



Meeting Well Ingredient Substitutions

Make the switch for healthier recipes

Cook up healthier recipes by swapping one ingredient for another. These substitution tips can help. You stock healthy foods in your pantry, but what do you do with them? And how do you modify favorite family recipes so that they're more in line with your health-eating plan? It's not as hard as you make think. The key is to incorporate healthier alternatives into your daily eating routine. Go to <http://www.mayoclinic.com/health/healthy-recipes/NU00585> for more information.

Fat and cholesterol

If your recipe calls for:	Try substituting:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the called-for butter, shortening or oil Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening, and don't substitute diet, whipped or tub-style margarine for regular margarine.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Creamed soups	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg.
Evaporated milk	Evaporated skim milk
Full-fat cream cheese	Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Full-fat sour cream	Fat-free plain yogurt, or fat-free or low-fat sour cream
Ground beef	Extra-lean or lean ground beef, chicken or turkey
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
Whole milk	Reduced-fat or fat-free milk

Sugar

If your recipe calls for:	Try substituting:
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup
Sugar, white	Artificial sweetener or 1 tsp mashed banana per tablespoon sugar

Sodium

If your recipe calls for:	Try substituting:
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped garlic, celery or onions
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium versions
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Table salt	Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends

Other ingredients

If your recipe calls for:	Try substituting:
All-purpose (plain) flour	Whole-wheat flour for half of the called for All-purpose flour
Dry bread crumbs	Rolled oats or crushed bran cereal
Enriched pasta	Whole-wheat pasta
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Meat as the main ingredient	Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews
White bread	Whole-wheat bread
White rice	Brown rice, wild rice, bulgur or pearl barley
Cheese, regular	Low-fat or non-fat cheese
Chocolate chips	Dried fruit
Coconut, 1 cup shredded	1/2 cup toasted shredded coconut + 1/2 tsp coconut extract
Gravy	Omit or thin with water to au jus consistency
Kool-Aid or juice	Crystal Light, sugar-free Kool-Aid, lemon water + 1 packet of Splenda
Nuts, 1 cup chopped	1/2 cup nuts, toasted to bring out the flavor
Oatmeal, flavored packets	Natural oats and chopped fruit or sugar-free preserves
Traditional pie crust	Graham cracker crust



For more information, visit the Shasta County Wellness Task Force on the intranet (in Risk Management) or www.healthyshasta.org