



CS2

COOKING SKILLS AND FOOD

Healthy Ingredient Swap

Time: 70 Minutes

Discover good-for-you ingredient substitutions that preserve the deliciousness of your favorite recipes!

OBJECTIVES:

Identify and choose healthy ingredient and snack substitutions.

Create a healthier version of a dip recipe using tasty substitutions.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- 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 (10 Minutes)

- 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 [Welcome Toolkit](#).

DEMO (10 Minutes)

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

ACTIVITY (20 Minutes)

- Participants will divide 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 the facilitator and when it's approved, they will work together to prepare it!

RECAP (10 Minutes)

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

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). 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.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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Healthy Ingredient Swap Resource List

HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video – [Healthy Recipe Swaps](#)
- Video – [Creamy Spinach-Feta Dip Recipe](#)

Find these resources in this lesson

- Recipe – [Creamy Spinach-Feta Dip](#)
- Handout – [Life is Sweet with These Easy Sugar Swaps Infographic](#)
- Handout – [Conquer Cravings with These Healthy Substitutions](#)
- Worksheet – [Creamy Spinach-Feta Dip](#)
- Handout – [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- 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)
- No-salt-added or low-sodium canned beans or vegetables
- A bag of unsweetened frozen fruit or a can of fruit packed in water or its own juice
- Cooking spray (made with nontropical oil)
- Olive oil
- Vinegar
- Fresh herbs
- Low-sodium, whole-grain crackers or bread
- Unsweetened applesauce

ACTIVITY INGREDIENTS* AND SUPPLIES**

- 10 ounces frozen packaged spinach
- ½ cup fat-free plain yogurt
- ½ cup low-fat sour cream
- ½ cup fat-free feta cheese, crumbled
- 1 teaspoon minced garlic
- ⅓ cup chopped fresh parsley or dill
or 2 teaspoons dried parsley or dill
- ½ teaspoon black pepper
- 6 whole-grain 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 for common ingredients can make some of your family favorites more nutritious yet still delicious!

 You can cut down on saturated and trans fats, which are bad for your heart, by choosing nontropical vegetable oils (monosaturated and polyunsaturated oils), such as canola, corn or olive. Use these oils instead of ingredients high in saturated fats, such as butter, lard, hard stick margarine or tropical oils (palm or coconut oil). Eat more foods like avocados and nut butters, which have good fat (monounsaturated), and salmon and sunflower seeds, which have good fat (polyunsaturated).


Hold up an example of food containing monounsaturated fat and then an example of food containing polyunsaturated fat.

 **SAY:** Buy no-salt-added or low-sodium versions of canned vegetables and beans. If you can't find them, rinse and drain regular canned vegetables and beans in a colander to get rid of excess sodium.


Hold up no-salt-added or low-sodium canned beans or vegetables.

 **SAY:** Choose unsweetened frozen fruits. Choose canned fruits packed in water or their own juice rather than syrup.


Hold up a bag of unsweetened frozen fruit or a can of fruit packed in water or its own juice.

 **SAY:** Instead of greasing bakeware with butter or shortening, lightly spray it with a cooking spray made with nontropical oils (olive oil spray, for example). And, use 1-2 teaspoons of nontropical oil in skillets instead of melting butter for cooking.


Hold up cooking spray (made with nontropical oil).


 **SAY:** Make your own salad dressings by mixing a healthier oil, 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 oil.


Hold up olive oil, vinegar and herbs.


 **SAY:** Look for whole-grains and the lowest sodium available products when you buy things like bread, pasta, crackers and snacks.

Hold up whole-grain and lowest sodium available product examples.


 Choose skinless poultry and non-fried fish and limit red meat (always look for leaner cuts and trim away all visible fat before cooking).


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

 Whole-wheat flour for white flour. For every cup of white flour, substitute $\frac{7}{8}$ cup whole-wheat flour.

 Unsweetened applesauce for butter. If your recipe calls for one cup of butter, substitute $\frac{1}{2}$ cup of unsweetened applesauce and $\frac{1}{2}$ cup of a nontropical oil. You can even swap in applesauce for some of the sugar in cookies, muffins or pancakes!

Hold up unsweetened applesauce.

 **SAY:** 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 mashed banana instead of 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 unsweetened cocoa powder. All of these swaps preserve the deliciousness of your recipes, while creating a healthier and more nutritious finished product.

