

Making recipes healthy: Ingredient substitutes

Instead of	Use
Whole milk	Skim milk or evaporated non-fat milk
Light Cream	Equal portions of 1% milk and evaporated skim milk
Heavy Cream	Equal portions of half-and half, evaporated skim milk
Whipped cream	Whip chilled evaporated skim milk or use reduced-fat, whipped toppings
Sour Cream	"Light" or "fat free" sour cream; plain lowfat yogurt OR 1/2 cup cottage cheese blended with 1-1/2 teaspoon lemon juice
Butter, Lard, and Other Saturated Fat (coconut oil, palm oil) Substitutes	Soft tub margarine (first ingredient on food label listed as liquid vegetable oil)* Corn, cottonseed, olive, rapeseed (canola), safflower, sesame, soybean or sunflower oil
Ricotta cheese substitutes	Low-fat or fat-free cottage cheese Nonfat or low-fat ricotta cheese
Mayonnaise and Salad Dressing Substitutes	Low-fat or fat-free mayonnaise Whipped salad dressing Plain low-fat yogurt combined with low-fat cottage cheese
Whole egg	Two egg whites for each whole egg or egg substitute
Cream Soup Substitutes	Broth-based or skim milk-based soups
Oil (in baking)	Equal amount of applesauce
Bacon substitutes	Canadian bacon Lean ham
Ground beef substitutes	Extra lean ground beef Lean ground turkey or chicken
Sausage substitutes	Lean ground turkey 95-percent fat-free sausage
Nut Substitutes	Dried fruit such as raisins, chopped dried apricots or dried cranberries
Fudge Sauce	Chocolate syrup
1 ounce baking chocolate	3 Tablespoons cocoa + 1 Tablespoon vegetable oil