

COOKERY CONTEST DIETARY GUIDELINES

Care should be taken that added ingredients and preparation methods do not contribute excessive amounts of fat and sodium. Also, consider all of the nutritional aspects of the ingredients in your recipe. Explain in your recipe any changes you make in your ingredients or preparation methods to modify fat or sodium to add important nutrients. Tips you might try:

Make lower fat food or ingredient choices. For example, you might

- | 1. Choose..... | Instead of..... |
|---------------------------------|------------------------------|
| evaporated skim or low fat milk | Half and Half |
| low fat or skim milk | whole milk |
| low fat or nonfat yogurt | regular yogurt or sour cream |
| light or nonfat cream cheese | cream cheese |
| reduced calorie margarine | butter or regular margarine |
| oil | solid shortening |
| lean ground beef | regular ground beef |
| “light” or “free” mayonnaise | regular mayonnaise |
2. Reduce the oil, shortening or margarine in recipes. Start by reducing it by $\frac{1}{4}$. For example, if the recipe calls for 1 cup of oil, use $\frac{3}{4}$ cup. **Diet margarine and nonfat cream cheese are not recommended for baked products.**
 3. Frying adds extra fat. It is best to choose another method of preparation such as baking, broiling, grilling or steaming.

To lower salt or sodium...

1. Salt is a major source of sodium which is needed for healthy bodies. But too much salt can be harmful. Salt in recipes can be reduced by one-half without affecting the taste. Try reducing the salt in the recipe.
2. Canned vegetables and soups are high in sodium. Choose canned soups labeled “1/3 less salt” or “no salt added.” Choose fresh or frozen vegetables or canned vegetables with reduced salt or sodium.
 - To add fiber...add fruits, vegetables, bran (wheat, oat or rice).
 - To add Vitamin A...add fruits, vegetables, cheese or eggs.
 - To add Vitamin C...add citrus fruits, cabbage, potatoes or tomatoes.
 - To add iron...add dried beans, raisins, meat, poultry, eggs, oysters or cereal.
 - To add calcium...add milk, yogurt or cheese.

Food Safety – Food safety is an important consideration. **The risk of food-borne illness is greatly increased when foods are held at room temperature for extended periods.** Therefore, the dish should be prepared and chilled to refrigerator temperature and transported on ice in an ice chest to the contest.

DISHES NOT CHILLED AND TRANSPORTED IN THIS WAY WILL BE DISQUALIFIED BY CONTEST OFFICIALS.