

Healthy Ingredient Swap

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How to use these slides – “read the notes in quotation marks”, **the notes in bold are actions facilitators should take**, and *italicized notes are suggestions to make your session as accessible and inclusive as possible!*

- “Discover good-for-you ingredient substitutions that preserve the deliciousness of your favorite recipes!”

**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.**



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Agenda

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



- **Welcome participants and allow all facilitators to introduce themselves. You should also take care of any housekeeping items (closest bathroom, water fountain, etc.) at this time. Give a brief description of today's educational experience (objectives on next slide)**
- *To go above and beyond, you can create a schedule breakdown with time stamps and pictures. It is helpful to hang copies of the schedule in the learning space. This helps you keep on track and helps participants know what to expect. For example:*
 - *1:00-1:10 Introduction*
 - *1:10-1:20 Demonstrate Content (i.e. Healthy Swap Tips)*
 - *1:20-1:40 Activity (i.e. Healthy Ingredient Swap Activity)*
 - *1:40-1:50 Recap/ Handout Review*
 - *If needed, 1:40-1:45 Break*
 - *1:50-2:10 Goal Setting*

Learning Objectives

- Identify and choose healthy ingredient and snack substitutions.
- Create a healthier version of a dip recipe using tasty substitutions.



Explain the expected outcomes

Ice Breaker

- **Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the Welcome Toolkit or choose your own!**
 - <https://www.heart.org/-/media/files/healthy-living/company-collaboration/welcome-toolkit.pdf>
- *When choosing an ice breaker, the activity should allow multiple ways to participate and be included.*
- *Allow individuals to write/draw/verbally communicate their responses.*
- *For example, an activity that requires lots of physical movement might not be inclusive for people with physical disabilities.*



- **Play video for Healthy Recipes Swaps (1:50)**
 - <https://www.youtube.com/watch?v=UglZdr9CwgE>
 - *Ensure that closed captioning is on for the video as it plays.*
- This video teaches about ingredient swaps, which are an easy way to improve the healthfulness of meals. Check out some simple ideas that won't cut out great taste.

Control What Goes Into Your Body

- Healthy cooking
- Smart shopping
- Swap common ingredients for healthy options



- “Healthy home cooking and smart shopping puts you in control of what goes into your recipes and your body! Swapping in healthier alternatives for common ingredients can make some of your family favorites more nutritious yet still delicious!”

Healthy Swap #1:

- Butter
- Lard
- Margarine
- Coconut Oil

Swap for

- Olive Oil
- Avocados
- Nut Butters
- Salmon
- Sunflower Seeds



- “You can cut down on saturated and trans fats, which are bad for your heart, by choosing nontropical vegetable oils (monosaturated and polyunsaturated oils), such as canola, corn or olive. Use these oils instead of ingredients high in saturated fats, such as butter, lard, hard stick margarine or tropical oils (palm or coconut oil). Eat more foods like avocados and nut butters, which have good fat (monounsaturated), and salmon and sunflower seeds, which have good fat (polyunsaturated).”
- *If you have, hold up an example of food containing monounsaturated fat and then an example of food containing polyunsaturated fat.*

Healthy Swap #2:

- Canned Veggies and Beans



- No-Salt-Added *or* Low-Sodium *or* Rinse and Drain



- “Buy no-salt-added or low-sodium versions of canned vegetables and beans. If you can’t find them, rinse and drain regular canned vegetables and beans in a colander to get rid of excess sodium.”
- *If you have, hold up no-salt-added or low-sodium canned beans or vegetables.*

Healthy Swap #3:

- Frozen Fruit with Added Sugars
- Canned Fruit in Syrup

Swap for

- Unsweetened Frozen Fruit
- Canned Fruit in Water



- “Choose unsweetened frozen fruits. Choose canned fruits packed in water or their own juice rather than syrup.”
- *If you have, hold up a bag of unsweetened frozen fruit or a can of fruit packed in water or its own juice.*

Healthy Swap #4:

