



# Family Nutrition In Action

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## No Fat Baking with Applesauce and Prune Puree



Nowadays, there are choices available for those who want to bake but don't want to use butter, margarine or oil. Applesauce and prune puree are two choices which work in brownies, cakes, quick breads, muffins and cookies.

### How do I use applesauce in place of the fat in baked goods?

Try substituting half of the fat with applesauce, up to  $\frac{1}{2}$  cup. For example, if the recipe calls for 1 cup of fat, use  $\frac{1}{2}$  cup applesauce and  $\frac{1}{2}$  cup butter, margarine, oil or shortening.

You can substitute  $\frac{1}{3}$  cup of applesauce for the oil in regular boxed cake mixes. Some boxed cake mixes list low fat baking ingredients and instructions using applesauce in place of the oil in the regular fat version.

### Prune puree



Prune puree or fruit puree is another substitute for fat in baking. Make your own pureed prunes (see below), buy puree in the form of baby food (select jars

labeled "first stage") or buy a fruit puree (such as "Lighter Bake™" - a prune and apple mixture\*) at the store.

### How do I use prune (fruit) puree in place of the fat in baked goods?

To substitute: Try omitting the fat in the recipe and replace with  $\frac{1}{2}$  that amount of puree. For example, if the recipe calls for 1 cup of fat, use  $\frac{1}{2}$  cup puree. You may need to experiment before you get a product you are happy with. You can start out by keeping  $\frac{1}{3}$  of the original fat in the recipe and replacing the rest with puree. Then, begin to use recipes that use half the amount of puree for the fat (adding a tablespoon or two of fat back to the recipe may improve your final product).

### Making your own prune puree:

Combine 8 ounces (1  $\frac{1}{3}$  cups) pitted prunes and 6 tablespoons hot water in food processor. Process until smooth. Makes 1 cup. Store in refrigerator for 1 - 2 months.

### How do I use prune puree in place of the fat in baked goods?

Use in chocolate-flavored baked products such as brownies and cakes (for a sweet and chewy texture) or carrot cake and gingerbread. Purees work best in recipes

with other wet ingredients such as honey, milk, molasses and eggs.

*\*Brand names do not imply endorsement.*

*References:*

California Prune Board, Department M, PO Box 10157, Pleasanton, CA 94588.

"Fake and Bake," *Eating Well*, March/April 1997.

"Reducing Fat in Baked Goods," *The American Dietetic Assn.*

"Substitute Teaching," *Eating Well*, September 1997.

*Fact sheet by: Ellen Schuster at Oregon State University Extension Home Economics. Web site accessed on January 03, 2001.*

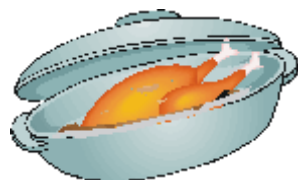
[http://osu.orst.edu/dept/ehe/nutrition.htm#\\_NutriFocus](http://osu.orst.edu/dept/ehe/nutrition.htm#_NutriFocus)

**Nutrition-related recommendations  
from  
The American Heart Association  
... for a Healthy Heart ...**

● **Chicken Skin**

The American Heart Association recommends removing the skin from chicken, turkey and other poultry before cooking to lower the fat (especially saturated fat and cholesterol). Even though there has been studies that challenge this recommendation, USDA data shows that chicken with skin is higher in fat than chicken without skin.

Until sufficient data are available, the American Heart Association continues to recommend that chicken skin be removed before cooking, except when roasting. In the case of roasting, the skin should be removed before eating.



● **Sodium**

Healthy American adults should reduce their sodium intake to no more than 2,400 milligrams per day. This is about 1¼ teaspoons of table salt.



**What are the common sources of sodium?**

Foods: Be aware of both natural and added sodium content in foods. When you buy prepared and packaged foods, read the labels. Words like "soda" (soda refers to sodium bicarbonate, or baking soda), "sodium" and the symbol "Na" on labels mean that these products contain sodium.

Drugs: Some drugs contain large amounts of sodium. Make it a practice to read carefully the labels on all over-the-counter drugs. Look at the ingredient list and warning statement to see if sodium is in the product. If in doubt, ask your physician or pharmacist if the drug is OK for you to use.

