

Healthy Ingredient Swap

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**These slides were created by the
Kentucky Inclusive Health Collaborative at the
University of Kentucky Human Development
Institute in collaboration with Aramark and the
American Heart Association as part of the
Healthy for Life[®] Initiative.**



Agenda

- Introduction
- Healthy Swap Tips
- Healthy Ingredient Swap Activity
- Creamy Spinach-Feta Dip Recipe
- Goal Setting

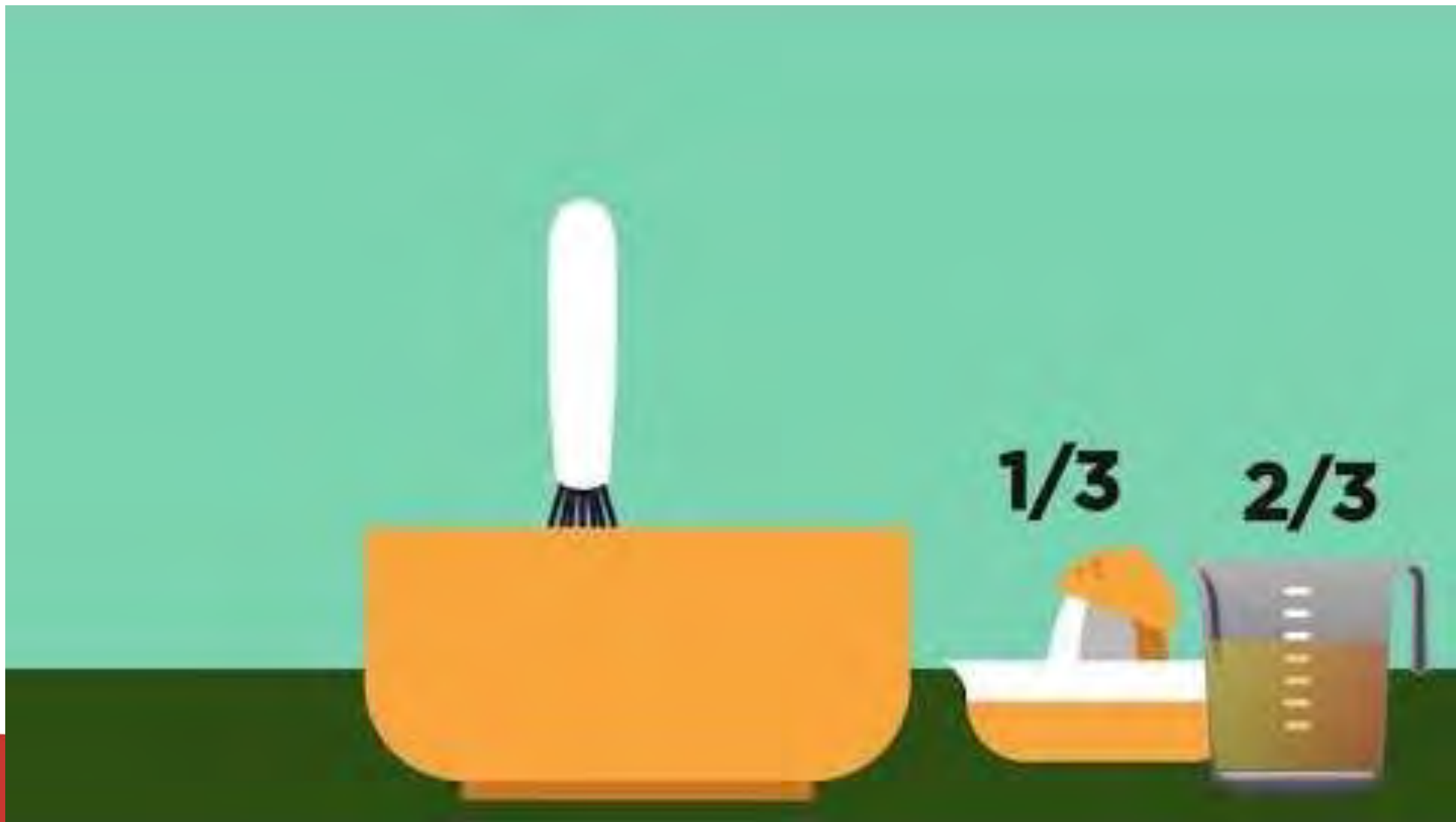


Learning Objectives

- Identify and choose healthy ingredient and snack substitutions.
- Create a healthier version of a dip recipe using tasty substitutions.



