

Title:

Light Calorie Cooking: How To Cook Low Calorie Foods Which Still Taste Fantastic

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Summary:

Many people these days want to control their diets so they are eating low calorie foods, but low calorie foods that still taste great. The way to get low calorie foods that taste great is through light calorie cooking. There are a few tips to consider when embarking on light calorie cooking adventures where the calories are low but the taste is high.

Margarine As Opposed to Butter

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Article Body:

Many people these days want to control their diets so they are eating low calorie foods, but low calorie foods that still taste great. The way to get low calorie foods that taste great is through light calorie cooking. There are a few tips to consider when embarking on light calorie cooking adventures where the calories are low but the taste is high.

Margarine As Opposed to Butter

When following recipes when preparing a meal, there are many recipes that now list a choice between using butter as an ingredient or margarine. By using margarine in the recipe instead of butter the cook cuts the caloric content significantly yet still keeps a good taste overall. It is very hard to tell the difference between margarine and butter that is used in cooked foods and since margarine is lower in calories it is a great substitute. So, the next time you are cooking and run across a choice between butter or margarine as an ingredient make the healthy and low calorie choice by using margarine. The taste will remain great and it won't affect your waistline!

Splenda as Opposed to Sugar

Another great way in which to save on the caloric intake is to use Splenda in one's recipes as opposed to sugar. Splenda consists of sucralose, which was approved for sale on the market in the late 1990s. Not only is this ingredient low in calories but it is great tasting as well. Splenda is also a wonderful ingredient to use in baked foods as it is heat stable and there is no real loss of the substance during cooking. For these reasons, Splenda is a great ingredient to use when cooking using those recipes which call for sugar. You won't notice a difference, but you will enjoy great foods and beverages with considerably less calories!

These are two ways in which a calorie-conscious individual can make fantastic light calorie meals that are abundant in the taste department and easy on the waistline as well.