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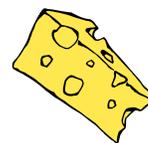


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Food Wise



Low-Fat Baking

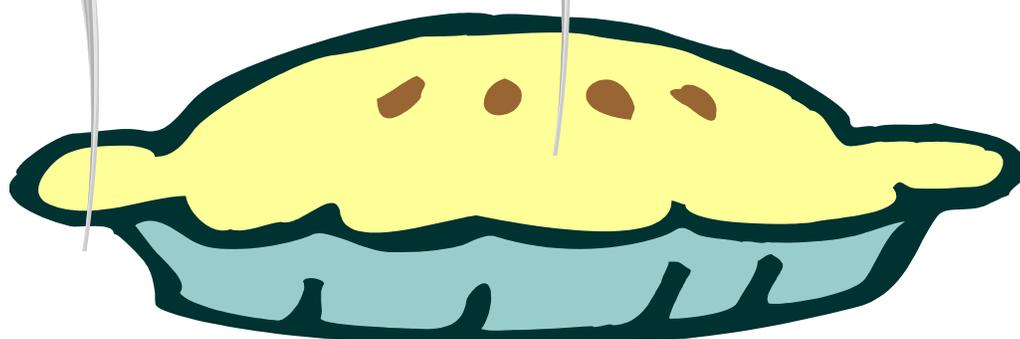
Fat is a key ingredient in a lot of baked goods. This is true whether they are made from scratch, a mix, or are bought ready-made.

Fat is needed when baking. It gives baked goods the rich, smooth and creamy feeling that you like in your mouth...and it makes them taste good too! Fat helps baked goods brown and helps make the baked good softer. That is why it is hard to bake with less fat. . .

but it can be done!

Food Wise will help you learn what ingredients you can add or change to use less fat without ruining your recipe. For example, you can use non-stick sprays to coat pans instead of butter or margarine. Or, you can even coat your baking pans with flour or cornmeal to stop sticking. This will keep you from having to add shortening or oil.

In short, you can use less fat to make baked goods and still keep the same taste. Use the tips in this *Food Wise* issue to learn how.



Food Wise



Eating Less Fat

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Compare and See

Look at how much fat can be cut from a muffin by using low-fat ingredients.



Raisin Bran Muffin
 Fat = 11 grams



Low-fat Raisin Bran Muffin
 Fat = 3 grams

Here is how:
 buttermilk, applesauce,
 and egg whites replaced
 whole milk, some oil,
 and whole eggs.

Healthful Baking

Changing the Way That You Bake

Here are 3 steps to help you cut the fat when you bake. Follow the steps in order. To begin step 1, fill in the *Notebook* with your thoughts

about how you bake now. Answer all 3 questions in blue. Use the *Help* column to help you think of the answers.



Step 1

If you make baked goods, which ones do you eat most often? Do you use a mix? If you use a mix, do you follow the instructions, or do you add or change ingredients? Or do you buy baked goods ready-made?

Think about the baked goods your family likes. Answer the same questions as you did for yourself above.

Think of the ingredients that you use when you bake. Which ones are high in fat? How much do you use?

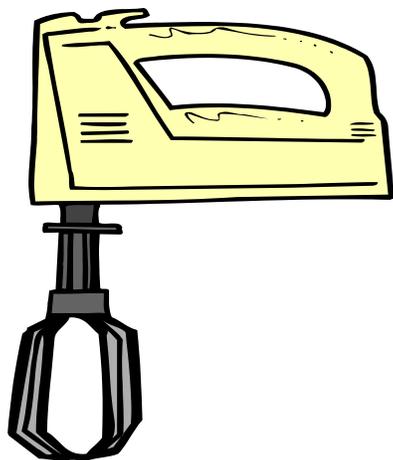
Now, read the tips in Step 2 to see how you can bake breads, cakes and other snacks with less fat.

NOTEBOOK

What baked goods do I eat most often?

What baked goods does my family eat often?