Ice Breaker



Control What Goes Into Your Body

- Healthy cooking
- Smart shopping
- Swap common ingredients for healthy options



Healthy Swap #1:

- Butter
- Lard
- Margarine
- Coconut Oil

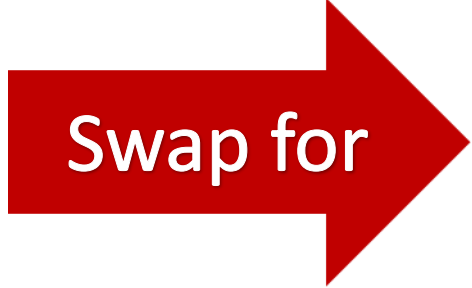
Swap for

- Olive Oil
- Avocados
- Nut Butters
- Salmon
- Sunflower Seeds



Healthy Swap #2:

- Canned Veggies and Beans

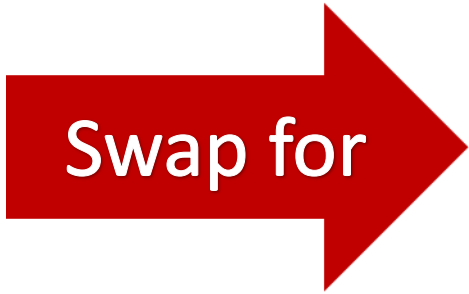


- No-Salt-Added *or* Low-Sodium *or* Rinse and Drain



Healthy Swap #3:

- Frozen Fruit with Added Sugars
- Canned Fruit in Syrup



- Unsweetened Frozen Fruit
- Canned Fruit in Water



Healthy Swap #4:

- Butter
- Shortening

Swap for

- Olive Oil
- Corn Oil
- Canola Oil



Healthy Swap #5:

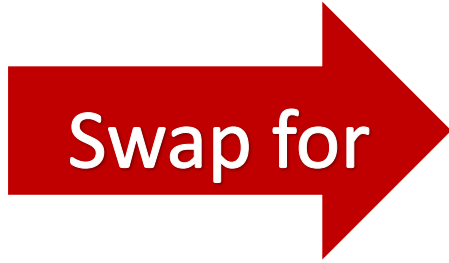
Make your own salad dressing!

oil + acid, vinegar or citrus + herbs =

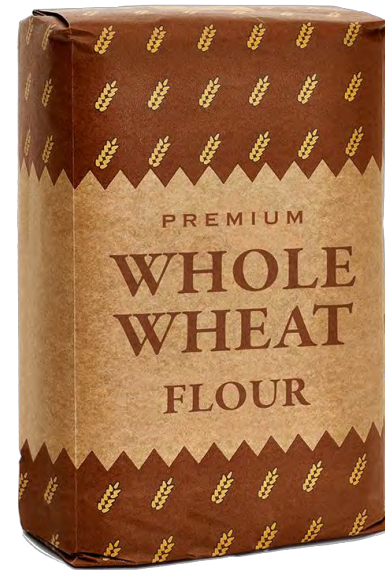


Healthy Swap #6:

White Flour



Whole-wheat Flour



Healthy Swap #7:

Red Meat

Swap for

Skinless Poultry and Fish



Healthy Swap #8:

Butter



Swap for

Unsweetened Applesauce



Healthy Swap #9:



Sugar

Swap for

½ Sugar + Vanilla Extract



Butter or Oil

Swap for

Mashed Banana





0/4
NUM. TRIES

100
SCORE

01:26
TIME

- Frozen Fruit with Added Sugar
- Eggs
- Fried Chicken
- 1** White Flour
- Canned Veggies and Beans
- Canned Fruit in Syrup
- Sugar



- 2** Whole-Wheat Flour
- Grilled, Skinless Chicken
- Unsweetened Frozen Fruit
- 1/4 cup Unsweetened Applesauce
1 tsp Baking Soda with 1 Tbsp Vinegar
1/4 cup Mashed Banana
- No-Salt Added or Low-Sodium veggies or beans OR rinse and drain
- Vanilla Extract + 1/2 sugar
- Canned fruit in 100% juice or water

Creamy Spinach-Feta Dip





Creamy Spinach-Feta Dip

Makes 6 servings; ¼ cup per serving
Per serving: 64 Calories; 1.5 g Saturated Fat; 207 mg Sodium

Ingredients



10 ounce package frozen, chopped spinach



½ cup fat-free plain yogurt



½ cup low-fat sour cream



1/3 cup chopped Fresh parsley or dill, OR 2 tablespoons dried parsley or dill



½ cup Fat-free feta cheese



6 whole-grain pitas



½ teaspoon black pepper



1 teaspoon minced garlic

Tools Needed



Measuring cups & spoons



Spoon



Paper towels



Cutting board



Knife



Food processor or blender



Plate

Directions

Thaw package of frozen spinach, and use a paper towel to squeeze the extra water out.

1



2

Using the cutting board and a knife, chop 1/3 cup parsley or dill if you are using fresh.



1/3 cup

3

Add spinach, 1/2 cup yogurt, 1/2 cup sour cream, 1/2 cup feta cheese, 1 teaspoon garlic, 1/3 cup parsley/dill, and 1/2 teaspoon pepper to the food processor or blender.



