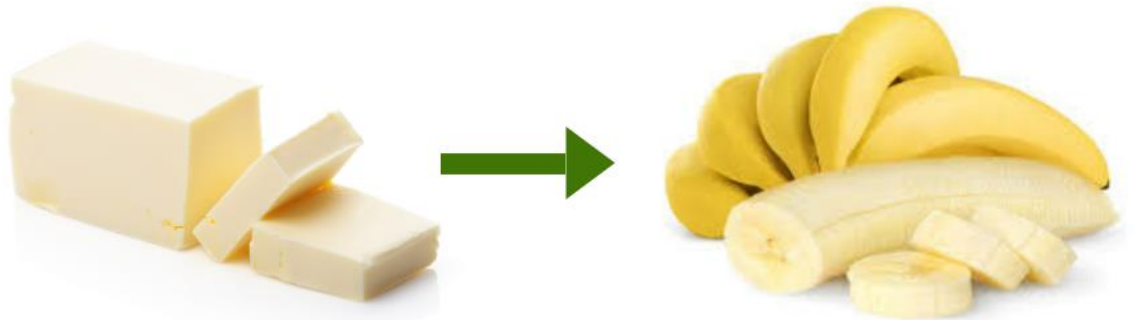


HEALTHY RECIPE ADAPTATIONS

Reduce! Substitute! Eliminate!

reduce

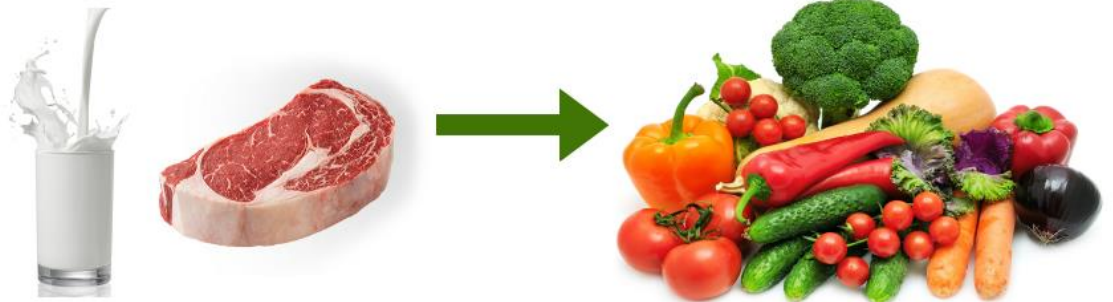
Salt, sugar, and fat without sacrificing flavor
Cut salt and sugar content in half and add spices and herbs



Cut butter content of baked goods in half and add mashed banana or pumpkin puree

substitute

Refined grains and meat with whole grains or vegetables
Dairy with mushrooms or finely ground nuts



Replace meat and dairy with vegetables from every family - greens, roots, tubers, and more

eliminate

Unnecessary toppings and condiments to reduce salt, sugar, and fat content



Chili loaded with nutritious veggies is delicious without cheese, sour cream, and added salt

How do you see yourself using these skills in the future?
