



# The Top Foods To Swap, Substitute, Shrink, or Sneak-in to Reduce Added Sugars and Solid Fats in Your Diet

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The 2010 Dietary Guidelines provide key points to follow for an ideal eating plan. The guidelines reveal ways your daily diet could be contributing to excess weight gain and chronic diseases, or it can lead you to better health and vitality. It only takes a small change from what you are currently eating to put the right foods on your plate and in your mouth.

The 2010 Dietary Guidelines provide recommendations for foods we should be eating more often or less often. The bottom line is to keep calories in balance to maintain a healthy weight. This means you have to find foods to swap; replace the less healthful food options with better ones. You can still enjoy what you are eating while reducing or maintaining your weight and getting all of the nutrients your body needs to feel great.

Chances are, nearly a third of your diet consists of added sugar and solid fat. This means you are consuming far too much of the foods and drinks that are not good for your health or your waistline. The 2010 Dietary Guidelines strongly recommend a reduction in foods high in added sugar and solid fat.

Added sugars are sweeteners that do not occur naturally in the food you eat. For example, an orange is sweetened naturally. However, orange flavored sports drinks include added sugars (such as corn syrup), and this sweetener would have been put in during processing. These are the added sugars that should be reduced.

Solid fat is another name for saturated fat and trans-fat. Reducing the amount of saturated and trans-fat in your diet is recommended for better health. Fat that is solid at room temperature, such as shortening, margarine, lard, animal fat and skin, butter, and cheese, are all linked to an increased risk of cardiovascular disease. Fat that is liquid, such as oil, is healthier for you, and may reduce your risk of many chronic diseases. Liquid fat contains higher amounts of mono and poly unsaturated fat.

We have outlined the top foods to swap, substitute, shrink, or sneak-in this year. Making these changes will align your diet with current dietary recommendations.

## Top Contributors of Sugar to the American Diet

1. Sugar-sweetened beverages (49.7%)
2. Desserts (25.5%)
3. Ready-to-eat cereals (3.8%)

## Top Contributors of Solid Fats to the American Diet

1. Desserts (15.5%)
2. Eggs, bacon & sausage (10.8%)
3. Pizza (9.1%)
4. Hamburgers & fried potatoes (8.6%)
5. Butter, margarine, lard and shortening in pasta and Mexican food dishes. (8.5%)
6. Whole and low-fat milk (7.3%)
7. Chicken & beef (7%)

## Soda and Sweetened Beverages

Most of the sugar you consume probably comes from some form of a sweetened beverage. Did you drink a soda, punch, flavored water, sports drink, coffee drink, or other sweetened beverage yesterday? Check the label. Chances are you will find corn syrup, sugar, sucrose, cane sugar, or cane syrup listed as an ingredient. Not only does



this supply a constant source of food for the plaque bacteria growing on your teeth (which may lead to cavities), new research shows that our bodies don't quite calculate the calories from beverages the same as those from food. So this may be one of the biggest contributors to excess calories and weight gain.

Instead of...	Try...
Regular Soda	<b>Substituting!</b> Diet or Sugar Free Soda. If you are getting your soda from a fountain, start by mixing diet and regular together to adjust your tastes. Continue to alter the ratio for a few weeks until it is entirely sugar free. <b>Shrinking!</b> If you just can't make the change to diet, at least reduce the size of your cup.
Flavored Coffees	<b>Swapping!</b> Sugar Free or Unflavored Coffees. Order sugar free syrups instead. <b>Shrinking!</b> Ask for fewer flavored pumps/shots in your drink.
Flavored Waters	<b>Sneaking In!</b> Water. Flavored bottled waters usually contain sugar, fructose, or corn syrup. Instead make your own flavored water by placing a few slices of fruit in a glass with plain water and ice. You will sneak in some vitamins and minerals, while losing the added calories and sugar.
Sports Drinks	<b>Swapping!</b> Milk. Research has shown that milk may be more effective for exercise recuperation than sports drinks.
Punches	<b>Swapping!</b> Juice. Grab the pouch or box labeled "100% juice," not "fruit flavored" or "fruit drink". The kids won't taste the difference.

### Desserts (Baked, Dairy, and Candy)



The largest contributor of solid fat, and the second largest contributor of added sugar, to most American diets are desserts. This means cookies, cakes, pies, ice cream, and candy. Items that were once reserved for special occasions are now seen as a daily snack option and packaged accordingly. Handy single-serving boxes of cookies and individually wrapped ice cream bars can be found all throughout the local grocery store and convenience market. Put these foods back in their place as a special occasional treat. It will make your birthday cake that much sweeter.

**Shrinking!** Reduce your portions! Try sharing desserts with a friend. At home, slice your cakes and pies into smaller pieces. Make your cookies smaller and portion out only one scoop of ice cream. Buy smaller packages of candy and reduce how often you eat them.

