

COOKING SUBSTITUTION CHEAT SHEET

Next time you cook a meal, try one of these substitutions:

Instead of:	Try replacing it with:
Butter	Olive oil or canola oil
Cheese	Low fat, reduced fat, or fat free cheese
Cream	Low fat or skim milk, fat free creamer
Red meat	White meat chicken or turkey
Eggs	Egg whites, egg substitutes, or tofu
Ice cream	Low fat ice cream or frozen yogurt
Whole milk	Skim or 1% milk
Sour cream	Plain non fat yogurt
Salad dressing from the store	Make your own with a little olive oil, vinegar or lemon juice, mustard, and spices
Mayonnaise	On sandwiches, try avocado. In recipes, try plain yogurt





