

# Coastline Nutrition News

From the desk of Stephanie Boulay, RD, LDN

December Nutrition Newsletter

## Bake with Lower Calories and Fat this Holiday!

**D**uring the holidays, we often bake holiday treats and later regret the unhealthy results we suffer from indulging in those high calorie/high fat baked goods. You still can enjoy the flavors of the holiday without abandoning your healthy habits by trying some of the strategies listed below. Here are some easy ways to lower calories, fat and sodium when baking holiday recipes.

- \* Use applesauce in place of half the fat in baked goods like muffins and quick breads or use tub margarine in place of butter or stick margarine.
- \* Eliminate or reduce salt.
- \* Substitute 1/4 cup egg whites or liquid egg substitute for each whole egg.
- \* Use “white” whole wheat flour in place of all-purpose flour. It adds the fiber and nutrients from the whole grain.
- \* Eliminate frosting or use sparingly on cakes.
- \* Use skim milk in place of whole milk.
- \* Use just one pie crust on top of pies.
- \* Use light sugar for baking such as Splenda Sugar Blend for Baking or Sugar Lite to help lower calories.
- \* Bake smaller batches and cut smaller pieces and/or make smaller cookies.

