

Top 6 Food Swaps for Missourians



Instead of

Goopy Butter Cake

This St. Louis favorite is high in sugar, saturated fat and cholesterol.

Toasted Ravioli

Toasted ravioli is often deep-fried and covered in cheese. Fried foods are high in fat and calories.

Barbecue Ribs

The Kansas City area has more barbecue restaurants per capita than any other city in the United States. While barbecue is tasty, some recipes can be high in salt, sugar and calories before, during and after cooking. Barbecue is okay as an occasional food. For a healthier barbecue plate, choose a smaller portion of barbecued meat and add sides lower in fat like coleslaw instead of French fries.

Deer Sausage, Cheese and Crackers

Missouri hunters enjoy this tasty treat year-round. Generally venison is low in fat, but sausage often has fat added to enhance its texture and flavor. Cheese and regular crackers are also high in saturated and trans fats.

Fried Pork Tenderloin

Although tenderloin is a lean cut of meat, frying and adding gravy drastically increase the fat content. A diet high in fat is linked to overweight, obesity, heart disease, cancer and other chronic conditions.

Biscuits and Gravy

Biscuits get their flakiness from chunks of butter baked into them. Butter is high in saturated fat and cholesterol, and white gravy gets its creamy texture from fat and processed flour.

Enjoy

Angel Food Cake

Angel food cake uses egg whites, which means less cholesterol and saturated fat! Top your slice with fruit for added benefits from vitamins and antioxidants.

Whole-Wheat Pasta with Marinara Sauce

Whole-wheat pasta contains more fiber than regular pasta or ravioli. Add vegetables and top with marinara sauce for an Italian fix without the added calories and fat.

Dry Rub Barbecue Pork Tenderloin

Want to make your barbecue even healthier? Instead of coating meat with barbecue sauce before cooking, try a dry rub with spices such as black pepper, cumin and cayenne. Limit the amount of salt you put into the marinade. Choose pork tenderloin instead of ribs for a leaner cut of meat with the same great flavor.

Venison Jerky

Sausage and some cheeses, especially soft or processed cheeses, are high in saturated fat, which increases risk for high cholesterol. Choosing low-fat cheese and whole-grain crackers to go with your deer sausage, or try venison jerky instead. Jerky has a less fat and is a good source of protein.

Herb Marinated Pork

Choose foods that are baked, grilled or sautéed instead of battered and fried. Choose an herb-marinated pork sandwich instead of fried tenderloin to decrease fat intake.

Sausage Patty with Whole-Wheat English Muffin

This breakfast alternative is satisfying because it is high in fiber and protein; however, it is much lower in fat and calories than biscuits and gravy. Add even more healthful benefits by including fruit or topping your sandwich with a few slices of tomato.

For additional nutrition information, visit:
www.mchcp.org/statemembers/striveforwellness