

# *Baking Light for Better Health*

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EXTENSION

## All Things in Moderation!

- Desserts CAN be part of a healthy eating plan
- And maybe should be!




Americans love dessert – so telling people not to eat them for good health is not the answer.

The answer is make desserts a sometime food and choose desserts that add to the overall meal plan and provide more than just calories.

## But how?

- Start with smaller portions
- 3-bite “rule”
- Recipe modifications

A photograph of three small cupcakes arranged in a row on a pink, textured surface. The cupcake on the left has white frosting with colorful sprinkles. The middle cupcake has yellow frosting with a single red cherry on top. The cupcake on the right has white frosting with a dark chocolate swirl on top.

Mini or small “bite-size” desserts are popular - cake pops, cupcakes, etc. Join the trend.

In the 3-bite “rule” use the first bite to just get a taste, use the second bite to notice flavors and textures, and use the third – and final – bite to savor. If you have any dessert left, it gets thrown out. Research says we get all the flavors, textures and sensations of a food in first 3 bites. After that, our taste sensations are used to the dessert and you do not get as much enjoyment after, such as at bite 15.

You can also modify recipes to reduce fat and sugar while increasing fiber and other nutrients.




There are three ways to improve the nutrition of the desserts you eat: sugar, fat, and salt.

## Use of Fats in Baking

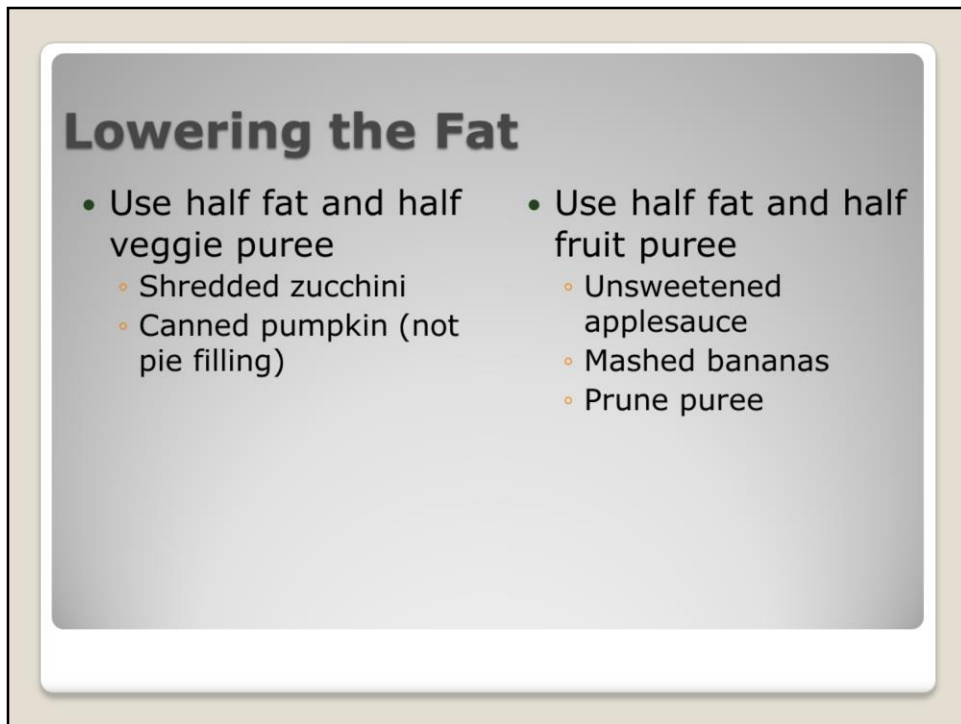
- Solid fats
  - Shortening (Crisco)
  - Lard
  - Butter
  - Margarine
- Oil
  - Usually mild oils in baking, like canola or vegetable
- Dairy
  - Milk
  - Sour cream
  - Yogurt
- Eggs

- Reduce by a third
  - ie. use 2/3 cup instead of 1 cup



Fats in baking make products tender, add flavor, and add moisture. However, since fats are very high in calories, look at reducing the amount. You can reduce by a third and not majorly affect the quality of the final dessert.

