



Healthier Baking and Cooking Tips

Healthy cooking and baking doesn't have to be hard. With a few simple changes, you can make a healthier version of your family's favorite meals. Here are some ways to decrease the fat, salt and/or sugar in your recipes:

Baking Tips

Fat

- Use oil instead of butter or hard margarine.
- Replace up to half the fat with yogurt or pureed fruit such as applesauce or mashed banana.

Salt

- Salt can be reduced or removed in many recipes.
- Choose recipes that don't include ready to use baking mixes, these mixes can be high in sodium.

Sugar

- Often, the sugar in a recipe can be reduced by 1/3 of the amount without affecting the taste. Instead of 1 cup (250 mL) of sugar, molasses, or syrup, use 2/3 of a cup (167 mL) in your recipe.
- Add more flavour to your recipes by adding extra vanilla extract, almond extract, or spices.



Cooking Tips

Fat

- Trim visible fat from meat and remove skin from poultry.
- Drain the fat from ground meat after cooking and rinse the meat with hot water. Do not drain fats down the sink, this can clog the drain.
- When possible, use low fat cooking methods such as baking, broiling, barbequing, grilling, microwaving, roasting, stir-frying, and steaming.
- Use oil instead of butter or hard margarine.

Salt

- Use herbs, spices, lemon juice, garlic, or onion instead of salt to flavour your food.
- Limit the amount of processed or prepackaged foods you include in your recipes.
- Choose lower sodium sauces or broths when preparing a stir-fry, casserole, or soup.
- Rinse canned beans and vegetables with water before using.

For recipes, please visit:

<http://www.albertahealthservices.ca/nutrition/Page10996.aspx>

For more information about healthy baking and cooking methods, please visit:

<http://www.albertahealthservices.ca/nutrition/Page5620.aspx>

For more information on Healthy Eating, visit:

<http://www.albertahealthservices.ca/nutrition/Page2914.aspx>