
(con't) **CONDIMENTS**

Using Commodities to Meet These Standards

The Food Distribution Program offers light mayonnaise, which can be used to make a lower-fat ranch dressing or other dipping sauces. Schools are also offered salsa through the Food Distribution Program, which is a healthier alternative to high-fat condiments and provides a lot of flavor.

Menu Tips

- Most students love condiments, and they love to dip foods. Using a variety of condiments as a tool for getting students to try new foods can be a good idea, if used in moderation.
- Lighten up on added fats like butter, margarine, oil, salad dressings, and mayonnaise by controlling portions, serving smaller portions, or using low-fat varieties.
- Creamy salad dressings such as Caesar or ranch have more saturated fat than clear dressings such as Italian. Use a clear dressing with an olive oil base as a healthier choice.
- For less fat, choose light, reduced-fat, low-calorie or fat-free varieties of sauces and dips.
- Condiments can also be high in sodium. Look for soy sauce, teriyaki sauce, chili sauce, and marinades that are reduced sodium.
- Sometimes making the meal healthier is as simple as removing the condiments.
- Remove all salt shakers and sugar dispensers from the cafeteria.

Recipe Ideas

- Buy dry blends for mixing your own salad dressing so you can control the amount and type of oil and milk you add. Often you can use less oil and more vinegar, water or other flavorful liquid than the directions listed on the package.
- Pre-mix the dressing in your salads to help control the amount of dressing used.

LOW-FAT RANCH DRESSING RECIPE

Number of Portions: 128

Size of Portions: 1 oz

Ingredients:

Ranch Dressing mix: 3 1/4 ounces

Low-Fat Salad Dressing, Mayo: 1 quart

Low-Fat Buttermilk, cultured from skim milk: 3 quarts

Directions:

Mix ingredients together. Portion into 1 ounce cups.

Nutrition Information:

Calories: 42

Cholesterol: 4mg

Sodium: 184mg

Fat: 4 grams

Sat. Fat: .67 grams

