

Using the right ingredients in your recipes can help you create healthy meals that taste great! By making a few ingredient substitutions, you can continue to enjoy your favorite family recipes while lowering the calories, saturated fat, cholesterol, sugar and sodium in your meals. Here are some ideas you can try:

To reduce the amount of saturated fat, cholesterol, sugar and salt

If your recipe calls for... Try substituting with...

Vegetable oil	Equal measurement of applesauce (i.e., baked foods)
A whole egg	Two egg whites or 1/4 cup of an egg substitute
Sour cream (1 cup)	1 cup of plain low-fat yogurt, low-fat cottage cheese or low-fat buttermilk
Whole milk or half and half	Skim milk, 1% milk or evaporated nonfat milk
Sugar	Reduce sugar by 1/4 to 1/3 (i.e., baked foods)
Syrup	Pureed fruit (i.e., applesauce) or low-calorie, sugar-free syrup
Fruit (canned in heavy syrup)	Fruit canned in 100% fruit juice or in water or fresh fruit
Table salt, garlic salt or onion salt	Herbs (i.e., basil, oregano, thyme, garlic powder, onion powder, Mrs. Dash) and spices (i.e., allspice, nutmeg, paprika)
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Butter or margarine	Cooking spray or nonstick pans
Full-fat cream cheese	Fat-free or low-fat cream cheese
Ground beef	Extra-lean or lean ground beef, skinless chicken or turkey
Creamed soups	Fat-free milk-based soups
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars

To increase the amount of nutrients, including vitamins, minerals and fiber

If your recipe calls for... Try substituting with...

All-purpose flour	Whole wheat flour for 1/2 of the called for all-purpose flour
Dry bread crumbs	Rolled oats or crushed bran cereal
Enriched pasta	Whole wheat pasta
Iceberg lettuce	Romaine or green leaf lettuce, mustard or collard greens, spinach
Meat (as the main ingredient)	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
White bread	Whole wheat bread
White rice	Brown rice, wild rice (both available in instant)