

# MODIFYING RECIPES FOR HEALTHIER EATING

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The dairy aisle offers a variety of ways to enhance nutrition, and a variety of options for upping the nutrient value of the foods you make.

For example, when choosing milk, look at calcium, potassium, and protein amounts to make sure you get the best value. In addition, many dairy products contain functional ingredients such as ALA (from flax), EPA/DHA (like those found in fish oils), plant sterols, and even antioxidants.

When cooking and baking, many healthier substitutions are possible! Consider trying some of the suggestions below...you might be surprised how delicious "healthier" eating can be!

## Healthy Substitutions for Cooking and Baking

1 cup vegetable shortening or lard = 1 cup Smart Balance® Omega Blend Oil, OR  
1 cup Smart Balance® Buttery Spread

1 cup butter = 1 cup Smart Balance® Buttery Spread OR  
1 cup Smart Balance® Buttery Sticks OR  
1 cup Smart Balance® Spreadable Butter

1 cup whole milk = 1 cup Smart Balance® Low Fat Milk and Omega-3s

1 cup cream = 1 cup evaporated skim milk

1 cup sour cream = ¾ cup 1% buttermilk plus ¼ cup Smart Balance® Omega Blend Oil, OR  
1 cup cottage cheese plus ½ tsp lemon juice

1 oz hard cheese = 1 oz mozzarella cheese  
1 oz low fat cheese (2g to 5g fat per oz, or less)

1 oz baking chocolate = 3 tbsp powdered cocoa plus 1 tbsp Smart Balance® Omega Blend Oil

1 cup ice cream = 1 cup ice milk, OR  
1 cup nonfat frozen yogurt, OR  
1 cup nonfat ice cream, OR  
1 cup sherbet

1 tsp bacon fat = 1 tbsp Smart Balance® Omega Blend Oil and crushed imitation bacon bits (let sit for 1 hour)

2 whole eggs = 2 Smart Balance® Omega-3 Eggs



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