

MUSC Dietetic Internship Program
25 Courtenay, ART 7100A, MSC 290
Charleston, SC 29425-2900
Ph: (843) 876-4304 Fax: (843) 876-4705
<http://www.musc.edu/dieteticinternship/>

Eat Right ... Modifying Your Mother's Masterpiece

By Kris Sollid, MUSC Dietetic Intern

The theme for this year's National Nutrition Month (March) is "Eat Right..." So let's talk about eating right by making the right substitutions. Close your eyes for a minute and take a quick trip down memory lane with me. It's Thanksgiving or Christmas day and you're finally old enough to help mom in the kitchen for the first time. Remember how proud you were that day? Remember how easy she made it all look and how tasty everything always turned out? Nothing beats mama's cooking.

Eventually, her "secret" recipes will be passed down to you and your siblings. In fact, some of you may already be the family keeper to these treasured treats. Quite a big responsibility isn't it? Unfortunately, the biggest responsibility you face is not simply securing these secrets. The real responsibility lies in modifying your mother's masterpieces into healthier options, while maintaining as much of that succulent flavor everyone in your family savors.

I know, I know. I can hear some of the grumbles already. "How am I ever gonna get my mama's famous family recipes to taste the same without following them to a tee?" That's a good question, so I won't lie to you. They may not taste exactly the same, but try not to consider what you're losing. Instead, think only of the health benefits you're gaining by making simple substitutions. For example, if you know that hypertension or heart disease run in your family, yet high-fat (especially that of the saturated and trans-fat variety), high-cholesterol, and high-sodium foods continue to be served at family functions, then why not sacrifice a small amount of flavor in the effort to limit your family's intake of these ingredients?

Ok, now that I've planted the seed of improving the health of your family by modifying your mother's recipes, I would never leave you without an example of how easily it can be done. My family loves coffee cake, and not so long ago we made some simple substitutions of our own with no (voiced) complaints to date. Notice the big difference that a few small healthy changes can make.

Most of all, don't forget to have fun with it. It's not an exact science, and you probably won't satisfy everyone, but trust me, their hearts (and health) will thank you later. Try not to think of this important task as daunting either. Instead, think of it as a challenge with the rewards far outweighing any perceived burden. The health of your family depends on it.

Recipe serves 12	Mother's Masterpiece	Modified Version	
Cake	1/2 cup Butter	1/3 cup Margarine	
	1 cup Sugar	3/4 cup Sugar	
	2 eggs	1 egg	
	1 cup Sour Cream	1 cup Low-Fat yogurt, plain	
	2 cups All-Purpose Flour	1 cup All-Purpose Flour + 1 cup Whole Wheat Flour	
	1 tsp Baking Powder	1 tsp Baking Powder	
	1 tsp Baking Soda	1 tsp Baking Soda	
	1/2 tsp Salt	NO SALT	
	3 medium Apples, pared and sliced (3 cups)	3 medium Apples, pared and sliced (3 cups)	
Topping	1/2 cup Sugar	1/4 cup Sugar	
	1/2 Walnuts, chopped	1/4 cup Walnuts, chopped	
	1 tsp Cinnamon	1 tsp Cinnamon	
Per serving:			
	Calories	343	236
	Fat (g)	16	8
	Saturated (g)	7.9	1.5
	Cholesterol (mg)	65	19
Sodium (mg)	286	176	