



Your Nutrition Resource Connection

Keys to Making a Healthy Recipe

- **Keep MyPlate food groups and guidelines in mind:** Healthy eating styles are based on choosing a variety of foods including vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk products, lean meats and poultry, and foods with little or no saturated fats, sodium, and added sugars. Check [MyPlate's website](#) for healthy foods and tips!
- **If you choose to make a cookie, cake, pie, pastry or juice-like recipe, be aware the amount of sugar you add to it:** Sugar added to recipes does not have to look like the typical white or brown sugar. It could also be honey, sugars from fruit and vegetable juice concentrate, maple or table syrup, confectioner sugar, sweetened juice or applesauce, corn syrup, agave syrup, etc. These different forms of sugar don't necessarily make the dessert healthier, but using less of all these sugars would. Click [here](#) for some tips to reduce the amount of sugar in your dessert recipe.
- **Skip artificial or non-nutritive sweeteners in your recipe:** These sweeteners contain zero nutrients, very few calories or no calories. They are often called "sugar substitutes" or "artificial sweeteners". Brand names of these sweeteners include: Sunett, Nutrasweet, Equal, Sugar Twin, Sweet 'N Low, Sweet Twin, Monk Fruit, Truvia, Splenda, Xylitol, Neotame, Sweet Leaf, Sun Crystals, and PureVia, Nectresse, Sunett and Sweet One. There also in foods that have "low-sugar," "sugar-free," "light", "lite", and "artificially sweetened" on their label or package. Some examples of these foods include flavored yogurts, low-sugar pudding, some canned fruits, and cake mixes.
- **Be aware of sodium or salt in recipes:** Most of us get more sodium or salt than we need, and it does not necessarily come from the salt shaker. It's often hidden in foods like sauces, canned foods, cheeses, sandwich meats, and more. Other foods with lots of sodium or salt are listed [here](#) and [there](#). Tips to reduce the amount in your recipe can be found at [MyPlate's website and the Canned Food Alliance website](#).
- **Use a variety of healthy foods found at food banks. They're outlined at these links:**
 - [Nutrition Standards for the State Food Purchasing Program](#)
 - [Foods to Encourage from Feeding America](#)
 - [Healthy Foods Donated to Green Light Food Pantries in Philadelphia](#)