Healthy Ingredient Swap Activity Script

Divide up participants into teams. 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 to its ingredient on the right. Note that not every ingredient will match a measurement.



Once you identify the correct healthy ingredients for the creamy spinach dip, present your worksheet to me. If I approve your swaps, I 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 has finished making the recipe, divide the dip onto plates and share with your team.

Creamy Spinach-Feta Dip

Makes 6 servings; ¼ cup per serving
Per serving: 64 Calories; 1.5 g Saturated Fat; 207 mg Sodium



Spinach dip is an all-time favorite appetizer. This healthier version preserves the flavorful creaminess we all crave. You'll become a spinach fan!

INGREDIENTS

- 10 ounces frozen, chopped spinach, thawed and squeezed dry*
- ½ cup fat-free plain yogurt
- ½ cup low-fat sour cream
- ½ cup fat-free feta cheese, crumbled
- 1 teaspoon bottled minced garlic
- ⅓ cup chopped fresh parsley or dill
or 2 teaspoons dried parsley or dill
- ½ teaspoon black pepper
- 6 whole-grain pitas, quartered

DIRECTIONS

1. In a food processor or blender, process all the ingredients except the pita slices.
2. Serve the dip with the 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!

Cut back on added sugars and calories with these tasty tips and tricks.

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.



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!



Soda/Soft Drinks

Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, citrus, cucumber or a splash of 100% fruit juice.



Tea and Coffee

Cut back on sugars (including honey and agave syrup) gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.



Get recipes and more tips at HEART.ORG/RECIPES

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

Food textures play a big role in whether we like or dislike certain foods. For example, while you may not like mushy canned peas, you may be surprised that you like fresh or barely cooked peas. Luckily, eating healthy includes foods with all sorts of textures and flavors. Here are some nutritious snack suggestions.

CREAMY

RATHER THAN: Ice cream may come to mind first, but there are a variety of other smooth snacks that can be just as satisfying.

TRY:

- Fresh avocado spread over whole-grain bread OR half an avocado eaten plain with a spoon.
- Warm 1 tablespoon of creamy peanut butter in the microwave for 10 seconds and drizzle it over ½ cup low-fat, no-sugar-added frozen yogurt.
- Purée some berries and swirl them into a cup of low-fat yogurt with no sugar added.



CRUNCHY

RATHER THAN: Pretzels and chips have a crunchy texture you may enjoy, but they can come with a lot of extra sodium that you don't need.

TRY:

- Crunchy unsalted nuts
- Whole-grain crispbreads
- Bake some whole-grain pita triangles
- Plain popcorn; to add some flavor, experiment with sprinkling herbs or spices on it. For a savory flavor, try herbs such as thyme, basil or oregano (or a combination). Cinnamon is a good choice for a sweeter flavor.
- Apples can have that crunchiness you crave, but some people may avoid them because they can be soft and mealy or grainy.



Choose crisp apple varieties, such as Braeburn, Honey Crisp, Fuji and Gala. Cortland, Red Delicious or Rome can be softer, so won't be your best choices for a crunchy texture.

LIQUIDS

RATHER THAN: Sweet tea or soda may sound refreshing, but it can take some effort to work off all those empty calories. A large mocha coffee drink with whipped cream can have 400 calories!

TRY:

- Instead of the fancy mocha drink, choose a small latte made with fat-free milk and sprinkled with cinnamon for about a quarter of the calories.
- Plain iced tea with a squeeze of fresh lemon juice. You can sweeten it with some fresh berries.
- Put slices of lemon or lime or your favorite fruit in a glass and fill it with club soda.

SQUISHY

RATHER THAN: Jelly-like candies or even kid's "fruit" snacks might have a fun mouthfeel, but other options pack more nutrition.

TRY:

- Fresh grapes are sweet and juicy; freeze them for a few minutes for a fun texture.
- Make tapioca pudding with squishy tapioca pearls; follow the directions on the box, but use only half the amount of sugar and use fat-free or low-fat (1%) milk.
- Cherry tomatoes and room-temperature string cheese can satisfy your craving for a squishy texture.

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

6	fat-free yogurt
	cream cheese
½ cup	low-fat sour cream
½ cup	frozen, chopped spinach, thawed and squeezed dry
½ cup	minced garlic
	white pitas, quartered
10 ounces	black pepper
½ teaspoon	whole-grain pitas, quartered
	fat-free feta cheese
⅓ cup	mayonnaise
1 teaspoon	dried parsley or dill

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:
