

Healthier Substitutions

Shortening (for baking)- use trans fat free tub margarine (not light) or oil if recipe can be adapted

Mayonnaise- try low-fat or fat-free plain yogurt or light/ non-fat mayonnaise or salad dressing

Sour cream- try light or non-fat sour cream or plain yogurt or low-fat buttermilk

Milk- try fat-free (skim) or 1% milk; fat-free or low-fat evaporated milk or soy milk for cooking

Cream-try evaporated skim milk in recipes (can also be whipped) or low-fat yogurt or low-fat cottage cheese (1/2 cup of these subs for 1 cup cream) or non-fat half-and-half

Cream cheese- use light or non-fat cream cheese or light or non-fat ricotta cheese

Cheese-try one of the many low-fat or non-fat varieties or try soy cheese (contains no saturated fat)

Butter-use tub margarine (with no trans fats) or a cholesterol-lowering spread. For baking, use $\frac{3}{4}$ amount listed of healthy oil such as canola oil. Try applesauce or prune puree for half of fat when baking.

Eggs- For each egg use 2 egg whites or 1 egg white plus 2 tsp. unsaturated oil or use commercial egg substitute(1/4 cup=1 egg)

Whipped Cream- use vanilla yogurt or try whipping non-fat evaporated milk (or try light or fat-free whipped topping)

Unsweetened Baking Chocolate-use 3 Tbsp. unsweetened cocoa powder plus 1 Tbsp. of unsaturated oil for each ounce

Marinades-try citrus juice or flavored vinegar in place of all or part of oil