



Healthy Baking and Cooking Substitutions



Original Ingredient	Healthy Substitution
Bacon	Canadian bacon, turkey bacon, smoked turkey or prosciutto (Italian ham)
Bread-White	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of the butter, margarine, etc.
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free half-&-half, evaporated skim milk
Cream cheese	Fat-free or 1/3 reduced fat cream cheese
Eggs	Two egg whites, or 1/4 cup egg substitute for each egg
Flour	Whole-wheat flour for half of the called for amount
Ground Beef	Extra-lean or lean ground beef, ground chicken or turkey
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
Mayonnaise	Reduced-calorie or reduced-fat mayonnaise
Meat as a main ingredient	3 x as many vegetables as meat on pizzas, in casseroles or in soups and stews
Milk-Evaporated	Evaporated skim milk
Milk-Whole	1% or skim milk
Oil based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta or Rice	Whole-wheat pasta, brown rice, barley, wild rice
Salad dressing	Reduced calorie dressings or vinaigrettes
Seasoning salts (garlic, celery or onion)	Herb only seasonings (garlic powder, celery seed or onion flakes), fresh chopped herbs and garlic
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Sugar	Reduce the amount by 1/3 to 1/2 and intensify sweetness with vanilla, nutmeg or cinnamon