



CSF2

COOKING SKILLS & FOOD

Healthy Ingredient Swap

Time: 70 Minutes

How about some fresh herbs instead of extra salt? Discover healthy alternatives for commonly eaten foods and recipe ingredients. Taste new spices, sauces and ingredient options as you prepare healthy family appetizers and meals with chefs and dietitians.

OBJECTIVES:

Identify and choose healthy ingredient substitutions.

Create a healthier version of a recipe using tasty substitutions.

SETUP

- Review resource list and print it out. Purchase all necessary supplies.
- Set up demo station with the necessary activity resources.
- Divide ingredients per team and place bag at front of room.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Give a brief description of the educational experience.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. 10 Minutes

DEMO

- Play video or demonstrate content (see demo script). 10 Minutes

ACTIVITY

- Participants will break into teams and compete to match ingredients to the correct measurements in order to create a healthy version of a creamy spinach dip.
- They must present their completed worksheet (as a team) to a facilitator/volunteer dietitian and when it's approved, they will work together to make it! 20 Minutes

RECAP

- Pass out handout(s) and invite participants to taste their healthy dish while going through the handout(s) together. 10 Minutes

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) 20 Minutes



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

Healthy Ingredient Swap Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org.

- ☐ Healthy Swaps demo video
- ☐ [Creamy Spinach Feta Dip recipe](#)
- ☐ Creamy Spinach Dip worksheet
- ☐ Conquer Cravings with These Healthy Substitutions handout
- ☐ Life is Sweet infographic
- ☐ Setting SMART Goals handout (please locate in this guide)

SPACE SETUP

- ☐ Demo table
- ☐ Chairs and tables for participants
- ☐ Pens for participants
- ☐ Folders
- ☐ Computer, internet access, and projector, if available

DEMO SUPPLIES

- ☐ Monounsaturated fat example (avocado, peanut butter)
- ☐ Polyunsaturated fat example (salmon, sunflower seeds)
- ☐ Low-sodium can (i.e. beans, vegetables)
- ☐ Canned fruit packed in juice or water
- ☐ Cooking spray
- ☐ Olive oil
- ☐ Vinegar
- ☐ Herbs
- ☐ Low-sodium, whole-wheat food (i.e. crackers, bread)
- ☐ Applesauce

ACTIVITY INGREDIENTS* AND SUPPLIES**


- ☐ 10.5 oz. frozen packaged spinach
- ☐ ½ cup fat-free yogurt
- ☐ ½ cup reduced-fat sour cream
- ☐ ½ cup fat-free feta cheese, crumbled
- ☐ 1 tsp. minced garlic
- ☐ ⅓ cup chopped fresh parsley or dill **or** 2 tsp. dried parsley or dill
- ☐ ½ tsp. black pepper
- ☐ 6 whole-wheat pitas
- ☐ Food processors/blenders or wooden spoons (for mixing)
- ☐ Bowl
- ☐ Plates (for tasting)


**Recipe serves 6 people; please multiply ingredients as necessary for your participants.*

***Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients. If food processors/blenders are not available, you can mix the ingredients with a spoon.*


Healthy Ingredient Swap Demo Script

Use if video capabilities are unavailable.


 **SAY:** Healthy home cooking and smart shopping puts you in control of what goes into your recipes and your body! Swapping in healthier alternatives to common ingredients and foods can make some of your family favorites more nutritious and still delicious!

 You can cut down on saturated and trans fats by choosing non-tropical vegetable oils like monounsaturated and polyunsaturated oils.


Hold up monounsaturated fat example and polyunsaturated fat example.

 Buy low-sodium and no-salt-added versions. If you can't find them, rinse regular canned vegetables and beans in a colander under water to wash away some of the sodium.


Hold up low-sodium can.

 Choose canned fruits packed in juice or water rather than syrup.


Hold up canned fruit.

 Use cooking spray instead of greasing bakeware with butter or shortening. And, use it in skillet instead of butter for cooking.


Hold up cooking spray.


 Make your own salad dressings by mixing healthier kitchen oils such as olive oil with vinegar and herbs. The general rule for a homemade dressing is one-third acid, vinegar or citrus to two-thirds cup of oil.


Hold up olive oil, vinegar and herbs.


 Look for whole-grains and low-sodium products when you buy things like bread, pasta, crackers and snacks.

Hold up whole-grain and low-sodium examples.


 Choose poultry and fish and limit red meat. Always look for leaner pieces and trim away skin and visible fat before cooking.


 Finally, here are a few examples of some simple swaps that you can try.

 Whole-wheat flour for white flour. For every cup of white flour your recipe calls for, substitute 7/8 cup whole-wheat.

 Unsweetened applesauce for oil or butter. If your recipe calls for one cup of oil, substitute a 1/2 cup of unsweetened applesauce and a 1/2 cup of oil. For example, you can even swap in applesauce for some of the sugar in cookies, muffins or pancakes!

Hold up applesauce.

