



# HEALTHY RECIPE SUBSTITUTIONS

## Instead of:

## Try:

1 Large egg	2 Egg whites or 1/4 cup egg substitute for each whole egg
3/4 cup oil	2/3 cup oil
1 cup sour cream	1 cup plain yogurt
Heavy cream	Evaporated skim milk
All purpose flour	1/2 whole wheat flour and 1/2 all purpose flour
Salts (garlic salt, celery salt, or onion salt)	Herbs—only seasonings (garlic powder, celery seed, or onion flakes), or fresh and finely chopped seasonings
Table salt	Herbs, spices, fruit juices, or salt-free seasoning mixes or herb blends
Butter, margarine, shortening, or oil to prevent sticking	Cooking spray or nonstick pans
Butter, margarine, shortening, or oil in baked goods	Apple sauce or prune puree for half of the called-for butter shortening or oil
Creamed soups	Fat-free milk-based soups, mashed potato flakes, pureed carrots, potatoes, or tofu for thickening agents
Evaporated milk	Evaporated skim milk
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
Ground beef	Extra-lean or lean ground beef, chicken, or turkey
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice, or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Whole milk	Reduced fat or fat-free milk or soy milk
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Dry bread crumbs	Rolled oats or crushed bran cereal
Enriched pasta	Whole-wheat pasta
Iceberg lettuce	Spinach, watercress, arugula, chicory greens, kale, or mustard greens
Meat as the main ingredient	Three times as many vegetables as the meat (pizza, casseroles, soups)
White rice	Brown rice, wild rice, bulgur, or pearl barley





# HEALTHY RECIPE SUBSTITUTIONS I

## GRAINS

Instead of:

Try:

Croissants, biscuits, white breads, and rolls

Low-fat whole grain breads and rolls (wheat, oat)

Doughnuts, pastries, and scones

Whole grain English muffins and bagels

Sugar cereals and regular granola

Oatmeal, low-fat granola, and whole-grain cereal

Fried snack crackers

Baked crackers – whole grain varieties, animal, graham, rye, saltine

Potato or corn chips

Pretzels, air popped popcorn, or baked chips (look for types higher in fiber)

Fried rice or pasta and rice mixes that contain high-fat sauces

Brown rice or whole wheat pasta with vegetable sauces

Pasta with butter or cheese sauces

Pasta with tomato sauce and vegetables

Cakes or pies

Angel food cake with fruit topping, baked fruit, or fruit crisp

Cookies

Low fat cookies such as fig bars, gingersnaps, or molasses cookies

## FRUITS AND VEGATABLES

Instead of:

Try:

Fried vegetables or vegetables served with cream, cheese, or butter sauces

All vegetables raw; steamed, broiled, baked, or tossed with a small amount of olive oil

French fries or hash browns

Baked, mashed, or broiled potatoes

Baked potato with butter and sour cream

Baked potato with salsa, low-fat or fat free sour cream

Green salad with full-fat cream dressing

Green salad with low-fat or fat free dressing

2 oz of cheese on your turkey sandwich

Cucumbers, lettuce, tomatoes, or onions

One snack size bag of corn chips

1 small apple, 1 cup whole strawberries, or 1 cup of carrots with 1/4 cup fat free dip



# HEALTHY RECIPE SUBSTITUTIONS II

## MEAT, FISH, & POULTRY

Instead of:	Try:
Breaded fish sticks, fish canned in oil, seafood prepared with butter or high-fat sauce	Shellfish, fish (fresh, frozen, canned in water), or low-fat breaded fish.
Prime or marbled cuts of beef	Lean beef (flank, round, sirloin, or loin )
Pork ribs, bacon	Lean pork (tenderloin, loin chop), ham or low-fat bacon (pre-cooked types or turkey bacon)
Regular ground beef	Lean or extra lean ground beef, chicken, turkey breast, or garden/veggie burger
Lunch meats such as pepperoni, salami, bologna, or liverwurst	Lean lunch meats such as turkey, chicken, and ham
Fried meat, poultry, or fish	Roasted or grilled meat, poultry, or fish
Tuna canned in oil	Tuna canned in water
Whole eggs	Egg substitute or prepare with one yolk and extra egg whites

## DAIRY

Instead of:	Try:
Whole or 2% Milk	Skim, 1% milk, or soy milk
Regular cheese	Low-fat cheeses (no more than 3 grams of fat per ounce)
Regular ice cream	Sorbet, sherbet, nonfat or low-fat ice cream (no more than 3 grams of fat per ½ cup serving)
Coffee cream or Half & Half	Whole, 1% or skim milk

## FATS & OILS

Instead of:	Try:
Butter	Reduced fat or fat-free spreads or sprays, zero transfat margarine
Regular mayonnaise	Nonfat or light mayonnaise, zero transfat mayonnaise
Cream cheese	Fat free or low-fat cheese