

Substitutions for Healthier Cooking and Baking

If the recipe calls for:	Substitute:
Bread, white	Whole-grain bread
Bread crumbs, dry, 1 cup	1 cup rolled oats or crushed bran cereal
Butter, 1 cup	½ cup applesauce + ½ cup butter
Buttermilk, 1 cup	1 cup skim milk + 1 Tbsp. vinegar or lemon juice
Chicken, fried	Chicken, oven baked with cornflake crust
Cream, 1 cup	1 cup fat free half-and-half or 1 cup evaporated skim milk
Cream cheese, 8 ounces	8 ounces fat-free or low-fat cream cheese, Neufchatel, or 1 cup low fat cottage cheese pureed until smooth
Eggs, whole, 1	2 egg whites or ¼ cup egg substitute
Flour, all-purpose, 1 cup	½ cup whole-wheat flour + ½ cup all-purpose flour
Fruit, in heavy syrup	Fruit in its own juices, water, or fresh fruit
Ground beef, 1 lb.	1 lb. of extra lean or lean ground beef, chicken, or turkey breast
Ground beef, 1 lb.	1 lb. ground beef, cooked, drained, and rinsed in cold water
Mayonnaise, 1 cup	1 cup reduced-calorie mayonnaise
Milk, whole, 1 cup	1 cup skim or reduced fat milk
Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice, wild rice, or bulgur
Salad dressing, 1 cup	1 cup fat-free or reduced-calorie salad dressing
Sour cream, 1 cup	1 cup cottage cheese, pureed smooth or 1 cup plain fat-free yogurt
Sugar, granulated, 1 cup	½ cup granulated sugar + 1 Tbsp. vanilla
Tuna, oil packed	Tuna, water packed