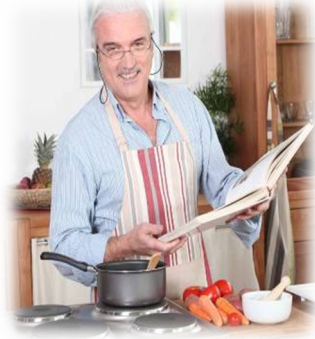


Making Foods with Less Fat and Sugar

Fat and sugar are added to foods to give them texture, flavour, sweetness, colour, and moisture. Many people are eating more fat and sugar than they need.

Use this resource to decrease the fat and sugar in your recipes. When you change a recipe, it's a good idea to change one ingredient at a time to see if you like the taste and texture.



Cooking with less fat

- Choose lean cuts of meat such as, round, rump, flank and loin cuts, or skinless chicken or turkey. Remove any visible fat.
- Remove the skin from chicken and turkey.
- Use lean or extra lean ground meats.
- Replace ground meat in a recipe with canned lentils or meatless soy protein products (such as vegetarian ground round).
- Use low fat cooking methods such as:
 - baking
 - barbequing
 - boiling
 - grilling
 - microwaving
 - poaching
 - roasting on a grill so fat can drip off
 - sautéing or stir-frying with broth or juice instead of oil
 - steaming
- Drain the fat after cooking meat. Use a strainer to drain browned ground meat and rinse with hot water.
- After cooking, refrigerate gravy, stews, or soup. The fat will harden on top once chilled. Remove the fat layer and throw it in the garbage.

- Replace some of the meat in recipes with extra vegetables, beans, chickpeas, or lentils.
- Dip fish fillets or skinless chicken pieces in plain low fat yogurt or buttermilk. Roll in seasoned breadcrumbs and bake.
- Replace regular sour cream and yogurt with lower fat varieties in sauces and dips.
- Choose cheese with a strong flavour, such as old cheddar or Parmesan for use in cooking. Use half the amount listed in the recipe. You can also use reduced fat cheese or non-dairy cheese.
- When a recipe calls for feta cheese, use half feta and half dry curd cottage cheese.
- Make soups that are broth or tomato based instead of cream based.
- Use evaporated skim milk instead of cream.
- Make marinades with little or no oil.
- Try flavouring foods with spices, herbs, lemon, or vinegar, instead of added fat.
- Use a tomato based sauce instead of high fat sauces such as Alfredo, butter chicken, or cheese sauce.

Health tip



% M.F. on a label means *percent milk fat*. All milk products must have this listed on the front of the package. The lower the % M.F. the lower the fat. Compare milk products and choose those with less milk fat.

Cooking with less sugar

- Choose recipes with little or small amounts of added sugar.
- Ready-made sauces such as sweet and sour, honey garlic, and ketchup, contain sugar. Use them less often and in smaller amounts.
- Flavour foods with spices, herbs, lemon or vinegars, such as balsamic and cider, instead of bottled sauces.
- Make your own marinades or dressings.



Baking with less sugar

- Try cutting down on the sugar, syrup, molasses and honey in your recipes. For example, instead of 1 cup (250 mL) use $\frac{1}{2}$ or $\frac{3}{4}$ cup (125 or 175 mL).
- Use fresh berries or dried fruits (cherries, raisins, apricots) to add sweetness to a recipe when you have decreased the amount of sugar.
- Add extra vanilla, almond extract, or spices (like cinnamon), to increase the flavour of lower sugar cookies, puddings, and custards.
- Prepare cake without icing or cut smaller pieces.
- Replace some or all of the sugar with a sugar substitute. Follow the directions on the sugar substitute package or refer to the product website for instructions and recipes.
- Sugar substitutes will not activate yeast. In recipes that contain yeast use at least 2 tsp (10 mL) of sugar.

Note: Sugar substitutes aren't recommended for children under 18 years unless suggested by a healthcare provider.

Health Canada recommends that pregnant women **not** use the sweetener cyclamate.

Baking with less fat

Muffins, loaves, and cakes

- Reduce the amount of fat (oil, margarine, butter, or lard) in a recipe and replace it with a different ingredient. Using less fat can change the texture. Start by replacing only half the fat, for example; instead of 1 cup (250 mL) of fat, use $\frac{1}{2}$ cup (125 mL) fat and $\frac{1}{2}$ cup (125 mL) of one of these choices:
 - Pureed bananas, prunes, peaches, pears, or applesauce
 - Cooked pureed pumpkin, squash, sweet potatoes, or lentils
 - Plain low fat yogurt or milk
- Add only half the nuts, coconut, or chocolate chips to a recipe. Toast the nuts or coconut before adding to boost their flavour.
- Use reduced fat cream cheese when making cheesecake or similar desserts.

Cookies

- Cookies need some fat so they can spread out during baking. A little fat is also needed so they stay chewy or crispy and do not break apart.
- Try replacing half the fat with the same amount of applesauce or pureed prunes. Using a fruit puree will also sweeten the cookies.

Pies

It's hard to replace the fat when making pastry crust; so instead, try the following:

- Use only a bottom crust and no top crust.
- Make fruit crisps instead of pie.
- Try a crust made of graham, vanilla or chocolate wafers, or gingersnap crumbs.

Baking tips

Pans

- Non-stick pans or parchment paper will prevent sticking. You can also coat your pan with 1 Tbsp (15 mL) flour or corn meal, or spray lightly with cooking spray.

Ingredients

- Don't use light or calorie-reduced margarine in baking. These have more water, which changes the texture of the final product. Refer to the low fat baking section for substitutions.
- Sift your flour or use cake or pastry flour. Unsifted regular flour can be too heavy for lower fat baking.

Mixing

- Mix gently, over-mixing can make your baked goods tough and full of tunnels.

Portion size

- Portion foods into smaller serving sizes before baking or cooking.

Oven temperature

- To prevent your lower fat baking from becoming dry, lower the oven temperature. Some suggested temperatures are:
 - Muffins at 350°F (180°C)
 - Cakes, brownies and loaves at 325°F to 350°F (160°C to 180°C)
 - Cookies at 275°F to 300°F (135°C to 150°C)
 - Biscuits and scones at 375°F (190°C)



Baking time

- Use a timer so baked goods do not overcook. Low fat baked goods will be dry if overcooked. Smaller portions will cook faster.
- Baked goods made with less sugar and fat may not brown as much and may look underdone. For a deeper golden-brown colour, lightly spray the batter or dough with cooking spray just before placing in the oven.
- When muffins, loaves or cakes are done, edges should be lightly browned and start to peel away from the sides of the pan.

Storage

- Store lower fat, baked goods in a plastic container, freezer bag or wrapped in plastic wrap or foil for 1–2 days at room temperature.
- Low fat baked goods can be frozen for up to two months in a freezer bag or closed plastic container.



Try these substitutions...

Instead of:	Try:
1 oz (30 g) Baking chocolate, melted	3 Tbsp (45 mL) Cocoa and 1½ tsp (7 mL) oil
1 cup (250 mL) Nuts	½ cup (125 mL) Toasted nuts
Cream cheese (14% M.F.)	Light (7–9% M.F.) or fat-free (0% M.F.) cream cheese
3.25% Milk (homogenized)	Lower fat milk (skim, 1% or 2%) or soy beverage
Yogurt (2% M.F. or higher)	Low fat yogurt (0–1% M.F.)
Buttermilk (4% M.F.)	Low fat buttermilk (1% M.F.)
Sour cream (14% M.F.)	Low fat (5–7% M.F.) or fat-free (0% M.F.) sour cream or Greek yogurt
Cheese (more than 20% M.F.)	Part-skim or reduced fat cheese (20% M.F. or less) or non-dairy cheese, or use smaller amounts of a strong flavoured cheese (old cheddar or Parmesan)
Heavy cream (35% M.F.)	Evaporated skim milk
Whipped cream (30–35% M.F.)	Low fat (0-1% M.F.) plain yogurt with 1 tsp (5 mL) vanilla or almond extract
Butter, margarine, shortening, or lard	Replacing half the fat with pureed fruit, low fat yogurt, or buttermilk
White or brown sugar, honey, molasses, or syrup	Half the sugar, honey, molasses, or syrup

Adapted from Secrets of Fat Free Baking, Sandra Woodruff RD.

Suggested recipes and websites

Many websites have healthy recipe and menu ideas. Check your library or bookstore for cookbooks with healthy recipes or try the websites below.



[Healthy Eating Starts Here](http://www.healthyeatingstartshere.ca) website (www.healthyeatingstartshere.ca) has information on nutrition and [Inspiring Recipes](http://www.inspiringrecipes.com).

[Cookspiration.com](http://www.cookspiration.com) website and phone app (www.cookspiration.com) has healthy, tasty recipes for every occasion.

[Heart and Stroke Foundation](http://www.heartandstroke.com) of Canada website (www.heartandstroke.com) has information on healthy lifestyle, nutrition, physical activity and recipes.

[Dietitians of Canada](http://www.dietitians.ca) website (www.dietitians.ca) Click on *Your Health* for information on nutrition and healthy eating. The [eaTracker/recipe](http://www.eatracker.com) tool can help to analyze your recipes and provide nutrition information.

[Canadian Diabetes Association](http://www.diabetes.ca/diabetes-and-you/recipes) website (www.diabetes.ca/diabetes-and-you/recipes) has a wide selection of [healthy recipes](http://www.diabetes.ca/diabetes-and-you/recipes).