

# FitFUTURE

Strategies for  
Better Living.



## Ingredient Substitutions for Healthier Recipes

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### YOUR RECIPE USES THIS:

### SUBSTITUTE WITH THIS:

<b>Bacon</b>	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham).
<b>Bread, white</b>	Whole-grain bread.
<b>Bread crumbs, dry</b>	Rolled oats or crushed bran cereal.
<b>Butter, margarine, shortening or oil in baked goods</b>	Applesauce for half of the called-for butter, shortening or oil. <i>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening.</i>
<b>Butter, margarine, shortening or oil to prevent sticking</b>	Cooking spray or nonstick pans.
<b>Cream</b>	Fat-free half-and-half, evaporated skim milk.
<b>Cream cheese, full fat</b>	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth.
<b>Eggs</b>	Two egg whites or 1/4 cup egg substitute for each whole egg.
<b>Flour, all-purpose (plain)</b>	Whole-wheat flour for half of the called-for all-purpose flour in baked goods. <i>Note: Whole-wheat flour is less dense and works well in softer products like cakes and muffins.</i>
<b>Fruit canned in heavy syrup</b>	Fruit canned in its own juices or in water, or fresh fruit.
<b>Ground Beef</b>	Lean ground beef, chicken or turkey breast (make sure no poultry skin has been added).
<b>Lettuce, iceberg</b>	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress.
<b>Mayonnaise</b>	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise.
<b>Milk, whole</b>	Reduced-fat or fat-free milk.
<b>Oil-based marinades</b>	Wine, balsamic vinegar, fruit juice or fat-free broth.
<b>Pasta, enriched</b>	Whole-wheat pasta.
<b>Rice, white</b>	Brown rice, wild rice, bulgur or pearl barley.
<b>Salad dressing</b>	Fat-free or reduced-calorie dressing or flavored vinegars.
<b>Seasoned salt, garlic salt, onion salt</b>	Herb-only seasonings, garlic powder or onion flakes; or chopped herbs or garlic, celery or onions.
<b>Soups, creamed</b>	Fat-free milk-based soups, mashed potato flakes, or pureed carrots for thickening agents.
<b>Sour cream, full fat</b>	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt.
<b>Sugar</b>	Reduce sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon.