

HEALTHY INGREDIENT SUBSTITUTIONS

Save on fat, calories, or sodium in your go-to recipes with these nifty substitutions.

Bacon: turkey bacon, reduced-sodium and reduced-fat bacon, Canadian-style bacon

- Reduced-sodium bacon reduces sodium by 40%, calories by half, and fat by about 60%.
- Canadian bacon reduces calories by 60%, fat by about 80%, sodium by about 30%, and omits nearly all saturated fat.

Baking Powder: For 1 teaspoon baking powder, substitute 1 teaspoon sodium-free or reduced-sodium baking powder.

- Regular baking powder has about 1,500 mg sodium per tablespoon. Low-sodium or sodium-free baking powder has about 0 to 15 mg sodium per tablespoon.

Beef rib-eye steak: For 1 pound beef rib-eye, substitute 1 pound beef sirloin, which has half the calories and fat, and more protein.

Bread: whole wheat or whole grain instead of white; spinach, Swiss chard, napa cabbage instead of wraps; low-carb spinach or tomato tortillas

- Whole wheat bread has about 40% more protein, less carbohydrates, and almost twice the amount of fiber than white bread.
- Using spinach, Swiss chard, or napa cabbage omits added carbohydrates, lowers calories, and omits fat.

Bread Crumbs, dry: For 1 cup bread crumbs, substitute 1 cup rolled oats or 1 cup crushed bran cereal.

- Rolled oats have about 75% less calories, 30% less carbs, no sodium, and two times the amount of fiber than regular bread crumbs.
- Bran cereal has about 75% less calories, 83% less fat, almost 70% less carbs, 75% less sodium, and up to twice the amount of fiber of regular bread crumbs.

Brown Sugar: For 1 cup brown sugar, substitute 1 cup organic brown sugar, coconut sugar, or date sugar, or substitute up to half of the sugar with agave nectar in baking.

- Sugar substitutes replace sugar and omit carbs and added sugar. Sugar substitute blends replace half of the sugar and reduce added carbs and added sugars by half.

Butter:

For half of the called-for butter, substitute baby food prunes.

- Cup for cup, prunes have about 85% less calories than butter. Using prunes to replace half the butter cuts cholesterol, sodium, fat, and saturated fat. One cup of prunes has about 6 grams of fiber, whereas butter has no fiber. Prunes add natural sugars and carbohydrates.

For half of the called-for butter, substitute mashed tofu.

- Ounce per ounce, tofu has about 90% less calories and 88% less fat than butter. Using tofu to replace half the butter reduces calories, fat, saturated fat, cholesterol, and sodium by about half.

For half of the called-for butter, substitute pureed white beans (cannellini, black beans, lentils).

- 1 cup of rinsed and drained canned beans is equal to $\frac{3}{4}$ cup mashed beans.
- Cup for cup, beans have 84% less calories, 98% less fat, and 70% less sodium than salted butter. Replacing half the butter with beans reduces calories, fat, cholesterol, and saturated fat. One cup of beans has about 12 grams of fiber plus folate and iron, whereas butter has none.

For 1 tablespoon butter, substitute a $\frac{1}{3}$ -second spray of cooking spray for coating baking pans and sautéing.

- Using cooking spray omits virtually all added fat for cooking. Adding more than one serving (a $\frac{1}{3}$ -second spray) will start adding fat. For example, three servings (a 1-second spray) have about 1 gram of fat.

For one-quarter of the called-for butter, substitute flaxseed meal.

- Flaxseed reduces calories added by salted butter by 90% and fat by 93%. It also omits cholesterol and virtually all saturated fat and sodium.
- Flaxseed meal has nearly twice the amount of calcium than butter plus 8 grams of fiber.
- However, flaxseed meal will increase carbohydrates.

For half of the called-for butter, substitute unsweetened applesauce.

- Unsweetened applesauce has about 94% less calories and 99% less fat than butter. It has 0 grams cholesterol and saturated fat, plus 98% less sodium than salted butter.
- Applesauce has 3 grams fiber per cup.
- Using applesauce to replace half the butter reduces calories, fat, saturated fat, cholesterol, and sodium.
- However, applesauce will increase carbohydrates.

Canned beans: dried beans, cooked; no-salt-added canned beans

- The above options omit any added salt from processing. Salt-free products have less than 5 mg sodium per serving, very-low-sodium products have less than 35 mg sodium per serving, and low-sodium products have less than 140 mg sodium per serving.

Canned vegetables: no-salt-added, salt-free, or low-sodium canned vegetables; frozen or fresh vegetables

- Using no-salt-added, salt-free, or low-sodium canned vegetables reduces or omits added salt during the canning process.

Cheese: For one serving regular cheese, substitute one serving reduced-fat cheese or part-skim cheese.

- Reduced-fat cheese is lower in calories, fat, cholesterol, and saturated fat. However, it tends to be higher in sodium. It does not melt as well as full-fat cheeses.
- Part-skim cheese is lower in calories, fat, cholesterol, and saturated fat. It is higher in calcium and folate.

Chicken thighs: For 1 pound chicken thighs, substitute 1 pound chicken breast, which has less calories and fat, and an equal amount of protein.

Chocolate: For ½ cup semisweet chocolate chips, substitute ¼ cup semisweet mini chocolate chips.

- Using fewer chocolate chips cuts calories, carbohydrates, sugar, fat, and saturated fat. Mini chocolate chips go further so it doesn't seem as though there are fewer of them.

For 1 ounce unsweetened baking chocolate, substitute 3 tablespoons natural, unsweetened cocoa or carob powder plus 1 tablespoon vegetable oil, canola oil, or soft margarine.

- Because carob is sweeter than cocoa, reduce the sugar in the recipe by 25%.
- Unsweetened chocolate is lower in calories, carbohydrates, and fat but higher in saturated fat than the cocoa powder mixture.

Cream cheese: For 8 ounces cream cheese, substitute 8 ounces reduced-fat ricotta cheese or reduced-fat cream cheese (Neufchâtel).

- Cup for cup, part-skim ricotta cheese has less fat, calories, sodium, cholesterol, and saturated fat than cream cheese, plus double the protein. It also has 66% more calcium. However, cream cheese has about 75% less carbs.
- Reduced-fat cream cheese has 25% less calories, 35% less fat, 33% less saturated fat, and 35% less cholesterol.

Eggs: For 1 whole egg, substitute 2 egg whites, which have less cholesterol than the yolks. You can also use ¼ cup egg substitute.

- Depending on the brand, egg product can have up to 50% less calories, less fat, and less cholesterol. However, keep in mind that egg product is higher in sodium and carbs than eggs.

For another healthy egg substitute, combine 1 tablespoon ground flaxseed with 3 tablespoons water to replace 1 egg.

- Flax has half the calories and almost half the fat of an egg. It also has 100% less cholesterol and adds fiber.

Flour:

- **Whole wheat flour:** This coarse, textured flour contains more protein and calcium than white flour and nutritious wheat germ. Whole wheat flour makes heavier breads and baked goods. Blending it with all-purpose flour will lighten the texture of the finished product while still maintaining the nutrition benefits.
- **White whole wheat flour:** White whole wheat flour is milled from white wheat rather than the traditional darker wheat used in regular whole wheat flours. It has a similar nutrition profile and lends the same nutty, hearty characteristics to baked goods as whole wheat flour.
- **Coconut flour:** Coconut flour is high in fiber and low in carbs, but it has more saturated fat content than white flour. Coconut flour has a high moisture content, but it also has incredible absorbency, which can result in a drier, denser finished product. Using coconut flour in recipes might necessitate adding additional liquid or fat.
- **Almond flour:** Made from ground raw almonds, almond flour or almond meal provides high protein, fiber, moisture, and a nutty flavor to gluten-free baked goods. Almond flour is higher in fat than white flour, however.
- **Rice flour:** Available in both white and brown varieties, rice flour is packed with fiber and protein and has a nutty flavor. Rice flours have a tendency to produce a sandy or gritty texture, so look for finely ground rice flours or blend with another gluten-free flour to offset the texture.

Flour tortillas: corn tortillas

- When compared to a 6-inch flour tortilla, 6-inch corn tortillas have about half the calories, 75% less carbohydrates and fat, and 95% less sodium.

French-fried onions: whole wheat panko bread crumbs in casseroles

- -Whole wheat panko has double the carbs but almost 98% less fat and about 80% less sodium than french-fried onions. Per cup, whole wheat panko also has 12 grams protein and 8 grams fiber, whereas french-fried onions have none.

Frosting: Instead of frosting, top your baked goods with fresh fruit or low-fat yogurt in vanilla or fruit flavors. Powdered sugar and skim milk make a low-calorie glaze for cookies. All of these options reduce calories, fat, and added saturated fat.

Fruit canned in heavy syrup: fruit canned in its own juice or in water; fresh fruit (reduces calories, carbohydrates, and added sugar)

Ground beef: For 1 pound ground beef, substitute 1 pound ground turkey, ground chicken breast, cooked lentils, or black beans. All of these options have less fat and a similar amount of protein. If you choose lentils or black beans for your burgers or meatballs, mash them slightly so they hold shape better.

Ground turkey: For 1 pound ground turkey, substitute 1 pound extra-lean ground turkey. The extra-lean variety has less calories and fat, and more protein.

Hamburger patty: For each patty, substitute a Portobello mushroom.

Heavy cream: For a healthy substitute for heavy cream, use evaporated skim milk, which reduces the calories, cholesterol, and virtually all saturated fat.

Jam/jelly: mashed berries instead of jam in baked goods and on sandwiches (reduces calories and carbohydrates, and omits added processed sugar and salt)

Lettuce, iceberg: arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach, watercress (increase vitamins, minerals, and fibers. Dark leafy greens tend to be higher in vitamin A, vitamin C, calcium, iron, and folate)

Margarine: For 1 cup, substitute:

- 1 cup cream cheese or reduced-fat cream cheese, which has less calories and fat.
- 1 cup 60% to 70% vegetable oil spread or olive oil spread, which are trans fat-free
- 1 cup tofu (best in brownies)
- 1 cup baby prunes (best in dark baked goods, due to color)
- 1 cup unsweetened applesauce, which cuts the fat and adds vitamin C.