 Vanilla extract for sugar is another good alternative. Cutting sugar in half and adding a teaspoon of vanilla extract adds a lot of flavor with significantly fewer calories.

 Try mash bananas for butter or oil. Use one cup of mashed banana in place of one cup of butter or oil. You can make an easy chocolate pudding using an avocado, banana, and a dash of cocoa powder. All of these swaps preserve the deliciousness of your recipes but just add more nutrition to your dish.

Healthy Ingredient Swap Activity Script

Divide up participants into teams to work on modifying a family favorite appetizer (dip, trail-mix, etc.)

Pass out Creamy Spinach Dip worksheet (one per team).



SAY: Today's activity invites you to compete as teams to come up with healthy alternatives to some of the ingredients in the recipe. As you can see on your worksheet, you will need to draw a line from each measurement on the left of the worksheet to its ingredient on the right. However, not every ingredient will match a measurement.



Once you identify the correct healthy ingredients for the creamy spinach dip, come present your worksheet to me or our volunteer dietitian. If we approve your swaps, we will hand you a bag with the healthier ingredients and a healthy spinach dip recipe. You will work together to finish the appetizer and the team who finishes first, wins!



Once everyone is done making the recipe, divide the dip onto plates and share with your team.

Creamy Spinach Feta Dip



Per serving:
63.6 Calories
1.5 g Sat. Fat
207.1 mg Sodium
\$1.74

Makes 6 servings

This American Heart Association recipe is almost guaranteed to make any spinach “disliker” change his or her mind.

INGREDIENTS

- ☐ 10.5 oz. frozen, chopped, packaged spinach*
- ☐ ½ cup fat-free yogurt
- ☐ ½ cup reduced-fat sour cream
- ☐ ½ cup fat-free feta cheese, crumbled
- ☐ 1 tsp. minced garlic, from jar
- ☐ ⅓ cup fresh, chopped parsley or dill **or**
2 tsp. dried parsley or dill
- ☐ ½ tsp. black pepper
- ☐ 6 whole-wheat pitas, quartered

DIRECTIONS

1. Process the spinach, yogurt, sour cream, feta cheese, garlic, parsley/dill, and black pepper in a food processor or blender.
2. Serve with pita slices.

**Note: you can use chopped, canned, no-salt-added spinach (drained) in lieu of the frozen spinach.*

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

If you're cutting back on added sugars or calories, try these swaps to get the sweet taste you love:

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.



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.



Get recipes and more tips at
RECIPES.SPLENDA.COM

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!



Tea and Coffee

Swap sugars (including honey and agave syrup) for a no-calorie sweetener. One packet adds about the same sweetness as two teaspoons of sugar — and typically saves you more than 25 calories.

NO-CALORIE SWEETENER



The American Heart Association recommends cutting back on added sugars. Using low- and no-calorie sweeteners is one option that may help in an overall healthy diet. Foods and beverages containing low- and no-calorie sweeteners can be included in a healthy eating plan, as long as the calories they save are not added back as a reward or compensation. The FDA has determined that certain low- and no-calorie sweeteners, such as sucralose, are safe.

It's important to eat an overall healthy dietary pattern that **includes** a variety of fruits and vegetables, whole grains, beans and legumes, fish, skinless poultry, nuts and seeds, and fat-free/low-fat dairy products; and **limits** sodium, saturated fat, red meat and added sugars.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES:
HEART.ORG/SIMPLECOOKING

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CREAMY

Instead of this: Ice cream



Try eating this:

- Fresh avocado spread on whole-grain bread **or** ½ avocado eaten plain with a spoon
- Puree some berries and swirl into a cup of low-fat, no-sugar-added yogurt

CRUNCHY

Instead of this: Pretzels and chips



Try munching on this:

- Crunchy unsalted nuts
- Plain popcorn; to add some flavor, experiment with various spices like cinnamon or your favorite spice or herb

LIQUID

Instead of this: Sweet tea or soda



Try sipping on this:

- Plain iced tea made with a squeeze of lemon. You can sweeten with berries or a non-caloric sweetener
- Put fruit slices in a glass and fill with club soda

SQUISHY

Instead of this: Jelly-like candies



Try eating this:

- Fresh grapes
- Cherry tomatoes

Worksheet: Creamy Spinach Dip



INSTRUCTIONS: Draw a line from each measurement on the left to its ingredient on the right. Not every ingredient will match a measurement.

	fat-free yogurt
6	cream cheese
$\frac{1}{2}$ cup	reduced-fat sour cream
$\frac{1}{2}$ cup	frozen, chopped, packaged spinach
$\frac{1}{2}$ cup	minced garlic
10.5 oz.	white pitas, quartered
$\frac{1}{2}$ tsp.	black pepper
$\frac{1}{3}$ cup	whole-wheat pitas, quartered
1 tsp.	fat-free feta cheese
	mayonnaise
	dried parsley or dill

Setting SMART Goals

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