What fats and high-fat foods do I bake with now? (For example, oil, butter, eggs, nuts, coconut, chocolate and whole milk)



Step 2 Tips for Cutting the Fat While Baking

✕ Save 8 grams of fat when you use $\frac{1}{2}$ cup of shredded coconut in place of 1 cup of shredded coconut.

✕ Instead of 1 cup of chocolate chips, use $\frac{1}{2}$ to $\frac{3}{4}$ cup of chocolate chips and save about 42 grams of fat!



✕ Reduced-fat margarine spreads do not always work well in baked goods. If you use them for baking, try using spreads that say they have more than 65% fat on the label. Or, you can try a recipe made for a reduced-fat spread.

✕ Replace $\frac{1}{2}$ of your recipe's oil, shortening, or butter with applesauce, mashed fruit, or low-fat yogurt. Use equal amounts of oil and fruit or yogurt. (Note: Light colored baked goods, like white cake, may darken.)

✕ Replace whole milk with nonfat milk in puddings and baked goods. You can save 8 grams of fat for each cup of milk you use. If you use 1% milk instead you save 6 grams of fat.



✕ To lower the saturated fat in your baked goods, use oil instead of shortening.

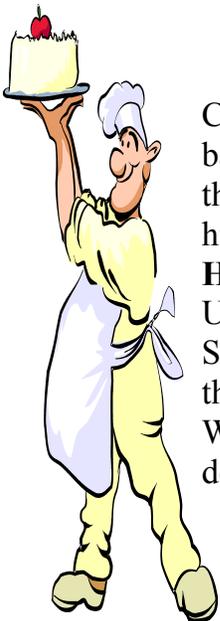
✕ If possible, use non-stick baking pans so you do not need to grease your pans. You can also use non-stick sprays.

✕ Use $\frac{1}{2}$ the nuts in a recipe. You can toast them on the stove to give them a rich flavor. You can also leave the nuts out for even less fat.



✕ Try using 2 egg whites or $\frac{1}{4}$ cup egg substitute in recipes calling for 1 whole egg. You will save 5 grams of fat!

Step 3 How I am Going to Bake with Less Fat?



Choose your favorite baked good recipe. List the ingredients that are high in fat under **High-fat Ingredients**. Use the tips listed in Step 2 to help you make the recipe lower in fat. Write in your changes under **Low-fat Changes**.

High-fat Ingredients

Low-fat Changes

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This material was funded by USDA's SNAP Program.

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Reduced-Fat Recipe

Applesauce Loaf Cake

Makes 2 loaves (16 servings)

Fat = 4.3 grams

- ☆ ½ cup chopped walnuts
- ☆ 1½ cups applesauce
- ☆ 1 egg
- ☆ 1 cup sugar
- ☆ 2 tablespoons oil
- ☆ 1 teaspoon vanilla extract
- ☆ 2 cups all-purpose flour
- ☆ 2 teaspoons baking soda
- ☆ ½ teaspoon ground cinnamon
- ☆ ½ teaspoon ground nutmeg
- ☆ 1 cup raisins

1. Wash hands with soap and warm water for 20 seconds.
2. Pre-heat the oven to 350°F
3. Spray 2 (8x4x2 inch) loaf pans with cooking spray.
4. Toast walnuts in an ungreased heavy skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
5. Mix applesauce, egg, sugar, oil and vanilla in a large bowl.
6. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.
7. Pour flour mixture into applesauce mixture.
8. Stir in raisins and cooled toasted nuts.
9. Pour half of the batter into each sprayed pan. Bake for 45-55 minutes.
10. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Cake can be low in fat and still taste good. Try this recipe and see.



Maximum Daily Fat Intake for moderately active (grams)	Children 4-5 tsps go to MyPyramid.gov for more info	Young Adult Females 5-6 tsups Go to MyPyramid.gov for more info	Young Adult Males 6-7 tsps Go to MyPyramid.gov for more nfo	Older Females 5 tsps MyPyramid.gov for more nfo	Older Males (20-6-7) 6 tsps MyPyramid.gov for more nfo
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