



Sub It In

COOKING MATTERS®

**Tempted to skip over a recipe because of one ingredient?
Just use something else!**

If your recipe calls for a food that is too pricey, hard to find, or that you simply don't care for, try subbing in another.

01

MAKE SWAPS IN THE SAME FOOD GROUP

- Change the cheese based on the one you prefer.
- If a fruit or vegetable is not in season, use one that is.
- Swap out half of the meat in a recipe for beans or lentils.

02

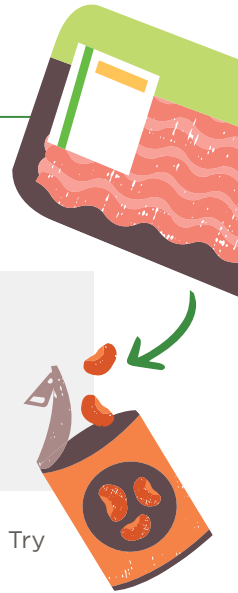
YOU CAN CHANGE THE TEXTURE

- Add crunch to smooth foods like soups or stews. Try tortilla chips or bread crisps.
- You may prefer canned peaches in yogurt parfait instead of the crunch of fresh peaches.
- If you have a nut allergy, use sliced apples in salad for the same crunch.

03

MAKE ADJUSTMENTS FOR YOUR FAMILY

- If you're serving a meal for your family with multiple foods combined, try separating out each food for your child.
- Make favorite condiments available to ease your child into eating.
- Swap foods in the same food group if your child is feeling picky this week.



EXPERIMENT WITH SWAPS THAT COULD IMPACT TEXTURE

When baking, you can use different spices or fruit than the recipe calls for.	You can replace half of the white flour with whole wheat flour.	Pay attention to a swap that might need more or less cooking time.