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*Listening, learning,
and living together:
it's the science of life.*

Recipe Reform¹

Linda Bobroff²

Steaming beef stew with dumplings, Grandma's rich and creamy potato salad...we all have family favorite recipes that we don't want to give up as we take steps toward a healthier lifestyle. Recent dietary guidelines from the federal government encourage all Americans to eat a diet that promotes a healthy body weight and reduces disease risk.

The good news is that you don't have to give up favorite recipes to "eat healthy." By making one or two adjustments, you can improve the nutritional value of your recipe without radically changing the taste.

Here are a few tips. To decrease the fat, try substitutions. Use reduced-fat forms of high-fat ingredients when they are available. This works for sour cream, milk, yogurt, and cheese. In some recipes you can even use fat-free forms, but you may want to take it one step at a time. You can substitute low-fat plain yogurt for sour cream and evaporated skim milk for cream or half and half in many recipes.

Use lean cuts of meat and trim all the fat. In mixed dishes like beef stew, decrease the amount of meat and use lots of tasty vegetables. Use less fat in recipes, and substitute heart-healthy oils like olive or canola oil for solid fats. Make deep-fried foods a rare treat for your family, and learn to steam, bake, broil, microwave, and stir-fry instead.

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And remember to take a brisk walk with the whole family after dinner to celebrate your healthier lifestyle!

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