: Ingredient Substitutions

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (breast meat only, lean, noskin)
Regular cheese	Fat-free or low-fat cheese (less than two grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream, or plain, nonfat yogurt (except for in baked goods – don't use nonfat sour cream, it makes it too watery)
Margarine, oil, or butter	Low-fat or fat-free margarine or vegetable oil spray; use nonstick pans
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see cocoa powder box for guidelines)
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream-based soup	Fat-free milk-based soups, mashed potato flakes, pureed carrots, or tofu
Evaporated milk	Evaporated skim milk
Whole egg	Two egg whites , ¼ cup egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, nonfat or low-fat plain yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

Tips for baked goods:

Don't:

- ✓ Use oil instead of butter
- ✓ Use diet, whipped, or tub margarine instead of regular butter

Instead:

- ✓ Try cutting the amount of margarine/butter **by a third or a half**
- ✓ **Replace** the margarine/butter with the same amount of unsweetened applesauce, pureed prunes, or mashed banana

Remember that these recipes may still be high in calories, so eat in moderation.

How to Select a Cookbook

1. Determine what type of cookbook you need

There are many low-calorie, low-fat cookbooks available. Consider what you are looking for:

- Meals on the go**
- Quick and easy**
- Nutritional information**
- Themed (holiday, entertaining, or ethnic fare)**

2. Review your options

Next, turn a critical eye to the health specifics of the cookbook. Look for these elements:

- Well-known author or organization:** Is the cookbook written, co-authored, or endorsed by established organizations or nutrition professionals?
- General information on nutrition and healthy eating:** Does the cookbook devote several pages or a chapter to nutritional goals and principles of healthy eating? Is the information well-organized and easy to understand?
- Nutritional analysis:** Does the cookbook provide nutrient information per serving, for example calories, fat, carbohydrates, protein, sodium, and fiber?
- Healthy ingredients:** Do the recipes emphasize plant foods (grains, vegetables, fruit, beans) and lean meats and proteins? Are a variety of healthy foods used?
- Practical advice:** Does the cookbook provide practical advice and helpful tips on such things as selecting healthy foods, planning menus, and reading food labels?
- Other helpful features include:** simple, clear instructions; a glossary and index; photographs or pictures of the prepared foods and cooking techniques.

3. Let your favorite choices lead the way

Once you have narrowed down your choices to a manageable number, think about your own personal favorites:

- Match your ability and goals:** Is the amount of time required and level of skill of the recipes right for you?
- Price:** What is your price range?
- Appeal to your tastes:** As you look through the cookbook, make sure the recipes include ingredients that you enjoy or are willing to try.
- Pick the right style and format:** Do you want as many recipes as possible packed into one cookbook, or would you prefer a smaller, more focused edition? Do you like hardcover, soft cover, or spiral-bound? Is the font size large enough for you to easily read?