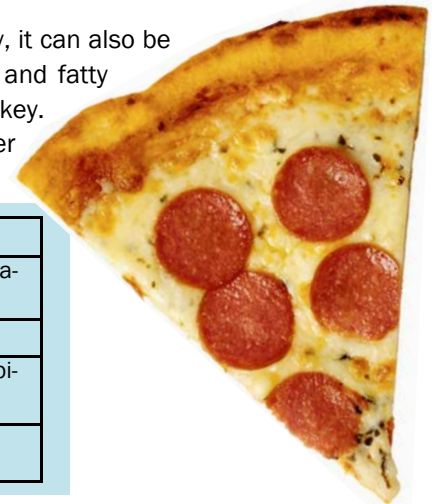
**Substituting!** When you make these treats yourself, replace butter with oil or non-hydrogenated margarine. Reduce the amount of sugar in the recipe, or use applesauce to replace some of the fat.

**Swapping!** Choose healthier options for your mid-afternoon snack or Little League game hand-out.

Instead of...	Try...
Cookies	<b>Swapping!</b> Graham crackers, whole grain crackers topped with all natural fruit preserves, or light Kettle style popcorn
Cakes/cupcakes/snack cakes	<b>Sneaking-In!</b> Choose recipes that use canola oil or applesauce.
King sized candy bar	<b>Shrinking!</b> Individually wrapped fun size candies
Ice Cream	<b>Substituting!</b> Try a fruit sorbet or frozen juice bar when you want something cold and sweet. If it must be ice cream, try a lower fat version, and limit the size and number of scoops.

### Pizza

Pizza is a favorite food, and can be quite nutritious if prepared healthfully. Unfortunately, it can also be one of the most common ways you are putting saturated fat into your body. Cheese and fatty meats are full of solid fat, so swapping your toppings and shrinking your cheese is the key. Next time you call for delivery, or choose a frozen pie at the grocery store, make a better choice.



Instead of	Try...
Fatty meats, such as pepperoni, salami, sausage, or ground beef	<b>Swapping!</b> Lean meats, such as chicken and Canadian bacon
Extra cheese	<b>Shrinking!</b> Light cheese
All meat	<b>Sneaking-In!</b> Hawaiian, BBQ chicken, or any combination of fruits and vegetables.
Pan Pizza/Thick Crust Pizza (which is often fried)	<b>Swapping!</b> Thin, whole wheat or flat bread crust

### Whole and Reduced Fat Milk

A simple switch from whole milk to 2% milk can make a big difference in your health and the health of your family. Whole milk has the same nutrition as 2%, 1% and non-fat milk, but has more saturated fat, a fat we should all consume less.



You can combine whole milk with 2% milk in an empty, cleaned milk container to gradually get your taste buds use to the switch. Over time you won't notice the difference. By switching from whole milk to 2% milk you will save yourself 3 grams of total fat and 2 grams of saturated fat per 8 ounce serving. By switching from

2% to 1% milk you will save another 2.5 grams of fat and 1.5 grams of saturated fat per 8 ounce serving. Nonfat milk has no total or saturated fat, just like the name states. Here are a few moretricks to make the switch a success.

**Swapping!** 2%, 1%, or nonfat milk for whole milk.

**Substituting!** Replace some of your whole milk with a lower fat milk until your tastes adjust. Continue to adjust the ratio until you are drinking only low fat milk. Then try to reduce to the next lowest type.

**Shrinking!** Adjust your portion from a large glass of milk to a smaller one. Choose nonfat yogurt as a snack so you still get all of the vitamins you need from dairy foods.

## Hamburgers & Fried Potatoes



Burgers, one of the all American classic favorite foods, are not only delicious, but are nutritious if prepared healthfully. Most of us enjoy the traditional ¼ pound burger with cheese, served with a side order of fries. But, the burger and fries we're eating contain excessive amounts of calories and saturated fat. Also, be wary of the marinated burgers. These often tend to be highest in calories.

You can reduce your fat consumption by reconsidering the type of meat you choose when making a hamburger at home, or purchasing a smaller size when eating out. And you may want to substitute the slice of cheese and fries to make the meal even healthier.

Instead of...	Try...
Traditional ground beef	<b>Swapping!</b> Leaner ground beef, ground turkey, soy patty, or ground chicken
Cheese	<b>Swapping!</b> Low fat cheese when making at home, or opt not to include in restaurants
Fried onion rings on the burger	<b>Sneaking-in!</b> Bell peppers, spring mix lettuce, pineapple, mango salsa, tomatoes, or fresh onions
Fries	<b>Swapping!</b> Fresh vegetable, fruit salad, or plain baked potato

## Sweetened Cereal

Cereal is synonymous with breakfast in many households. It is a fast and convenient way to fuel up before heading out the door. It can also be a fast way to add sugar. Make sure to follow a few simple steps to get the most out of your morning meal.

**Start** by reading the Nutrition Label on the cereal box. Look for calories per serving and grams of sugar.

**Substituting!** Purchase a lower sugar cereal. Look for one with less than 8 grams (ideally less than 6 grams) per serving. While your palate adjusts, mix your old high sugar version in the same bowl with your new cereal, adjusting the ratio each time until it is all lower in sugar.

