These slides were created by the Kentucky Inclusive Health Collaborative at the University of Kentucky Human Development Institute in collaboration with Aramark and the American Heart Association as part of the Healthy for Life® Initiative.
Agenda

• Introduction
• Healthy Swap Tips
• Healthy Ingredient Swap Activity
• Creamy Spinach-Feta Dip Recipe
• Goal Setting
Learning Objectives

• Identify and choose healthy ingredient and snack substitutions.
• Create a healthier version of a dip recipe using tasty substitutions.
Ice Breaker
Control What Goes Into Your Body

• Healthy cooking
• Smart shopping
• Swap common ingredients for healthy options
Healthy Swap #1:

- Butter
- Lard
- Margarine
- Coconut Oil

Swap for

- Olive Oil
- Avocados
- Nut Butters
- Salmon
- Sunflower Seeds
Healthy Swap #2:

- Canned Veggies and Beans

Swap for

- No-Salt-Added or Low-Sodium or Rinse and Drain
Healthy Swap #3:

- Frozen Fruit with Added Sugars
- Canned Fruit in Syrup

Swap for

- Unsweetened Frozen Fruit
- Canned Fruit in Water
Healthy Swap #4:

- Butter
- Shortening

Swap for

- Olive Oil
- Corn Oil
- Canola Oil
Healthy Swap #5: Make your own salad dressing!

oil + acid, vinegar or citrus + herbs =

[Image of oil bottle, vinegar bottle, and herbs]
Healthy Swap #6:

Swapped for:

White Flour

Whole-wheat Flour
Healthy Swap #7:

Red Meat  Swap for  Skinless Poultry and Fish
Healthy Swap #8:

Butter -> Swap for -> Unsweetened Applesauce
Healthy Swap #9:

Sugar Swap for ½ Sugar + Vanilla Extract

Butter or Oil Swap for Mashed Banana
Healthy ingredient swap activity

1. White Flour
2. Whole Wheat Flour
Creamy Spinach-Feta Dip

Makes 6 servings; 1/4 cup per serving
Per serving: 64 Calories; 1.3 g Saturated Fat; 207 mg Sodium

Ingredients
- 10 ounce package frozen, chopped spinach
- 1/4 cup fat-free plain yogurt
- 1/2 cup low-fat sour cream
- 1/3 cup chopped fresh parsley or dill, or 2 tablespoons dried parsley or dill
- 1/2 cup feta cheese
- 6 whole-grain pitas
- 1/2 teaspoon black pepper
- 1 teaspoon minced garlic

Tools Needed
- Measuring cups & spoons
- Spoon
- Paper towels
- Cutting board
- Knife
- Food processor or Blender
- Plate

Directions

1. Thaw package of frozen spinach, and use a paper towel to squeeze the extra water out.

2. Using the cutting board and a knife, chop 1/4 cup parsley or dill if you are using fresh.

3. Add spinach, 1/2 cup yogurt, 1/2 cup sour cream, 1/2 cup feta cheese, 1 teaspoon garlic, 1/3 cup parsley/dill, and 1/2 teaspoon pepper to the food processor or blender.

4. Make sure the lid is on the food processor, and blend for 10 seconds.

5. Cut the pitas into quarters.

6. Serve the dip with the pita slices.

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

Desserts and Sweets
Instead of indulging in a traditional sugar-laden 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.

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, barbecue sauce and barbecuesauce—which also have a lot of added sugar—for homemade versions so you can control the amount of sugar added to them.

Snack Mix and Granola
Make your own, with no added sugars. Combine your favorite nuts and seeds (raw or lightly salted), raisins and dried fruits (unsweetened), rolled oats and whole-grain cereal (non-processed, non-bleached) — and skip the candy!

Soda/Soft Drinks
Swap sugar-sweetened beverages for plain or sparkling water flavored with mint, lemon, cucumber or a splash of 100% fruit juice.

Tea and Coffee
Cut back on sugar by adding honey and agave syrups gradually until your taste adjusts to less sweetness. Try adding natural flavors like cinnamon, citrus, mint or nutmeg.

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/HEALTHYFORGOOD
Conquer Cravings with These Healthy Substitutions

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 cream or peanut butter in the microwave for 10 seconds and drizzle it over 1/2 cup low-fat, no-sugar-added frozen yogurt.
- Puree some berries and swirl them into a cup of low-fat yogurt with no sugar added.

**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.

**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.

**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.
What are your SMART goals?

- Specific
- Measurable
- Attainable
- Relevant
- Time-Based
SMART Goal Example

**Goal:**
I will make healthy swaps for ingredients.

**SMART Goal:**
I will do meatless Monday, swapping meat for healthy plant-based ingredients.