



Healthier Alternatives to your Popular Easter Treats

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FUTURELIFE® Fun Facts:

- Easter is the second most important candy-eating occasion of the year for Americans, who consumed 7 billion pounds of candy.¹
- According to 76% of Americans Chocolate bunnies should be eaten ears first. Five percent said bunnies should be eaten feet first and 4% favoured eating the tail first.¹

HEALTHIER ALTERNATIVES TO YOUR POPULAR EASTER TREATS

Easter happens once a year and finding alternatives to chocolate can be quite difficult. Rather than focusing on what you are not supposed to eat, think about what Easter means to you and your family and why you are celebrating this lovely long weekend (or month full of long weekends). If it is about family time make sure your kids do not think it is about eating as much chocolates as they can keep down and if it is about eating as much chocolates as possible tell your kids that this only happens once a year and they must enjoy EVERY moment.

We want to make sure we live a healthy lifestyle, what you eat over weekends should not be completely different from what you are having in the week. Try not to confuse everyone over the Easter weekend if they are used to having green salad and brown rice with dinner, keep up the good work (do not swap this for marshmallow mayonnaise salad and high GI white bread).

Tips for substituting the 'not so good'

If the recipe requires 2 tablespoons of cream or butter it is not so bad and you are welcome to use it as is, but if you are making macaroni and cheese and you are using 1 litre of milk for the white sauce, rather substitute the full fat milk with low fat or fat free milk or half full cream half water.

| If your recipe calls for this ingredient: | Try substituting with this ingredient: ² |
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| Bread, rice, pasta - white | Whole-grain bread, rice or pasta |
| Bread crumbs, dry | Rolled oats or crushed bran cereal |
| Butter, margarine or oil in baked goods | Applesauce or prune puree for half of the called-for butter, or oil; butter spreads specially formulated for baking that don't |

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| | <p>have trans fats</p> <p>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening. Also don't substitute diet, whipped or tub-style margarine for regular margarine.</p> |
| Butter, margarine, shortening or oil to prevent sticking | Cooking spray or non-stick pans |
| Flour, all-purpose (plain) | <p>Whole-wheat flour for half of the called-for all-purpose flour in baked goods.</p> <p><i>For muffins and rusks replace a 1/3 of the required amount with FUTURELIFE® HIGH ENERGY Smart Food™, HIGH PROTEIN Smart Food™ or ZERO Smart Food™.</i></p> <p>Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.</p> |
| Fruit canned in heavy syrup | Fruit canned in its own juices or in water, or fresh fruit |
| Mayonnaise | Lite mayonnaise salad dressing or reduced-calorie, reduced-fat mayonnaise. |
| Meat as the main ingredient | Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews. Grated carrots work well as a bulking agent in bolognaise for instance. ⁴ |
| Oil-based marinades | Wine, balsamic vinegar, fruit juice or fat-free broth |
| Salad dressing | Balsamic vinegar and olive oil |
| Seasoning salt, such as garlic salt, celery salt or onion salt | Herb seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions |
| Soups, sauces, dressings, crackers, or canned meat, fish or vegetables | Use fresh produce instead. Make your own soups |
| Sour cream, full fat | Plain fat-free or low-fat yogurt |
| Sugar | In most baked goods you can reduce the amount of sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon. Add a banana to baked goods |
| Syrup | Pureed fruit, such as applesauce |
| Table salt | Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends. Use as little salt in cooking as possible. ³ |

For parents worried that their children might eat too much Easter eggs, it is suggested adding non-edible items to the Easter hunt: crayons, movie tickets, jump rope, stencils, markers, books, chalk, play dough, stuffed animals or balls.¹

The reason behind us eating and enjoying ourselves should not be to gain weight, live an unhealthy lifestyle or to confuse our kid's perception of food. It should be to set the examples for a brighter, healthier and balanced future.

REFERENCES

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3. <http://www.adsa.org.za/Portals/14/Documents/FoodBasedDietaryGuidelinesforSouthAfrica.pdf>
4. <http://www.popsugar.com/moms/Recipes-Hide-Vegetables-31898056#photo-31898093>

PRODUCTS

- Smart Oats
- Crunch
- Smart Food
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