

RECIPE MAKEOVER EXAMPLE

Pineapple Casserole

INGREDIENT	ORIGINAL RECIPE AMOUNT	MODIFIED RECIPE AMOUNT
Crushed pineapple or tidbits, in juice, drained (save juice)	1-16 oz can	Items in red have been reduced by approximately ½ of original amounts.  1-16 oz can
Sugar	¾ cup	¼ cup
Flour	3 TBS	3 TBS
Pineapple Juice	3 TBS	3 TBS
Grated Cheese	2 cups	1 cup
Butter or Margarine	1 stick	½ stick
Ritz Crackers, crushed	1-1/2 cup	¾ cup
CALORIES/SERVING	300	160
FAT/SERVING	18 grams	9 grams
CARBS/SERVING	29 grams	18 grams

Try this system with your favorite recipe. List the ingredients in the far left column. List the amount of each ingredient in the original recipe in the middle column. In the far right column, try reducing the fat, sugar, and salt in the original recipe by ¼ to ½ of the original amounts. In general, overall quality of the recipe will be maintained following this rule of thumb although some adjustments may be needed for personal preference.

INGREDIENT	ORIGINAL RECIPE AMOUNT	MODIFIED RECIPE AMOUNT

Prepared by Debie Head, EDD, Associate FCS Department Head/Associate Professor-Nutrition, University of Arkansas System Division of Agriculture Cooperative Extension Service

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.




Prepared by Debie Head, EdD, Associate FCS Department Head/Associate Professor-Nutrition, University of Arkansas System Division of Agriculture Cooperative Extension Service

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.