Marinades, oil-based: wine, balsamic vinegar, fruit juice, fat-free broth

- The above options reduce calories, fat, saturated fat, and sodium. Wine adds alcohol, which may or may not be present in some marinades.

Mayonnaise: hummus, pesto, mashed avocado, mustard on sandwiches; plain Greek yogurt in dressings, casseroles, and salads

- Hummus has about one-third the calories, six times the protein, and less fat and saturated fat than mayo. It also has about 10 grams fiber per cup.
- Mashed avocado has less calories, fat, saturated fat, and sodium than mayo. It has double the protein and 15 grams fiber per cup.
- Yellow mustard has less calories and fat than mayo but has nearly double the amount of sodium. It has five times as much protein as mayo.
- Plain Greek yogurt has less calories, fat, saturated fat, and sodium than mayo. It also has 10 times the amount of protein.

Milk, whole: Skim milk has less calories, cholesterol, fat, and saturated fat. However, using skim milk instead of whole milk can change the richness of sauces and dressings.

Oil: For 1 cup canola oil, substitute 1 cup organic canola oil.

In baking, replace half the amount of oil for mashed bananas or pureed baby food pears and adjust as needed.

- Cup for cup, bananas have less calories than oil and almost no fat or saturated fat. However, they do add carbs and natural sugars. Replacing half the oil with bananas will decrease the added calories, fat, and saturated fat by nearly half.
- Cup for cup, baby food pears have about 95% less calories than oil and almost no fat or saturated fat. However, pears add carbs, natural sugars, and fiber. One cup of pears has 28 grams carbs, 18 grams sugar, and 9 grams fiber, while oil has no carbs, sugar, or fiber. Replacing half the oil with pears will decrease the added calories, fat, and saturated fat by nearly half.

Oil-packed foods: water-packed foods like tuna and sun-dried tomatoes (will omit any added fat and reduce calories by about half)

Pasta: When cooking with pasta, you can substitute whole wheat or whole grain pasta, brown rice noodles and other gluten-free noodles, zucchini, squash, soba noodles, quinoa, and shirataki noodles in equal amounts.

- Whole wheat pasta has about double the fiber of white pasta.
- Cup for cup, zucchini and squash are 90% lower in calories and 92% lower in carbs than white pasta.
- When looking for gluten-free pasta, check the packaging to ensure there is no wheat used in the product.

Rice, white: White rice can be replaced with brown rice, wild rice, quinoa, barley, millet, flax, buckwheat or bulgur in equal amounts.

- Brown rice has 25% more protein and six times the fiber than that of white rice.
- Wild rice has less calories, almost double the protein, less carbs, and nearly three times the fiber than that of white rice.
- Quinoa has nearly double the protein and almost nine times the fiber than that of white rice.
- Barley has nine times the fiber than that of white rice.
- Bulgur has 25% less calories, 25% less carbs, and almost 14 times the fiber than that of white rice.

Salad dressing: fat-free or reduced-calorie dressing; flavored vinegars

- Fat-free or reduced-calorie dressings reduce calories, fat, and saturated fat but tend to increase sodium and added sugars.
- Flavored vinegars typically do not have any calories, fat, or sodium.

Salt, table: For 1 teaspoon salt, substitute 1 teaspoon herbs, spices, citrus juices, (lemon, lime, orange), rice vinegar, salt-free seasoning mixes, or herb blends (determine which to use based off your recipe).

Seasoning salt: For 1 teaspoon seasoning salt, substitute 1 teaspoon snipped fresh herbs or salt-free seasoning blends.

- Using salt-free alternatives omits 1,500 to 1,600 mg sodium from your recipe.

Soups, 10 ¾-ounce can condensed cream-based: For 1 cup cream-based soup, substitute 1 cup fat-free milk-based soup, mashed potato flakes, or pureed carrots, potatoes, or tofu.

Sour cream: For 1 cup sour cream, substitute 1 cup plain Greek or nonfat yogurt.

- Nonfat yogurt has more than 50% less calories than sour cream, as well as more than 75% more protein. Using nonfat yogurt will also completely cut the amount of fat and saturated fat found in sour cream.
- Greek yogurt will increase protein in your recipe by 88%.

Soy sauce: sweet-and-sour sauce, hot mustard sauce, low-sodium soy sauce

- Sweet-and-sour sauce has 66% less calories and 95% less sodium than soy sauce. However, it has three times the amount of carbohydrates and double the added sugar.
- Hot mustard sauce has 80% less calories and 90% less sodium than soy sauce. However, it has four times the amount of carbohydrates and added sugar.
- Low-sodium soy sauce has about 40% less calories and half the sodium of regular soy sauce.

Spice blends: garlic powder instead of garlic salt

Sugar: For 1 cup sugar, substitute 1 cup sugar substitute.

- Sugar substitutes reduce carbs and added sugars in your recipes.

Yogurt, fruit-flavor: plain low-fat yogurt with fresh fruit slices