Note that shortening and some margarines contains large amounts of *trans* fats and can raise blood cholesterol numbers. Consider using other fats in your shortening-containing recipe instead. If using margarine, look for *trans*-fat free brands.



#### Fruit Puree

- Applesauce – substitute for equal amounts of fat – product will be very moist, may need to reduce liquid in recipe
- Mashed bananas -- substitute for equal amounts of fat – gives distinct flavor
- Pureed prunes -- substitute for equal amounts of fat – product will be very dry, so add moisture in form of prune juice, milk or water – gives a dark color

#### Veggie Puree

- Pureed pumpkin -- substitute for equal amounts of fat, gives distinct flavor and color
- Grated zucchini -- substitute for equal amounts of fat – works best in quick breads
- Pureed tofu -- substitute for only 1/2 of fat – gives beany flavor

## Lowering the Fat cont'

- Use lower fat versions
  - Substitute half and half for cream
  - Milk (e.g., use 1% instead of 2%)
  - Sour cream
  - Cheese
- Replace whole egg with 2 egg whites
- Fat free may not work as well



Instead of using whole-fat milk, sour cream, cheese, etc., try reduce-fat versions instead. Fat-free often does give a good quality product, since fats provide important features in baking.

## Lowering the Fat cont'

- Adjust mix-ins
  - Coconut
  - Nuts
  - Chocolate chips



- Tips
  - Cut amount in half
  - Chop into smaller pieces
  - Add extracts (e.g., almond)



Coconut, nuts, chocolate chips, and other mix-ins add more fat. Try these tips to reduce the amount you use while still getting the crunch and flavor you want.



## Lowering the Sugar

- Can reduce by  $\frac{1}{3}$  to  $\frac{1}{2}$  in many recipes
- Try increasing sweet spices and extracts (cinnamon, nutmeg, cardamom, vanilla) when reducing sugar
- Avoid substituting in calorie-free sweeteners
- Cut back or eliminate frosting



The chemical properties of calorie-free sweeteners and sugar substitutes are not the same as table sugar and other calorie-containing sugars. They will not brown or taste the same. If using, find a recipe that has been tested with them.

## Lowering the Sugar cont'

- "Healthier" / "Natural" sweeteners
  - Honey
  - Agave nectar
  - Molasses
- Have distinct flavors
- Still have sugar



Be aware, sugar is sugar to your body. Honey is not a "healthier" sugar, nor is agave. Other sweeteners besides table sugar (honey, molasses, etc.) have unique flavors that table sugar does not. However, they are still sugar.

## Lowering the Salt

- Reduce salt by half in baked goods that do not contain yeast
- Increase herbs and spices when salt is reduced



Do not reduce or remove salt in yeast-bread recipes. The salt is needed to help control the growth of yeast and help in the structure of the bread.

Add more herbs and spices when reducing salt.

## Boosting the Nutrition

- Whole-wheat flour – sub half of all-purpose flour
  - For 1 cup all-purpose flour, try ½ cup all-purpose and ½ cup whole-wheat
- Replace ¼ to ½ cup of all-purpose flour with ground flaxseed in recipes calling for >2 cups of flour
- Mix in up to a third of oatmeal or oat flour
  - For 1 cup of all-purpose flour, try 2/3 cup all-purpose flour and 1/3 cup oatmeal

## Boosting the Nutrition cont'

- Use fruit/vegetable purees as discussed earlier
- Substitute dried fruit for half or all of the chocolate chips



## Putting it into Practice

- Start with one thing to change (fat, sugar, or salt)
- If you like that, then add a second change



Trying to make more than one change at a time will often make a product that is less than desirable in taste and quality.

## You be the judge...

### Original

- ½ margarine
- 1 cup sugar
- 1 egg
- 1 teaspoon vanilla
- ¾ cup all purpose flour
- ¼ cup cocoa
- ¼ teaspoon baking powder
- ½ teaspoon salt
- ½ cup chopped nuts

### Modified

- ¼ cup margarine
- ¼ cup unsweetened applesauce
- 1 cup sugar
- 2 egg whites
- 1 teaspoon vanilla
- ¾ cup all purpose flour
- ¼ cup cocoa
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ¼ cup chopped nuts

Discussion: Name the changes you see.

This brownie recipe was modified. Name the changes you see.

