



RECIPE MAKEOVER

Giving your favorite family recipes a nutritional makeover can help you cut down on fat (especially the undesirable saturated type), include more of the right carbohydrates, and incorporate foods known to fight chronic diseases.

The following tips are particularly useful if you are watching your waistline, have insulin resistance, diabetes, or a high cholesterol level.

- ▶ Use calcium-fortified soy milk when mashing vegetables instead of butter/margarine and full-cream dairy milk. Go for low-fat if you're watching your weight. Note that steamed new potatoes eaten with their skins on are much better for your blood sugar than ordinary mashed white potatoes.
- ▶ Use low-fat evaporated milk whenever you need to make creamy sauces such as mushroom stroganoff.
- ▶ Use low-fat smooth (not set) yogurt instead of sour cream as a topping or in salad dressings.
- ▶ Make a delicious cashew-nut cream to replace the dollop of dairy cream frequently served with desserts. Puree cashews in a blender with some canned pears (no juice) and a drop of pure vanilla essence.
- ▶ Swap grated cheese with a topping of smooth ricotta or creamed cottage cheese when making lasagna

or a baked casserole.

- ▶ Use extra-virgin olive oil, peanut oil, avocado oil, or nut-based oils in cooking, but avoid deep fat frying as much as possible.
- ▶ Make your own sweet-potato wedges (oven baked) to replace potato chips.
- ▶ Substitute TVP (textured vegetable protein) for some or all the minced meat when making spaghetti bolognese or burgers. TVP comes from soy beans.
- ▶ Add red lentils to soups to thicken them.
- ▶ Try using soy sausages instead of lean meat or chicken sausages.



Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See www.sueradd.com for more nutrition information.