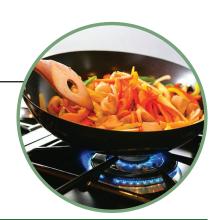


Eat Right

Food, Nutrition and Health Tips from Kids Eat Right

Simple Cooking Tips for Stretching Meals



Tips to Help Save Time, Money, and Food	Save Time	Save Money	Save Food
Cook in large amounts. Freeze leftovers in smaller containers for future meals. ¹	•	•	•
Buy foods that you often use in large amounts. (Buy in bulk.)1	•	•	
Share meals with other families. Or, take turns cooking and eating together.		•	•
Create a weekly meal calendar that uses some of the same ingredi in different ways. ¹	ents •	•	•
Add whole-grain pasta or brown rice to soups, stews, and chili to make them more filling.			•
Try new protein sources. Beans, eggs, and milk are low-cost source	s of protein.1	•	
Stretch meat further by adding it to casseroles or stews with vegetables and grains.		•	•
Substitute ingredients in a recipe with items you already have. (See below.)		•	•

Substitutions

Use this chart when you do not have all the items for a recipe you want to make.^{2,3,4}

If You Do Not Have		Use Instead
1 cup	Bread crumbs, dry	³ / ₄ cup crushed cereal or crackers ⁴
14.5 oz. can	Broth, chicken or beef	2 beef/chicken bouillon cubes and 2 cups water ³
1 cup	Milk	$^{1}/_{3}$ cup nonfat dry milk and 1 cup water 4
1 cup	Sour cream	1 cup plain yogurt⁴
15 oz. can	Tomato sauce	6 oz. can tomato paste and 1 cup water ²
1 cup	Mayonnaise	1 tsp. Dijon mustard and 1 cup yogurt ³
1 clove	Garlic	¹ / ₈ tsp. garlic powder ²
1 tsp.	Lemon Juice	¹ / ₂ tsp. vinegar ²

Kitchen Hints

Use these simple hints for measuring ingredients and reading recipes!

Measurements4,5

t or tsp	=	teaspoon
T or Tbsp	=	tablespoon
C	=	cup
pt	=	pint
Qt	=	quart
FI	=	fluid
Oz	=	ounce
lb	=	pound
#	=	pound
Gal	=	gallon
Pkg. or pk.	=	package
Gm or g	=	gram
Hr	=	hour
Min	=	minute
Doz	=	dozen
°C	=	degrees Celsius
°F	=	degrees Fahrenheit

Abbreviations3,4

1 Tbs

1 fl oz	=	2 Tbsp
1/4 cup	=	4 Tbsp
¹/₃ cup	=	5 Tbsp + 1 tsp
1/2 cup	=	8 Tbsp
² / ₃ cup	=	10 Tbsp + 2 tsp
3/4 cup	=	12 Tbsp
1 cup	=	16 Tbsp
8 fl oz	=	1 cup
1 pint	=	2 cups
1 quart	=	2 pt
4 cups	=	1 qt
1 gallon	=	4 qts
16 oz	=	1 lb

3 tsp

For more tips, visit www.kidseatright.org.

This handout was developed through an educational grant from the National Dairy Council®.

Sources

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