Hint: add applesauce, reduce margarine, use egg whites, reduced salt, reduce nuts

# You be the judge...

## Nutrition Facts

Serving Size (34g)  
Servings Per Container

Amount Per Serving

Calories 150    Calories from Fat 80

**% Daily Value\***

Total Fat 10g    15%

Saturated Fat 1g    5%

Trans Fat 2.5g

Cholesterol 15mg    5%

Sodium 150mg    6%

Total Carbohydrate 18g    6%

Dietary Fiber 1g    4%

Sugars 13g

Protein 2g

Vitamin A 6%    • Vitamin C 0%

Calcium 0%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories    2,000    2,500

Total Fat    Less Than 55g    60g

Saturated Fat    Less Than 20g    25g

Cholesterol    Less Than 300mg    300 mg

Sodium    Less Than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



## Nutrition Facts

Serving Size (33g)  
Servings Per Container

Amount Per Serving

Calories 110    Calories from Fat 40

**% Daily Value\***

Total Fat 5g    8%

Saturated Fat 0.5g    3%

Trans Fat 1g

Cholesterol 0mg    0%

Sodium 80mg    3%

Total Carbohydrate 18g    6%

Dietary Fiber 1g    4%

Sugars 13g

Protein 2g

Vitamin A 2%    • Vitamin C 0%

Calcium 0%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories    2,000    2,500

Total Fat    Less Than 55g    60g

Saturated Fat    Less Than 20g    25g

Cholesterol    Less Than 300mg    300 mg

Sodium    Less Than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Discussion: Name the changes you see.

Here are the nutritional. Name the changes you see.

Hint: lower calories, lower fat, lower sodium

Overall savings: 40 calories, 5g fat, and 70mg sodium per serving



## How can you change this recipe?

Creamy Spinach Sausage Pasta Recipe | courtesy of Taste of Home

YIELD: 5 servings

- **Ingredients**

- 3 cups uncooked rigatoni or large tube pasta
- 1 pound bulk Italian sausage
- 1 cup finely chopped onion
- 1 can (14-1/2 ounces) Italian diced tomatoes, undrained
- 1 package (10 ounces) frozen creamed spinach, thawed
- 1 package (8 ounces) cream cheese, softened
- 2 cups (8 ounces) shredded part-skim mozzarella cheese, divided

- **Nutritional Facts**

- 1-2/3 cups equals 662 calories, 37 g fat (20 g saturated fat), 112 mg cholesterol, 1,362 mg sodium, 50 g carbohydrate, 4 g fiber, 33 g protein



Discussion: Chat as a group.

Hints: use whole-wheat pasta, use reduced-fat sausage or lean ground meat, use reduced-sodium tomatoes, use plain spinach instead of creamed, use reduced-fat cream cheese

## How can you change this recipe?

Peanut Butter Chocolate Dessert Recipe |courtesy of Taste of Home

YIELD:12-16 servings

- **Ingredients**

- **Crust**

- 20 chocolate cream-filled chocolate sandwich cookies, divided
- 2 tablespoons butter, softened

- **Filling**

- 1 package (8 ounces) cream cheese, softened
- 1/2 cup peanut butter
- 1-1/2 cups confectioners' sugar, divided
- 1 carton (16 ounces) frozen whipped topping, thawed, divided
- 15 miniature peanut butter cups, chopped
- 1 cup cold milk
- 1 package (3.9 ounces) instant chocolate fudge pudding mix



- **Nutritional Facts**

- 1 serving (1 piece) equals 366 calories, 21 g fat (11 g saturated fat), 22 mg cholesterol, 307 mg sodium, 40 g carbohydrate, 1 g fiber, 5 g protein.

Discussion: Chat as a group.

Hints:

**Crust:** Use chocolate graham crackers instead of cream-fill cookies, reduce butter, remove crust entirely or sprinkle crusted cookies on top (no butter)

**Filling:** reduced-fat cream cheese, reduce sugar by half, reduced-fat whipped topping, fewer peanut butter cups, specify for fat-free or 1% milk, try sugar-free pudding mix

## **Conclusion**

- Make one change at a time.
- Focus on ways to improve nutrition
- Enjoy your desserts but in small portions