

STAY HEALTHY DURING FLU SEASON



NUTRITION BOOSTING ALTERNATIVES

Baking

Instead of OIL, try APPLESAUCE. By substituting applesauce for oil when making baked goods, you can eliminate significant amounts of fat in the final product. 1:1 ratio.

Instead of EGGS, try BANANAS. Mashed bananas can replace eggs and act as a binder when baking muffins, cookies, breads or cakes. However, be aware that the finished product may not rise as high or be as fluffy as you're used to. A bit of baking soda or powder can help. 1:1 ratio.

Instead of A LOT OF SUGAR, try A LITTLE. For many recipes, the amount of sugar can be cut $\frac{1}{4}$ - $\frac{1}{3}$ without losing sweetness. Some can even be cut by up-to half! Sugar plays an important role in creating a desirable texture, so you'll need to experiment with recipes before you find just the right substitution amount.

Cooking

Instead of BUTTER, try OLIVE OIL. When cooking on the stove at low-medium heats, use a bit of olive oil instead of butter to flavor your veggies or meats. You will decrease the amount of saturated fat and increase healthy Omega-3 fatty acids in the meal. (Do not use either butter or olive oil at high heats as they have relatively low smoke points and will start to burn at 265F-350F.)

Instead of MAYONNAISE or SOUR CREAM, try YOGURT. Mayo and sour cream both add more fat and calories to your dishes than you may want. Try substituting plain yogurt with a little mustard for a healthier tuna salad. Or top a baked potato with a dollop of yogurt as a tangy, lower fat alternative. (Yogurt can curdle at high temperatures so only use this substitution when low cooking temperatures are used.)

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Snacking

Instead of MILK CHOCOLATE, try DARK CHOCOLATE. Antioxidant levels and sweetness satisfaction are boosted with dark chocolate over milk or white chocolate. A study out of Copenhagen found that dark chocolate is more filling and decreases cravings of sweet or fatty foods. Try replacing milk chocolate chips with dark the next time you snack or bake.

Instead of CHIPS, try a HANDFUL OF NUTS. Walnuts, almonds, even peanuts are all great alternatives for quick snacking. Nuts are a healthy choice to increase Omega-3 intake and keep you feeling fuller longer. You'll also lose the unhealthy saturated fats and trans fats that chips are loaded with.