**Sneaking-in!** Add fruit to sweeten the switch to low sugar cereal. If it is hard to part with the sweetness, opt for the lower sugar cereal but add fresh banana slices, raisins, dried cranberries, or fresh berries to add a little sweetness, more fiber, vitamins and minerals.

**Swapping!** Ditch that giant cereal bowl. By switching to a smaller bowl, you will cut out extra calories and sugar and still feel satisfied.



## Beef & Chicken

Many cuts of meat are high in saturated/solid fat. Chicken and beef are favorite foods for many and they can be prepared in a lean way. It seems everyone has a specific way of preparing them, whether a favorite recipe or an old family tradition.

Chicken can be purchased in many different forms, from wings and thighs, to boneless, skinless chicken breasts. Different cuts and preparation styles will determine whether the chicken entrée is going to be a healthy protein source or full of extra fat. When preparing beef, choose lean cuts, and be sure to trim off all visible fat

**Shrinking!** Reduce your portions. A serving of meat should be no more than 3 ounces. This is about the same size as a deck of cards or the palm of your hand.

**Swapping!** Use plant and seafood protein sources. Foods such as beans, nuts, seeds, and fish, which are oil based, contain more mono and poly unsaturated fat. They may also contain Omega-3 fat, which is good for you as well. Swap for beef or chicken once or twice a week.

Instead of...	Try...
Frying	<b>Swapping!</b> Baking, sautéing, or barbecuing
Cooking with skin on	<b>Shrinking!</b> Remove the skin before eating and discard
Dark meat cuts	<b>Swapping!</b> White meat
Fatty or marbled cuts of beef	<b>Swapping!</b> Leaner cuts without visible fat
Topping with butter or gravy	<b>Substituting!</b> Spices such as pepper, garlic powder, chili powder, or lemon seasoning.





## Butter, Margarine, Lard and Shortening

Instead of...	Try...
Butter (Animal fat - from milk) Margarine (Plant fat)	Olive or canola oil when sautéing, applesauce or pureed prunes when baking, no trans-fat margarine when you are spreading
Lard (Animal fat - from pork) Shortening (Plant fat)	Vegetable oil when frying, applesauce or pureed prunes when baking

Fats contribute flavor and tenderness to your pasta, Mexican, and other dishes, but excessive consumption could be detrimental to your health. Dietary fats are found in both animal and plant food sources. Saturated fat is often found in animal food products and trans-fat is often found in plant sources that have been hydrogenated to extend product shelf life.

Butter, lard, margarine, and shortening are considered ‘solid fats’, which are solid at room temperature and therefore contain a higher percentage of saturated or *trans* fats. These types of solid fats contribute to “bad” cholesterol levels. Oils containing unsaturated fats are liquid at room temperature and promote “good” cholesterol levels.

**Shrinking!** Always check the Nutrition Facts label for grams of saturated fat and trans fat. Select a product with the low-

est combined amount. It is important that we use our favorite solid fat cooking ingredients sparingly.

**Substituting!** If you do not like the taste of margarine, or do not wish to give up butter completely, consider using a light butter instead.

**Sneaking-In!** Select a product with a blend of butter and olive or canola oil. Typically, per serving, these products have less fat and calories than regular butter.

**Swap!** Replace the solid fat used in cooking with oil. This will provide the “good fat” you need.



## Breakfast Meats and Eggs



Eating a nutritious breakfast is essential to recharge your brain and body for the day’s activities, however, some popular breakfast choices can be sneaky suppliers of solid fat. Eggs, sausage, and bacon are some of the worst offenders. Paying close attention to nutrition labels will help you make nutritious choices when looking for breakfast foods.

Be sure to check the amount of fat for each product, as they can vary greatly by brand. Replace foods high in saturated fat with those containing monounsaturated or polyunsaturated fat (the good kind) instead.

Instead of...	Try...
Sausage (pork or beef)	<b>Substituting!</b> Opt for turkey or chicken sausages or pick up a package of lean or fat-free sausage. Try vegetarian sausage substitutes – these plant-based sausages are low in fat, and especially low in saturated fat. <b>Shrinking!</b> Can’t make the substitution? Reduce the serving size – eat only one link instead of two, or split a patty with your child. <b>Sneaking-in!</b> Try making your own sausage at home with lean meats! This is a great way to control ingredients and portion sizes. Mix in herbs or fruit to get an extra kick of flavor!
Franks	<b>Swapping!</b> Try fat-free or lean franks to keep the flavor and lose the fat!
Bacon	<b>Substituting!</b> Turkey and Canadian bacon are great lean meat substitutes. <b>Shrinking!</b> Instead of frying bacon in a pan, try cooking it on a wire rack in the oven to drain the fat
Eggs and egg mixed dishes	<b>Substituting!</b> Egg whites and egg substitutes contain no fat. <b>Shrinking!</b> Don’t like eating only egg whites? Try reducing the number of whole yolks, such as using one whole egg and one egg white in an omelet.

