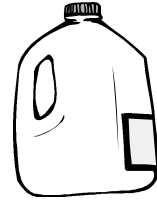


Modifying Recipes

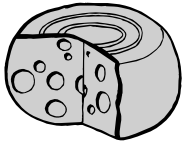
- (1) Replace oil, butter, or margarine in baked goods with liquid Butter Buds, applesauce or nonfat yogurt.



- (2) Replace milk in recipes with skim milk.
Replace cream with evaporated skim milk.



- (3) Replace cheese with non-fat or low-fat cheeses.
A low fat cheese will have 5 grams of fat or less per ounce.



- (4) Substitute fat free sour cream
for regular sour cream with baking.

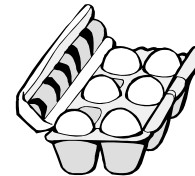


- (5) Replace cream cheese with fat free cream cheese.

- (6) Make graham cracker pie crust with liquid Butter Buds and Equal instead of margarine and sugar.

- (7) If a recipe calls for nuts, try using Grape-Nuts cereal for part or all.

- (8) Use Egg Beaters in place of eggs
or 2 egg whites in place of one egg.

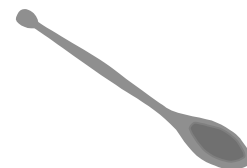


- (9) Saute vegetables and meats in wine, non-fat cooking spray, liquid Butter Buds, or chicken broth, rather than oil.

- (10) When substituting artificial sweeteners in cooking, use Sweet N Low or Sweet One. Sweet N Low also makes a brown sugar substitute.

Use it as follows:

1 tsp. sub for 1/4 c. sugar
1 1/4 tsp. sub for 1/3 c. sugar
2 tsp. sub for 1/2 c. sugar
3 tsp. sub for 3/4 c. sugar
4 tsp. sub for 1 c. sugar



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