



## Healthy Food Substitutions

### ***Sour Cream Substitutes***

Plain low-fat yogurt  
1/2 cup cottage cheese blended with 1-1/2 teaspoon lemon juice  
Fat-free sour cream

### ***Whipped Cream Substitutes***

Chilled, whipped evaporated skim milk  
Nondairy whipped topping made from polyunsaturated fat

### ***Cream Substitutes***

Evaporated Milk:  
Use: Evaporated skim milk

Whole milk (as a beverage or in recipes) substitutes:  
Use: Skim, 1-percent or 2-percent milk

### ***Ice cream substitutes:***

Low-fat or nonfat ice cream  
Frozen low-fat or nonfat yogurt  
Frozen fruit juice products  
Sorbet

### ***Full-fat Cheese Substitutes***

Low-fat, skim-milk cheese  
Cheese with less than 5 grams of fat per ounce  
Fat-free cheese

### ***Ricotta cheese substitutes:***

Low-fat or fat-free cottage cheese  
Nonfat or low-fat ricotta cheese

## Meat Substitutes

### ***Ground beef substitutes:***

Extra lean ground beef  
Lean ground turkey or chicken

### ***Bacon substitutes***

Canadian bacon  
Lean ham

### ***Sausage substitutes***

Lean ground turkey  
95-percent fat-free sausage

### ***Whole Egg Substitutes***

Two egg whites  
1/4 cup cholesterol-free liquid egg product  
1 egg white plus 2 teaspoons oil  
One egg yolk = One egg white  
One egg (as thickener) = 1 tablespoon flour

### ***Mayonnaise and Salad Dressing Substitutes***

Low-fat or fat-free mayonnaise  
Whipped salad dressing  
Plain low-fat yogurt combined with low-fat cottage cheese

### ***Salad dressing substitutes:***

Low-calorie commercial dressings  
Homemade dressing made with unsaturated oils, water, and vinegar or lemon juice

### ***Nut Substitutes***

Dried fruit such as raisins, chopped dried apricots or dried cranberries

### ***Cream Soup Substitutes***

Broth-based or skim milk-based soups

### ***Chocolate Substitutes***

1 ounce baking chocolate = 3 tablespoons cocoa powder and 1 tablespoon oil

### ***Butter, Lard, and Other Saturated Fat (coconut oil, palm oil) Substitutes***

Soft tub margarine (first ingredient on food label listed as liquid vegetable oil)\*  
Corn, cottonseed, olive, rapeseed (canola), safflower, sesame, soybean or sunflower oil

### **NOTE:**

\*When cooking, it is better not to substitute reduced-fat margarine or corn oil spreads for regular butter and margarine unless a recipe has been specifically developed for their use. Their increased water content can make a substantial difference in the food's taste, appearance and texture.

## **Simple Low Calorie/Fat Substitutions**

Here are a few suggestions for simple changes you can make in your daily diet that can add up to big savings around your waistline. Take little steps. If you can't imagine coffee without cream, try it with less, or use half cream and half milk.

Remember: Every little bit helps!

### ***In your coffee:***

Instead of:

Two teaspoons sugar (30 calories)

Try: Two teaspoons sugar-free sweetener (0 calories)

Instead of:

Two tablespoons half-and-half (40 calories)

Try: Two tablespoons reduced-fat milk (15 calories)

### ***On a sandwich:***

Instead of: One tablespoon mayonnaise (100 calories)

Try: One tablespoon low-fat mayonnaise (50 calories)

Or One tablespoon mustard (15 calories)

### ***On a bagel:***

Instead of: 2-teaspoons butter (72 calories) or 2-teaspoons stick margarine (66 calories)

Try: Two teaspoons cream cheese (33 calories)

Or Two teaspoons nonfat cream cheese (25 calories)

Or Two teaspoons all-fruit jam (35 calories)

### ***On a salad:***

Instead of: One tablespoon creamy dressing (80 calories)

Try: One tablespoon vinaigrette dressing (40 calories)

Or One tablespoon fat-free dressing (10 calories)

### ***Sweet snacks:***

Instead of: One candy bar (150 calories per ounce)

Try: One granola bar (110 calories per ounce)

Or One banana (26 calories per ounce)

### ***Salty snacks:***

Instead of: potato chips (140 calories per ounce)

Try: Baked chips or pretzels (110 calories per ounce)

Or unbuttered popcorn (80 calories per ounce)

Note:

Calorie amounts of items are based on averages and not meant to apply to or indicate any specific brands.