

# RECIPE MODIFICATION

## Why Modify Recipes?

To reduce calories, fat, cholesterol, sodium, & concentrated sweets to reduce the risk of chronic disease. Eating foods high in fat, sodium, and sugar has been linked to obesity, diabetes and high blood pressure or hypertension.

## How to Modify Recipes:

- Reduce Fat:
  - Microwave, broil, bake or steam food without adding fat
  - Use non-stick cooking spray or cookware
  - Trim fat from meat and remove skin from poultry.
- Reduce Salt:
  - Use herbs to add flavor when preparing foods
  - When using fresh herbs in place of dried or powdered, start with this conversion: 1/4 teaspoon powdered herbs = 1 teaspoon dried, crumbled herbs = 2 teaspoons fresh herbs.
  - Remove the salt shaker from the table
  - Use fresh vegetables instead of salt to prepare foods
- Reduce portion sizes
- Balance meals to include a variety of flavor:
  - Introduce different fruits and vegetables
  - Use different herbs and spices
- **Questions to ask when modify recipes.** You can change a cooking technique or change an ingredient
  1. Identify the high-fat items. Ask why each ingredient is there. Is it for appearance? Out of habit? For flavor or texture?
  2. Can an ingredient be eliminated?
  3. Can an ingredient be reduced?
  4. Can you use a substitute?
  5. Can you change the way the food was prepared?

Source: North Carolina Cooperative Extension Service