

Daily Dining Dilemmas

TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS

Healthy Ingredient Substitutions: Reduce Sugar and Sodium



SUGAR

- Reduce called-for sugar by 1/4 to 1/3 in baked goods & desserts. Add cinnamon, vanilla extract, or almond extract for sweetness.
- Replace sugar with sugar substitute. *Refer to sugar substitute label for conversions. This method is trial and error. It may not work for all recipes.

SUGAR

- Find plain yogurt and add fruit, instead of fruit-flavored yogurt.
- Use unsweetened frozen fruit.
- Use canned fruits in water or its own juice.

SEASONINGS

- Mix your own seasoning blends with reduced salt.
- Use herb only seasonings, rather than seasoning salt.

Sources: <https://extension.umaine.edu/publications/4167e/> ; <https://www.mayoclinic.org/>

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