

Healthy Recipe MODIFICATIONS



reduce sugar
by $\frac{1}{3}$



omit or reduce
salt by $\frac{1}{2}$



reduce fats
by $\frac{1}{3}$



substitute
whole grain
or bran flour



substitute
oat bran
or oatmeal



Healthy Recipe Modification

The Culinary Institute of America (CIA)



Healthy Recipe Modification:

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