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Whole Food Treat Conversion Chart

<u>Refined Flour</u> 1 cup	=	<u>Whole Grain Flour</u> $\frac{3}{4}$ cup
<u>White Refined Sugar</u> 1 cup 1 cup	=	<u>Alternative Sweetener</u> $\frac{1}{2}$ cup honey or maple syrup 1 cup Rapadura or Sucanat
<u>Vegetable Oil</u> 1 cup	=	<u>Butter</u> : from naturally raised animals, pasture raised, grass fed 1 cup

Hint: If a recipe calls for $1 \frac{1}{2}$ cup sugar, I would immediately decrease the original recipe to $\frac{3}{4}$ cup sugar. Then I would use $\frac{3}{4}$ cups Rapadura or Sucanat sugar OR $\frac{1}{3}$ to slightly less than $\frac{1}{2}$ cups of local maple syrup or honey. Honey, I find works best in things not being cooked, peanut butter balls, etc. It makes cookies, muffins, baked goods heavy and sort of sticky.

I find most treat recipes are way too sweet, masking the flavors of all the other yummy ingredients, such as the nuttiness of whole grain flours. Also the more simple sugars we ingest, even honey & maple syrup, the more blood sugar / insulin issues we create in our bodies.

Reducing sugar, sweeteners, in the recipe also reduces the impact on your body and the negative health consequences of constantly having high blood sugar and elevated insulin levels. (diabetes, high cholesterol, high blood pressure, heart disease....)

Completely avoid hydrogenated oils (shortenings and margarine). These are trans fats and are highly toxic to the human body. Their consumption is connected to many diseases.

Let your whole grain batter sit for 5-10 minutes as the flour absorbs moisture over time. Check to see if the consistency seems right for the type of treat you are making and adjust accordingly.

Making treats from whole foods creates home baked goods that have nutritional value. They are still treats to be enjoyed on occasion, not daily, but you can feel good about the whole food value when you avoid white flour, white sugar, hydrogenated fats and refined foods.

Take your time and work into this by doing a $\frac{1}{2}$ and $\frac{1}{2}$ mix, then $\frac{3}{4}$ whole grain & $\frac{1}{4}$ refined, then finally move to 100% whole grain flours. This eases you into the heavier texture of whole grain baking. In time, you will not notice and your body will be better nourished for it!

If you are an all or nothing person like me, just make the switch to whole grains, cold turkey, and never look back!

Eat well & be healthy!! Paula

If you would like more personalized attention around food, health and healing please contact Paula Youmell to set up a Nutrition and Health Consultation. She can be reached at the contact information above.

Enjoy radiant health today and every day!

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