

## Top Healthy Recipe Ingredient Substitutions

Original Ingredient	Healthy Substitute
Beef, 70%–85% lean ground or chuck	92% or leaner ground beef, 92% or leaner ground turkey (check the label!), Replace half of the beef with sautéed mushrooms or cooked lentils
Bread crumbs (as breading to mix with meat)	Unprocessed, crushed bran flakes mixed with oat flour, oatmeal or almond meal (or another nut flour)
Butter, as a topping	Olive oil, nut butters, avocado
Butter, in baking	Applesauce, avocado, pumpkin puree, Greek yogurt
Butter, in cooking	Olive oil or other vegetable oil (canola, peanut
Buttermilk	Kefir, 1 Tbsp lemon juice + 15 Tbsp skim milk, $\frac{3}{4}$ cup unsweetened yogurt + $\frac{1}{4}$ water (varies depending on yogurt thickness), Reduced fat buttermilk
Cheese, regular	Low-fat/non-fat cheese, part skim
Chicken, whole bird or dark meat	Boneless, skinless chicken or turkey breast (white meat)
Chocolate chips	>85% cocoa chips, dried fruit, carob chips,
Coconut, shredded	1 tsp coconut extract (per 1 c. shredded), crushed nuts or almond slivers
Cream cheese	Light cream cheese, Neufchatel cheese, Greek yogurt
Cream, heavy	Equal parts half and half + fat-free evaporated milk; Baking: light cream or Half and Half; Soups/casseroles: evaporated skim milk
Egg, 1 Large whole ( $\frac{1}{4}$ cup)	2 large egg whites, $\frac{1}{4}$ cup egg whites or egg substitute, 1 Tbsp ground flax seed + 3 Tbsp water, $\frac{1}{4}$ cup pureed silken tofu, $\frac{1}{2}$ banana mashed + $\frac{1}{2}$ tsp baking powder
Evaporated whole milk	Evaporated skim milk; Baking: skim milk + 1 Tbsp cornstarch
Flour, white	Oat flour, 100% whole wheat flour, soy flour, ancient grain flours (quinoa, barley, spelt), almond flour
Fruit canned in syrup	Fruit canned in water or juices, frozen fruit, fresh fruit
Fruit-flavored yogurt	Fat-free plain yogurt or Greek yogurt mixed with fresh or frozen fruit
Gravy	Thin with water to au jus consistency or cool and skim fat off surface
Juice or Kool-Aid	Iced herbal tea, Crystal Light, sugar free Kool-Aid or lemon water
Mayonnaise or creamy salad dressing	Light or non-fat mayonnaise, hummus, mustard, pesto, mashed avocado, Greek yogurt, tzatziki (yogurt + cucumber), vinegar-based salad dressing, olive oil + balsamic vinegar (or other vinegar)
Milk, 2% or whole	Skim, or 1% milk,
Nuts, 1 cup chopped	$\frac{1}{2}$ cup nuts, toasted to bring out the flavor, toasted oats, pumpkin or sunflower seeds, dried fruit
Oatmeal, flavored packets	Rolled/old fashioned oats and chopped or dried fruit or sugar free preserves

Oil, in baking	Unsweetened applesauce, shredded zucchini, $\frac{3}{4}$ cup Greek yogurt + $\frac{1}{4}$ cup oil, pureed prunes, 3:1 ratio of ground flaxseed meal to oil
Oil, in cooking	Reduce by $\frac{1}{2}$ or $\frac{2}{3}$ , use olive oil
Salt	Garlic, pepper, chili powder, onion, lemon, fresh herbs
Sour cream	Low-fat or non-fat sour cream or fat-free plain yogurt, kefir
Soy sauce	Reduced-sodium soy or reduced sodium chicken, beef or vegetable broth, vinegar, Worcestershire sauce
Sugar, white	1 tsp mashed banana per tablespoon sugar being replaced (in baking), artificial sweetener; Toppings: warming spices (cinnamon, nutmeg, cardamom)
Sweetened condensed whole milk	Low-fat or non-fat sweetened condensed milk
Syrup	Sugar-free syrup, pureed fruit, sugar-free preserves or jam, applesauce
Syrups, flavored (in coffee)	A few drops vanilla extract or other extract of choice (almond, coconut, raspberry, orange, etc.)
Traditional pie crust	Graham cracker crust, phyllo dough crust, instead of pie make a crisp with oatmeal crumbles on top
Whipping cream	Fat-free whipped topping or evaporated skim milk (chilled); $\frac{1}{3}$ cup ice water + $1\frac{1}{4}$ tsp lemon juice, $\frac{1}{2}$ tsp vanilla, $\frac{1}{3}$ cup dry nonfat milk blended; 1 ripe banana + 1 egg white