**How can I reduce the sodium in my diet?**

- Choose fresh, frozen or canned food items without added salts.
- Select unsalted nuts or seeds, dried beans, peas and lentils.
- Avoid adding salt to homemade dishes.
- Select unsalted, fat-free broths, bouillons or soups.
- Select low-sodium, low-fat cheeses.
- Learn to use spices and herbs to enhance the taste of your food.

## TRANS Fatty Acids

Is butter better than margarine? Recent studies on the potential cholesterol-raising effects of *trans* fatty acids have raised public concern about the use of margarine. The public even considered if other options, including butter, might be a better choice. Because butter is rich in both saturated fat and cholesterol, it's a food that can cause the blockage of arteries. Most margarine is made from vegetable oil and provides no dietary cholesterol. The more liquid the margarine, i.e., tub or liquid forms, the less hydrogenated it is and the less *trans* fatty acids it contains.



### **The American Heart Association recommends that consumers follow these tips:**

- Use naturally occurring, unhydrogenated oil such as canola or olive oil when possible.
- When choosing processed foods, look for those made with canola or olive oil.
- Use margarine as a substitute for butter, and choose soft margarines (liquid or tub varieties) over harder, stick forms.
- Shop for margarine with no more than 2 grams of saturated fat per tablespoon and with liquid vegetable oil as the first ingredient.
- French fries, donuts, cookies and crackers are examples of foods that are high in *trans* fatty acids.

Source of information: *The American Heart Association*. Web site accessed on January 03, 2001.

[http://www.americanheart.org/Health/Diet\\_and\\_Nutrition/index.html](http://www.americanheart.org/Health/Diet_and_Nutrition/index.html)

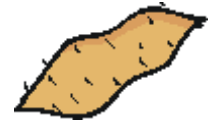
## February is National Sweet Potato Month.

### **Did you know that . . .**

- Sweet potatoes have four times the US Recommended Daily Allowance (USRDA) for beta-carotene when eaten with the skin on.
- Sweet potatoes are a great source of vitamin E, and they are virtually fat-free. Just two thirds of a cup of sweet potatoes provides 100% of the USRDA for Vitamin E, without the unwanted fat.
- Sweet potatoes provide many other essential nutrients including Vitamin B6, potassium and iron.
- Sweet potatoes are a good source of dietary fiber which helps to promote a healthy digestive tract.

### **Sweet potatoes or yams: What's in a name?**

When it comes to the yam, a bit of confusion. What is marketed in the United States as "yams" are really a variety of sweet potato, grown in the South. A true yam is a starchy edible root generally imported to America from the Caribbean. It is rough and scaly and very low in beta carotene.



Yams in the United States are actually sweet potatoes with moist texture, orange flesh, and a sweet flavor. Other varieties of sweet potatoes are smooth with skins that can vary in color, depending on the variety, from pale yellow to deep purple to vivid orange. Flesh colors can range from light yellow to pink, red or orange. The white flesh types of sweet potatoes used to be the most common ones before the orange-flesh type was introduced to the market.

## **Creative Ways to Use Sweet Potatoes**

- Try a slaw made with sweet potatoes. Substitute sweet potatoes for cabbage in your favorite 'cole slaw' recipe.
- Try mashed sweet potatoes instead of pumpkin pie in your favorite holiday pie. Once you try it you'll be hooked.
- Make baked sweet potatoes instead of white potatoes. Sweet potatoes are much healthier and they are delicious topped with cinnamon and brown sugar.
- Substitute raw sweet potatoes for carrots in snacks, salads and soups.
- Sweet potatoes can also be substituted for potatoes, apples, or squash in almost any recipe.
- Sweet potato sticks cook quickly; they can be blended with chicken or beef in a fajita mixture.
- Saute thin strips of sweet potatoes with peppers, garlic and chili powder to serve with enchiladas.
- Saute thin strips of sweet potatoes with strips of ham and onion and add to

beaten eggs for an omelet.

- Sweet potatoes and fruit are a natural combo; try sweet potatoes with pineapple, banana, apples or pears.

*Source of information: North Carolina Sweet Potato Commission. Web site accessed on January 03, 2001.*

<http://www.ncsweetpotatoes.com/index3.html>

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## **How to Spend Less on Groceries:**

- Cold cuts cost less per pound at the deli counter.
- Purchase fresh, unpeeled, unwashed vegetables.
- Pre-packaged foods cost 10 to 20 times more than bulk food.

*Source: National Center for Financial Education*

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## **Local Family Nutrition Program :**