

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 (be sure to check the label!)
Bread crumbs (as breading to mix with meat)	Unprocessed bran flakes mixed with oat flour or oatmeal – crushed
Butter	Margarine
Buttermilk	2% buttermilk or 15 Tbsp skim milk + 2 Tbsp lemon juice
Cheese, regular	Low-fat or non-fat cheese
Chicken, whole bird or dark meat	Boneless, skinless chicken breast or turkey breast
Chocolate chips	Dried fruit
Coconut 1 cup shredded	½ cup toasted shredded coconut + ½ tsp coconut extract
Cream cheese	Light cream cheese, Neufchatel cheese
Cream, heavy	Equal parts half and half and fat-free evaporated milk, or for baking, light cream or Half and Half for soups or casseroles, evaporated skim milk
Cream, light	Equal parts 1% milk and fat-free evaporated milk
Egg ,1 Large whole (¼ cup)	2 large egg whites, ¼ cup egg whites or egg substitute
Evaporated whole milk	Evaporated skim milk
Flour, white	Oat flour, 100% whole wheat flour, soy flour
Fruit canned in syrup	Fruit canned in water or juices
Fruit-flavored yogurt	Fat-free plain yogurt mixed with fresh or frozen fruit
Gravy	Omit or thin with water to au jus consistency
Kool-Aid or juice	Crystal Light, sugar free Kool-Aid or lemon water and one packet Splenda
Mayonnaise or salad dressing	Light or non-fat mayonnaise or salad dressing
Milk, 2% or whole	Skim, or 1% milk
Nuts, 1 cup chopped	½ cup nuts, toasted to bring out the flavor
Oatmeal, flavored packets	Natural oats and chopped fruit or sugar free preserves
Oil, in baking	Equal amounts unsweetened applesauce or 3:1 ration or ground flaxseed meal to oil
Oil, in cooking	Omit or reduce by 1/2 or 2/3
Salt	Garlic, chili powder, onion or lemon
Sour cream	Low-fat or non-fat sour cream or fat-free plain yogurt
Soy sauce	Reduced-sodium soy or reduced sodium chicken, beef or vegetable broth
Sugar, white	Artificial sweetener or 1 tsp mashed banana per tablespoon sugar being replaced
Sweetened condensed whole milk	Low-fat or non-fat sweetened condensed milk
Syrup	Sugar-free syrup, pureed fruit, sugar-free preserves
Syrups, flavored (in coffee)	Artificial sweetener to taste and a few drops vanilla extract or other extract of choice
Traditional pie crust	Graham cracker crust
Whipping cream	Fat-free whipped topping or evaporated skim milk (chilled)