- Butter
- Shortening

Swap for

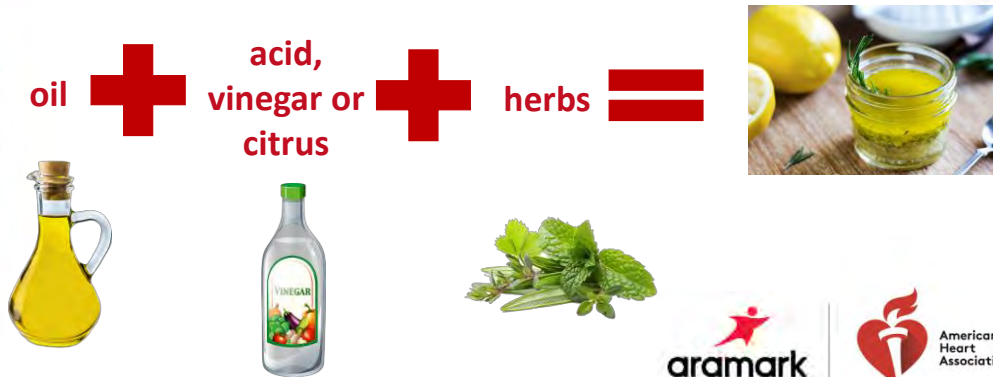
- Olive Oil
- Corn Oil
- Canola Oil



- “Instead of greasing bakeware with butter or shortening, lightly spray it with a cooking spray made with nontropical oils (olive oil spray, for example). And, use 1-2 teaspoons of nontropical oil in skillets instead of melting butter for cooking.”
- *If you have, hold up cooking spray (made with nontropical oil).*

Healthy Swap #5:

Make your own salad dressing!



- “Make your own salad dressings by mixing a healthier oil, such as olive oil, with vinegar and herbs. The general rule for a homemade dressing is one-third acid, vinegar or citrus to two-thirds oil.”
- *If you have, hold up olive oil, vinegar and herbs.*

Healthy Swap #6:

White Flour



Swap for

Whole-wheat Flour



- “Look for whole-grains and the lowest sodium available products when you buy things like bread, pasta, crackers and snacks.
- Here are a few examples of some simple swaps you can try
- Whole-wheat flour for white flour. For every cup of white flour, substitute 7/8 cup whole-wheat flour.”
- *If you have, hold up whole-grain and lowest sodium available product examples.*

Healthy Swap #7:

Red Meat

Swap for

Skinless Poultry and Fish



- “Choose skinless poultry and non-fried fish and limit red meat (always look for leaner cuts and trim away all visible fat before cooking).”

Healthy Swap #8:

Butter



Swap for



Unsweetened Applesauce









- “Unsweetened applesauce for butter. If your recipe calls for one cup of butter, substitute 1/2cup of unsweetened applesauce and 1/2cup of a nontropical oil. You can even swap in applesauce for some of the sugar in cookies, muffins or pancakes!”
- *if you have*, **hold up unsweetened applesauce.**

Healthy Swap #9:

Sugar **Swap for** ½ Sugar + Vanilla Extract



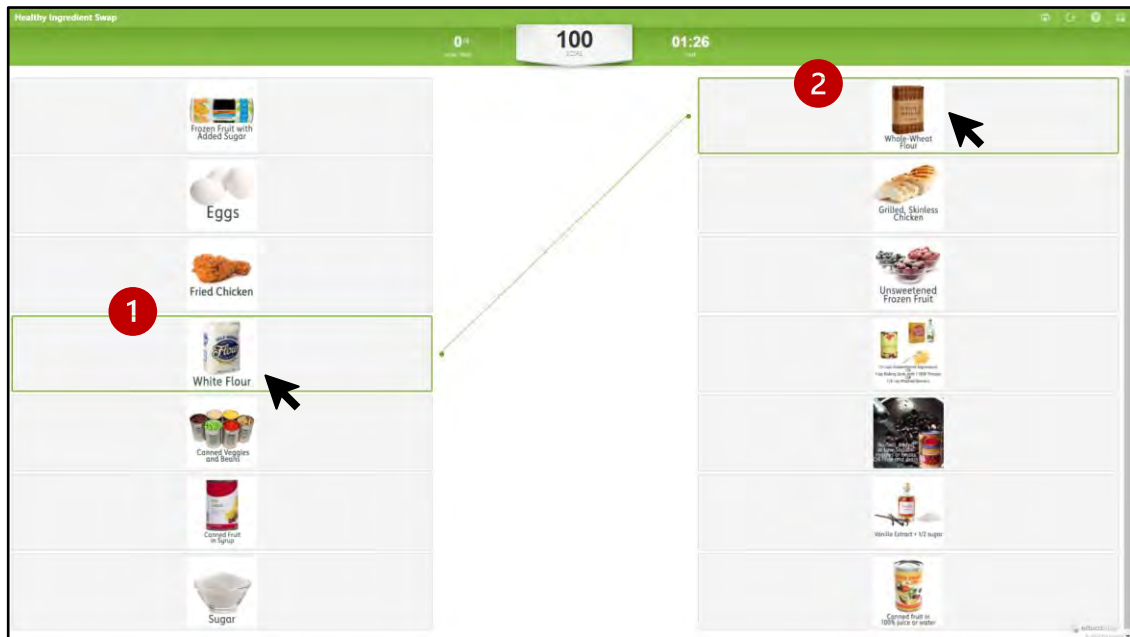
Butter or Oil **Swap for** Mashed Banana



