HEALTH meets FOOD™

Portion Sizes

Use these everyday objects as guidelines for correct portion size.

3 ounces meat = deck of playing cards



1 medium fruit = tennis ball



3 ounces fish = checkbook



1 cup chopped raw vegetables or fruit = baseball



1.5 ounces cheese = 4 dice



2 Tbsp. peanut butter = ping pong ball



1 average bagel = hockey puck



1 teaspoon oil or butter = tip of thumb



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Making Substitutions

Replace butter or shortening in your baked goods with mashed bananas, unsweetened apple sauce, raisin puree, or legumes. Best candidates for using these substitutions include:

- Muffins
- Cakes and brownies
- Chewy cookies
- Pancakes and waffles

Starchy fruits, vegetables, dairy, and legumes are great for reducing or replacing fats. They act really well in the place of solid fats. Some natural fat replacements include:

- Black beans (great for brownies)
- Dates (good for baked goods)
- Prune Paste (good for baked goods)
- Bananas (great for ice cream and baked goods)
- Pureed berries (pectin acts as thickener)
- Applesauce (great for baked goods)
- Avocado (good for uncooked thickened product like mousse)
- Yogurt (good for dressings, baked goods, etc.)
- Root Vegetables (Sweet potatoes, Carrots, Squash, etc)

Oils can be used to replace solid, saturated fats. However, these fats may require some of the liquid in the recipe to be reduced. These may not work in all applications, so think through your recipe carefully before changing the fat source.

Try:

- Olive oil
- Vegetable oils
- Grape seed oil
- Flaxseed oil
- Sunflower oil (high in linoleic acid - omega 6)
- Safflower oil (high in linoleic acid)

Instead of:

- Butter
- Shortening
- Lard
- Coconut oil (not a bad choice, but still a solid saturated fat)

*Always check the smoke point of your oil if you're replacing or substituting an oil for cooking.

There are multiple ways one can reduce fat in a recipe that can lower the need for fat overall:

- Use lean cuts of meat without skin
- Trim fat from meat
- Use complementary plant based proteins instead of meat
- Choose low fat dairy
- Use flavor concentrated oils

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