

Cooking Substitutions

TO DECREASE FAT, SUGAR, AND CALORIES

Instead of	Substitute
1 cup cream	1 cup evaporated fat-free milk
1 cup butter	½ cup apple butter or applesauce
1 egg	2 egg whites or ¼ cup egg substitute
Pastry dough crust	Graham cracker crumb crust
Butter, margarine, or vegetable oil for sautéing	Cooking spray, chicken broth, or a small amount of olive oil
Bacon	Lean turkey bacon
Ground beef	Extra lean ground beef or ground turkey breast
1 cup chocolate chips	¼ - ½ cup mini chocolate chips
1 cup sugar	¾ cup sugar (works for most everything but yeast breads)
1 cup mayonnaise	1 cup reduced-fat or fat-free mayonnaise
1 cup whole milk	1 cup fat-free milk
1 cup cream cheese	½ cup ricotta cheese pureed with ½ cup fat-free cream cheese
1 cup grated cheddar or jack cheese	1 cup grated part-skim mozzarella or reduced fat cheddar or jack cheese
Oil and vinegar dressing with 3 parts oil to 1 part vinegar	1 part olive oil + 1 part vinegar (preferably a flavored vinegar such as balsamic) + 1 part orange juice

Try these suggestions to lower the fat and calories in meals and snacks:

- Cook with low-fat methods such as baking, broiling, boiling, or microwaving rather than frying
- Choose low-fat or fat-free dairy products, salad dressings, mayonnaise, and other condiments
- Serve fruit instead of cookies or ice cream for dessert
- Add salsa to baked potatoes instead of butter, margarine, or sour cream
- Eat fruits canned in their own juice rather than syrup