- “Vanilla extract for sugar is another good alternative. Cutting sugar in half and adding a teaspoon of vanilla extract adds a lot of flavor with significantly fewer calories.
- Try mashed banana instead of butter or oil. Use one cup of mashed banana in place of one cup of butter or oil. You can make an easy chocolate pudding using an avocado, banana and a dash of unsweetened cocoa powder. All of these swaps preserve the deliciousness of your recipes, while creating a healthier and more nutritious finished product.”



- **Play video for Creamy Spinach Feta Dip (3:35)**
 - <https://www.youtube.com/watch?v=eTVj2CmRX0s>
 - *Ensure that closed captioning is on for the video as it plays.*



This slide is meant to provide a visual cue to explain the expectations of the activity. **Share the link(s) below with participants and give them 5 minutes or less to match the unhealthy ingredient on the left with the healthier option on the right. Note that eggs are not “unhealthy” but they are a common food allergy.**

If the internet is not available, share the “Healthy Ingredient Swap Activity” handout with participants.

Healthy Ingredient Swap Activity: <http://bit.ly/HFLHealthySwaps>

Healthy Ingredient Swap Activity handout: <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/healthy-ingredient-swap-activity.pdf?la=en>

Divide up participants into teams. Pass out Creamy Spinach Dip worksheet (one per team).

- “Today’s activity invites you to compete as teams to come up with healthy alternatives to some of the ingredients in the recipe. As you can see on your worksheet, you will need to draw a line from each measurement on the left to its ingredient on the right. Note that not every ingredient will match a measurement.
- Once you identify the correct healthy ingredients for the creamy spinach dip, present your worksheet to me. If I approve your swaps, I will hand you a bag with the healthier ingredients and a healthy spinach dip recipe. You will work together to finish the appetizer and the team who finishes first, wins!
- Once everyone has finished making the recipe, divide the dip onto plates and share with your team.”

Creamy Spinach-Feta Dip



Creamy Spinach-Feta Dip

Makes 6 servings, 1/2 cup per serving
Per serving: 64 Calories; 1.5 g Saturated Fat; 207 mg Sodium

Ingredients

- 10 ounce package frozen, chopped spinach
- 1/2 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 fat-free 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 1/2 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, 1/2 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.

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.

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
 - Creamy Spinach Feta-Dip: <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/creamy-spinach-feta-dip.pdf?la=en>
 - *Recipes might need to be adapted based on ingredient availability and dietary restrictions.*



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- *Supplemental handout: “Life is Sweet” on page 6 of the Healthy Ingredient Swap lesson plan*
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sugar/life-is-sweet-with-these-easy-sugar-swaps-infographic>

 **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 cheese in the microwave for 10 seconds and drizzle it over ½ 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.

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.

Choose crisp apple varieties, such as Braeburn, Honey Crisp, Fuji and Gala. Cortland, Red Delicious or Rome can be softer, so won't be your best choices for a crunchy texture.

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.

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.

