

Cooking: Finding a Healthier Food Substitution

By Chef Dave Fouts

Finding the perfect substitution when it comes to providing a healthier alternative to you or your family's meal plan is a great way to decrease calories, while increasing flavor and nutrition.

It is important to understand that not all substitutions are created equal, and while it may save you calories from fat, it can possibly increase calories in other areas such as sugar and sodium.

Product labels are designed to sell. Understanding how to read the back of the labels where the nutritional information is located will help keep your pantry free of unhealthy substitutions.

The front product label is usually colorful and highlights words such as “natural,” “10 percent more,” “now with more fiber,” “made with less sugar” and “fat-free.” Although these claims are true, what they are not telling you is in most cases, they have increased other areas of the formulation to bring back flavor that was lost during the making of the product. Like I mentioned above, generally its sugar and/or sodium increased, especially in fat-free and low-fat products.

Useful Tips

The market is filled with new products on a monthly basis, and in the past few years I have come across a few that are worth mentioning. In general, when it comes to salad dressing, always use vinaigrette dressing instead of cream-based.

However, new products I like even more are the vinegar-based spray salad dressings. These add a ton of flavor with that the added benefit of no calories or fat.

In addition, the “I Can’t Believe it’s not Butter” spray is another alternative and adds almost no calories or fat, but covers your food and adds flavor.

Eggs are healthy, but do contain saturated fat, so another alternative would be just to use the egg whites. In addition, egg substitutes can also be used instead of whole eggs. Egg substitutes are made from real egg whites with the benefits of added vitamins and minerals. The yellow color comes from beta carotene being added.

As for cheese, if a recipe calls for one cup of cheddar cheese, substitute with low-fat cheese, or use a sharper cheese, but only use a ½ cup. I do not, however, recommend fat-free cheese. It will not melt and lacks flavor.

Sour cream and cream cheese are generally used as a garnish or in small amounts. So where above I recommend low-fat items, with these two food products, fat-free works better because you will not be consuming a lot of it.

The next page contains a list of healthy substitutions. And as always, **Cook Smart!**

Chef Dave Fouts

Chef Dave Fouts is known as the world's premier culinary expert for weight-loss surgical patients. He also wrote the new “Walk from Obesity Cookbook” (see next page). For more information, please visit www.chefdave.org.

Substitutes & Alternatives for Cooking

Sour Cream Substitutes

Plain low-fat yogurt
Fat-free sour cream

Full-fat Cheese Substitutes

Low-fat, skim-milk cheese
Cheese with less than 5 grams of fat per ounce

Ricotta Cheese Substitutes

Low-fat or cottage cheese
Nonfat or low-fat ricotta cheese

Ground Beef Substitutes

Extra lean ground beef
Lean ground turkey or chicken

Sausage Substitutes

Lean ground turkey
95 percent fat-free sausage

Mayonnaise Alternatives

Low-fat mayonnaise

Sugar Alternatives

Sugar substitute

White Rice Alternatives

Brown rice
Whole barley
Bulgur
Kasha
Quinoa
Whole wheat couscous

Milk/Cream Alternatives

2 % or skim milk
Fat-free half and half

Iceberg Lettuce Alternatives

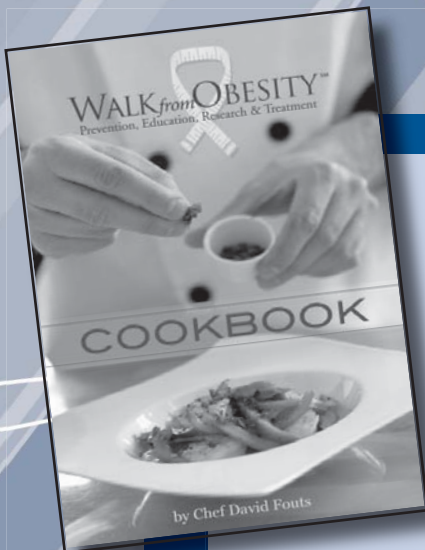
Romaine lettuce
Endive
Fresh spinach
Field Greens

Butter Alternatives

Low-fat margarine
Spray margarine

Oils Alternatives

Olive oil
Canola oil
Vegetable oil



WALK from OBESITY™ Cookbook

The *Walk from Obesity* is excited to debut the official *Walk from Obesity Cookbook*. The proceeds from this cookbook directly benefit the *Walk from Obesity*.

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OAC Membership

Building a Coalition of those Affected

About OAC Membership

The OAC is a grassroots organization and was created to bring together individuals impacted by the disease of obesity. One of the first steps to getting involved and making a difference is to become a member of the OAC.

Membership allows the OAC to build a Coalition of individuals impacted, bringing a unified voice in obesity. These are the individuals that make up OAC's membership:

- Those who are currently struggling with their weight, whether obese or morbidly obese
- Those who are seeking treatment for their obesity
- Individuals who have successfully and/or unsuccessfully treated their obesity
- Friends, coworkers and family members of patients
- Professionals whose work is dedicated to those affected
- Organizations that support efforts in obesity

You probably find yourself fitting into one of the categories above. This is because obesity affects just about every person in the U.S. and directly impacts more than 93 million Americans. With this number continuing to grow, so must our voice. And that is where **YOU** become an important part in what the OAC strives to do.

Membership Categories and Benefits

The OAC wants **YOU** to be a part of what we do. No matter how you're impacted, having individuals join our efforts who believe in making a difference is essential. That's why the OAC offers various member categories, so you can get involved at your desired level.

Several valuable benefits also accompany your OAC membership, including an annual subscription to OAC News. Each membership category offers something different. To learn more about membership benefits, please visit the OAC Web site at www.obesityaction.org.

Not ready to join the OAC as a paid member?

You can become a "Friend of the OAC" and still have your voice be heard. When joining the OAC in this category, you can get involved in our efforts while receiving electronic benefits. There is no charge to become a "Friend of the OAC." To sign-up, check the box below and complete the application.

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Membership Application

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- OAC Chairman's Council: \$1,000 and up

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