

Recipe – Smart Stand-Ins for Healthy Cooking

Use the following tips to trim excess calories, fat, and cholesterol from your favorite recipes. Try adding spices to recipes instead of salt for added flavor.

If your recipe uses:	Try this instead:
Whole or 2% milk	Fat-free (non-fat/skim), low-fat (½% or 1%) milk
Cream	Evaporated fat-free milk, fat-free half-and-half. Even swap 1 cup for 1 cup cream
Whipped cream	Whip chilled, evaporated fat-free milk, or use low-fat or fat-free whipped topping
Sour cream	Fat-free sour cream, low-fat Greek or regular yogurt, or blend 1 cup low-fat cottage cheese with 1 tablespoon skim milk and 2 tablespoons of lemon juice (for tartness)
Mayonnaise	Light, low-fat, or fat-free mayonnaise, fat-free plain yogurt, or avocado mash (on a sandwich)
Cream cheese	Reduced-fat or fat-free versions (no fat-free for baking)
Ricotta cheese	1% cottage cheese, skim, or non-fat ricotta
Whole-milk cheese (regular cheese)	Part-skim milk mozzarella, low-fat cheese, or reduced-fat cheese (made with 1% or 2% milk)
Butter, lard, shortening	Depending on the recipe, use canola, olive, or vegetable oil, can swap 1 cup mashed ripe banana or avocado puree for 1 cup of butter or oil





If your recipe uses:	Try this instead:
Stick margarine	Soft, tub, squeeze, or whipped margarine (not in baking), reduced-fat and fat-free margarine (not baking or frying)
Oil (in baking)	Swap out half the fat with applesauce (a recipe using 1 cup of oil would use ½ cup oil and ½ cup applesauce) or double the amount of plain yogurt
1 ounce of baking chocolate	3 tablespoons of cocoa powder and (if fat is needed) add 1 tablespoon canola oil
1 egg yolk	1 egg white
1 egg (as thickener)	1 tablespoon flour
1 whole egg	2 egg whites, equivalent egg substitute, 1 egg white and 2 teaspoons of oil, or combined 1 tablespoon chia seeds with 1 cup of water. Let sit for 15 minutes – yields a 1-to-1 egg substitute for baking. 1 tablespoon flax seed (flax meal) with 3 tablespoons of warm water – whisk with fork, combine, let sit for 5-10 minutes – substitute for 1 egg in baking
Nuts, coconut	Use fewer nuts and toast to enhance flavor: dried fruit, such as raisins, cranberries, apricot, can be a substitution for nuts or coconut, because of higher calories, small portions are recommended
Frosting	Meringue, low-fat or fat-free whipped topping, sifted confectioner’s sugar, sifted cocoa powder, or homemade low-fat cream cheese icing made with low-fat cream cheese and confectioner’s sugar, fruit, jam, or marshmallow fluff



If your recipe uses:	Try this instead:
High-fat cuts of meat labeled “choice” or “prime” grades	Leaner cuts of meat labeled as “select” grade, such as round, sirloin, top loin
Ground meat (all types)	Select ground meats with 10% or less “fat by weight”
Luncheon meats	Low-fat varieties – skinless turkey, chicken, or lean ham
Sausage	Ground turkey or chicken with 10% or less “fat by weight,” or veggie sausage
Bacon	Canadian bacon, turkey bacon, lean ham (use low-fat varieties), prosciutto, or pancetta
Avocado or olives for salad garnishes	Vegetables and fruits lower in calories, such as cucumbers, orange slices, carrot curls, or tomatoes
Salad dressings	Low-fat or fat-free commercial dressings, or use homemade dressing made from oil (canola or olive), water, and vinegar, or lemon juice
Cream soups	No-fat broths, broth-based, or fat-free (skim) milk-based soups