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- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- *Supplemental handout: “Conquer Cravings” on page 7 of the Healthy Ingredient Swap lesson plan*
 - <https://www.heart.org/en/healthy-living/healthy-eating/losing-weight/conquer-cravings-with-these-healthy-substitutions>



- **Discuss what a “SMART” goal is.**
 - Specific -- clearly defined
 - Measurable -- able to be measured (numbers!)
 - Attainable -- achievable or within reach
 - Relevant -- appropriate or applicable
 - Time-Based -- given a due date
- *Supplemental video:*
 - *Achieve More by Setting SMART Goals (1:15)-*
<https://youtu.be/yA53yhiOe04>

SMART Goal Example

Goal:

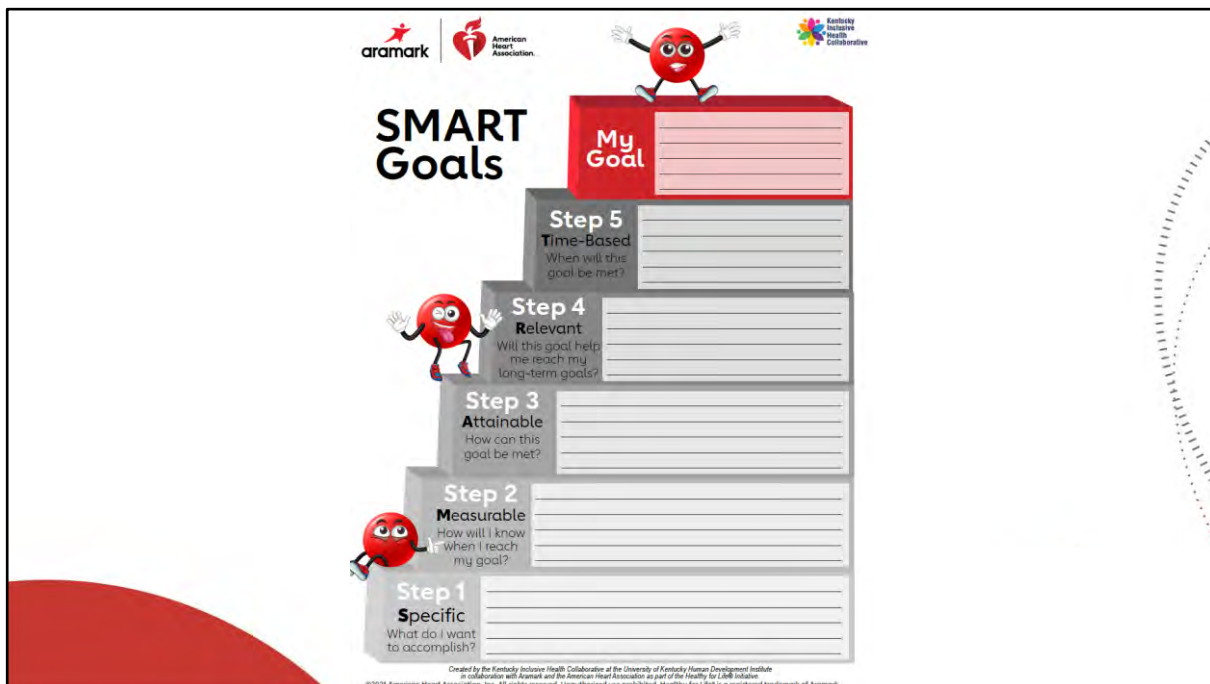
I will make healthy swaps for ingredients.

SMART Goal:

I will do meatless Monday, swapping meat for healthy plant-based ingredients.



- Engage in a goal setting activity.
- Provide an example of a non-SMART goal.
- Invite the group to discuss how to make it SMART.



- This slide is meant to provide a visual cue. To review the handout with participants, open the PDF or link in a separate window and share your screen. If participants have a printed copy, have them follow along.
- **Pass out “SMART Goal” handout to participants. If time allows, have participants fill out the handout and come up with their own SMART goal.**
 - <https://www.heart.org/-/media/healthy-living-files/healthy-for-life/kentucky-inclusive-health-collaborative-pdfs/smartgoals.pdf?la=en>



Questions?

- **Invite participants to ask questions.**

Thank You!



- **Thank participants**
- **If applicable, encourage them to join the next activity**
 - **Provide date/time/location if known**