4

Make sure the lid is on the food processor, and blend for 10 seconds.



5

Cut the pitas into quarters.



6

Serve the dip with the pita slices



Created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.

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Life is Sweet... with these Easy Sugar Swaps!

Cut back on added sugars and calories with these tasty tips and tricks.

Baking and Cooking

Unsweetened applesauce can substitute for some of the sugar in a recipe. You may need less oil, too—adjust the recipe as needed to get the taste and texture you like. Or try using a no-calorie sweetener suitable for cooking and baking.



Desserts and Sweets

Instead of indulging in a traditional sugar-based dessert, enjoy the natural sweetness of fruit. Fresh, frozen and canned (in its own juice or water) are all good choices. Try them baked, grilled, stewed or poached.



Snack Mix and Granola

Make your own, without all the added sugars. Combine your favorite nuts and seeds (unsalted or very lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-sugared/non-frosted) — and skip the candy!



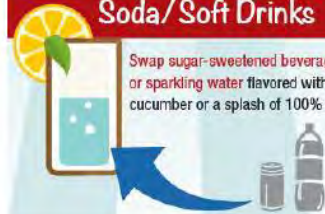
Dressings and Sauces

Swap store-bought bottled salad dressings, ketchup, tomato sauce and barbeque sauce — which can have a lot of added sugars — for homemade versions so you can control the amount of sugar added to them.



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



Get recipes and more tips at
[HEART.ORG/RECIPES](https://www.heart.org/recipes)

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: [HEART.ORG/HEALTHYFORGOOD](https://www.heart.org/healthyforgood)

Food textures play a big role in whether we like or dislike certain foods. For example, while you may not like mushy canned peas, you may be surprised that you like fresh or barely cooked peas. Luckily, eating healthy includes foods with all sorts of textures and flavors. Here are some nutritious snack suggestions.

CREAMY

RATHER THAN: Ice cream may come to mind first, but there are a variety of other smooth snacks that can be just as satisfying.

TRY:

- Fresh avocado spread over whole-grain bread OR half an avocado eaten plain with a spoon.
- Warm 1 tablespoon of creamy peanut butter in the microwave for 10 seconds and drizzle it over ½ cup low-fat, no-sugar-added frozen yogurt.
- Purée some berries and swirl them into a cup of low-fat yogurt with no sugar added.



CRUNCHY

RATHER THAN: Pretzels and chips have a crunchy texture you may enjoy, but they can come with a lot of extra sodium that you don't need.

TRY:

- Crunchy unsalted nuts
- Whole-grain crispbreads
- Bake some whole-grain pita triangles
- Plain popcorn; to add some flavor, experiment with sprinkling herbs or spices on it. For a savory flavor, try herbs such as thyme, basil or oregano (or a combination). Cinnamon is a good choice for a sweeter flavor.
- Apples can have that crunchiness you crave, but some people may avoid them because they can be soft and mealy or grainy.



Choose crisp apple varieties, such as Braeburn, Honey Crisp, Fuji and Gala. Cortland, Red Delicious or Rome can be softer, so won't be your best choices for a crunchy texture.

LIQUIDS

RATHER THAN: Sweet tea or soda may sound refreshing, but it can take some effort to work off all those empty calories. A large mocha coffee drink with whipped cream can have 400 calories!

TRY:

- Instead of the fancy mocha drink, choose a small latte made with fat-free milk and sprinkled with cinnamon for about a quarter of the calories.
- Plain iced tea with a squeeze of fresh lemon juice. You can sweeten it with some fresh berries.
- Put slices of lemon or lime or your favorite fruit in a glass and fill it with club soda.

SQUISHY

RATHER THAN: Jelly-like candies or even kid's "fruit" snacks might have a fun mouthfeel, but other options pack more nutrition.

TRY:

- Fresh grapes are sweet and juicy; freeze them for a few minutes for a fun texture.
- Make tapioca pudding with squishy tapioca pearls; follow the directions on the box, but use only half the amount of sugar and use fat-free or low-fat (1%) milk.
- Cherry tomatoes and room-temperature string cheese can satisfy your craving for a squishy texture.

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SMART

What are your **SMART** goals?

Specific	Measurable	Attainable	Relevant	Time-Based
				



SMART Goal Example



Goal:

I will make healthy swaps for ingredients.

SMART Goal:

I will do meatless Monday, swapping meat for healthy plant-based ingredients.





SMART Goals

My Goal

Step 5

Time-Based

When will this goal be met?



Step 4

Relevant

Will this goal help me reach my long-term goals?

Step 3

Attainable

How can this goal be met?

Step 2

Measurable

How will I know when I reach my goal?



Step 1

Specific

What do I want to accomplish?

Questions?

Thank You!

