



HEALTHY FOOD SUBSTITUTION CHEATSHEET

Next time you go to the grocery store, bring this guide along with you so you can stock the cupboard with healthy, nutritious food for your family. It will help you reduce the amount of fat, salt, sugar and calories in the recipes you prepare.

If your recipe has this:	Try substituting this:
White bread	Whole-grain bread
Bread crumbs	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the butter, shortening or oil
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free half-and-half, evaporated skim milk
Cream cheese	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Flour, all-purpose	Whole-wheat flour for half of the all-purpose flour in baked goods Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product)
Bacon	Canadian bacon, turkey bacon, or smoked turkey

Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Mayonnaise	Reduced-calorie reduced-fat mayonnaise or reduced-calorie light creamy salad dressing
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
Whole milk	Reduced-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta	Whole-wheat pasta
White rice	Brown rice, wild rice, bulgur or pearl barley
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Seasoning salt, like garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions
Creamy soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Soy sauce	Hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods you can cut the amount of sugar in half; and add flavor with vanilla, nutmeg, or cinnamon
Syrup	Pureed fruit, such as applesauce, or low-calorie sugar-free syrup
Salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends

Sweetened/fruit-flavored yogurt	Plain yogurt with fresh fruit slices
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