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SAUCES – INGREDIENTS

Many traditional gourmet sauces are very high in calories, fat (especially saturated), and cholesterol. This comes as a result of using the following ingredients in ample quantities:

- Butter
- Cream
- half & half
- Whole sour cream
- Eggs, especially yolks
- Full fat cheeses
- Regular Mayonnaise

To cut the fat and cholesterol and **change to healthier fats** the following ingredient substitutions are recommended.

As first choice use **olive, canola, safflower, flaxseed, sunflower & peanut oils** which are low in saturated fats and high in mono & poly-unsaturated fats. Flax & Canola have high heart healthy (alpha-linolenic)-omega 3 fatty acids content.

Another useful trick is to **CUT IN HALF the fat called for in a recipe**, or what you would normally use. This tactic makes a dramatic difference in nutrient values and calories **without changing the flavor** of a dish

Other healthy choices and substitutions that work well **to provide MAXIMUM flavor** & minimal calories, fat and sugar are:

- For creamy consistency use non- or lowfat sour cream, nonfat plain yogurt, lowfat evaporated milk, non fat powdered milk.
- Mustards
- Vinegars – flavored are also great
- Fruit juices, purees, and salsas (citrus, apple, pomegranate, mango, pineapple)
- Vegetables & their juices, purees and salsas (V-8 juice, squash purees, cucumber, carrot, celery, onion, garlic, shallots)
- Bean purees (great for soups, dips and sauces)
- Dried vegetables reconstituted- mushrooms, sun dried tomato, etc.
- Fresh Herbs and spices, dry herbs & spices
- Fat and salt free broths & stocks- organic are usually the best
- Wine
- Blenderized fish & fish sauces (like tuna, anchovies) these tend to be very high in sodium so use sparingly
- Soy sauce (reduced sodium) and miso = soybean paste (great for soups & salad dressing)