



FOOD SUBSTITUTIONS

When a recipe calls for one of the items listed in the column on the left, you may try using the approximate equivalent in the column on the right.

1 cup cake flour	=	1 cup minus 2 tbsp all-purpose flour plus 2 tbsp cornstarch
1 tbsp cornstarch	=	2 tbsp flour
2 tbsp tapioca	=	1 tbsp flour
1 whole egg	=	2 egg yolks plus 1 tbsp water (in cookies, cakes, etc.)
1 whole egg	=	2 egg yolks (in custards and similar mixtures)
1 whole egg	=	2 egg whites
1 cup fresh whole milk	=	1/2 cup evaporated milk plus 1/2 cup water
1 cup fresh whole milk	=	5 tbsp non-fat dry milk plus 1 cup water
1 cup fresh whole milk	=	1 cup sour or buttermilk plus 1/2 tsp soda
1 cup sour or buttermilk	=	1 tbsp lemon juice or vinegar plus enough milk to make 1 cup
1 square unsweetened chocolate (1 oz)	=	3 tbsp unsweetened cocoa powder + 1 tbsp butter, margarine or vegetable oil
1 cup honey	=	1 1/4 cups sugar plus 1/4 cup liquid
1 tsp baking powder	=	1/4 tsp baking soda plus 1/2 tsp cream of tartar

MEAT SUBSTITUTIONS

Meat substitutes often are less expensive than meat. Nuts, seeds, beans, and eggs are good sources of protein. A healthy meal may have one of these instead of meat.

Add noodles, macaroni, rice, or barley to soups for extra protein and as a way to cut down on the amount of meat.

Eggs also are a complete protein. Use as a main dish.

- ✗ 1 serving = 2 eggs
- ✗ Eggs are low in calories.
- ✗ Buy only eggs with clean, uncracked shells.
- ✗ Large eggs may be more expensive than smaller ones.

Eggs must be thoroughly cooked due to possible salmonella contamination. Old recipes calling for uncooked eggs should not be used. Pasteurized eggs (powdered or liquid) or egg substitutes may be used to replace them.

MAKING A GROCERY LIST

- ✗ Write down all the foods you will need to fix the meals and snacks you have planned

(for the day or for the week). Use your “Grocery Shopping List” and enter each of the foods in the correct area. This should save you time in the grocery store.

- ✗ Go back over your list and cross out any foods you already have on hand and plan to use.
- ✗ Keep paper handy to write down foods as you run out. Some people keep a list right on the refrigerator.
- ✗ Remember to include any staple foods (sugar, flour, vegetable oil, seasonings, coffee, tea) that you will need to buy.
- ✗ If you need a certain size package or can for a recipe, write the size on your list beside the food item (For example: vanilla pudding-3 oz. pkg.)
- ✗ If a certain food item is advertised at a special price, write that price next to the item on your list.
- ✗ Check to see if you have coupons for any of the foods on your list. Make sure these will save you money over other cheaper (generic or store) brands.



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