

LOVE YOUR RECIPES

Healthier Ingredient Substitutes

Try these substitutions to cut down on calories, fat, cholesterol and sodium while keeping the flavor in your favorite recipes.

FAT & CHOLESTEROL

Butter, margarine, shortening or oil in baked goods

→ 1:3/4

A healthy oil such as: canola, corn, olive, sunflower or any non-tropical oil. Applesauce or prune puree for half of the called-for butter or shortening

Butter, margarine, shortening or oil to prevent sticking

→

Cooking spray or nonstick pans

EGGS

→

Two egg whites or 1/4 cup egg substitute for each whole egg

EVAPORATED MILK

→ 1:1

EVAPORATED SKIM MILK

CREAM CHEESE

→ 1:1

FAT-FREE

Fat-free or low-fat cream cheese, or low-fat cottage cheese pureed until smooth

SOUR CREAM

→ 1:1

LIGHT

Fat-free plain yogurt, or fat-free/low-fat sour cream

MAYONNAISE

→ 1:1

PLAIN YOGURT

SODIUM

TABLE SALT

→ 1:1

Try other spices such as cinnamon, ginger and nutmeg

SUGAR

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→

REDUCE SUGAR BY 1/2

CANNED FRUIT (in heavy syrup)

→ 1:1

Fresh fruit or canned fruit in its own juices or water

FRUIT-FLAVORED YOGURT

→ 1:1

PLAIN YOGURT

CARBOHYDRATES

WHITE FLOUR

→ 1:1/2

WHEAT FLOUR

BREAD CRUMBS

→ 1:1

OATMEAL OR BRAN CEREAL

WHITE BREAD

→ 1:1

WHEAT BREAD OR WHOLE GRAIN