



With just a few adjustments you can make any special meal healthier with this healthy ingredient substitution guide!

If your meal calls for:	Healthier Alternative
Milk Group	
Condensed whole milk or Evaporated milk	Evaporated skim milk
Cream for soups	Mashed potato flakes, pureed starchy vegetables or silken tofu
Creamed soups	Fat-free milk-based soups
Eggnog	Sparkling cider or reduced fat eggnog
Full-fat cream cheese	Fat-free or low-fat cream cheese, Low-fat cottage cheese pureed until smooth
Full-fat sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Ice cream	Low fat whipped cream or frozen low fat yogurt
Sour cream	Low fat yogurt or reduced fat sour cream
Whole milk	Reduced-fat or fat-free milk, soy milk, or rice milk
Meat & Beans Group	
Bacon	Canadian bacon, turkey bacon, or lean prosciutto
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast
Meat	Add vegetables and mix in with meat
Meat	tofu or soy based
Turkey dark meat	Turkey white meat
Turkey with skin	Turkey without skin
Grains Group	
All-purpose flour	Whole-wheat flour (you may only need 1/2 as much)
Dry bread crumbs	Rolled oats, whole wheat bread crumbs or crushed bran cereal
Enriched pasta	Whole-wheat or brown rice pasta
Pie crust	Graham cracker crust
Traditional stuffing	Add chopped vegetables to stuffing



If your meal calls for:	Healthier Alternative
White bread	Whole-wheat or sprouted bread
White rice	Brown rice, wild rice, bulgur, couscous or pearl barley
Vegetables	
Creamed vegetables	Steamed vegetables
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Mashed potatoes	Mashed sweet potatoes
Fruit Group	
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Pie and ice cream	Fresh fruit with sorbet
Pecan or fruit pies	Baked fruit based desserts with no added sugar
Pumpkin or pecan pie	Low fat angel food cake served with fresh fruit
Seasonings and Sugars	
Chocolate chips	Dried fruit
Seasoning salt	Herb seasonings or minced garlic, celery or onions
Syrup	Pureed fruit, such as applesauce Low-calorie, sugar-free syrup
Soy sauce	Low-sodium soy sauce
High sodium packaged or canned foods	Low-sodium or reduced-sodium versions
Sugar for desserts	Natural sweeteners such as fruit, honey or Agava
Oils	
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Butter, shortening or oil	Margarine or 1/2 the amount of fruit puree when baking
Margarine in baked goods	Trans fat-free butter spreads or shortenings that are specially formulated for baking
Mayonnaise	Reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth



If your meal calls for:	Healthier Alternative
Salad dressing	Fat-free or reduced-calorie dressing, herbed season olive oil or flavored vinegars
Turkey drippings for gravy	Low fat turkey broth for gravy or skim all the fat off the drippings

Source:

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University of California-Los Angeles Center for Human Nutrition. Encyclopedia of Foods: A Guide to Healthy Nutrition. San Diego, Calif.: Academic Press; 2002:126-129.

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/lcal_fat.htm

