

By making simple modifications to some of your favorite recipes, you can make healthier meals for you and your family. This section includes dozens of recipe substitutions, some simple tips to reduce the amount of fat in your cooking, and other useful ideas for healthy eating. Try something new today!

Substitutions

Do you ever wonder what to use in place of high-fat or high-calorie ingredients? The following list includes ideas for changing dairy products, fats and oils, meat, poultry, fish and eggs. Other ingredients like soy sauce and chocolate chips are also included. Notice the calories and fat you will save by making these small changes.

10 Tips for Healthy Cooking

These cooking tips make it easier to create healthier recipes. Review this section again before you plan your weekly menu, and when trying a new recipe, to see how you can make a healthier meal.

1. Use cooking methods that do not need added fat. These include baking, braising, grilling, poaching, roasting, sauté, stir-fry and steaming. (See Chapter 10 for definitions of these methods.)
2. Use cooking spray, non-stick cooking pans, or small amounts of olive oil when cooking. For example, you can sauté vegetables in 1 teaspoon or less of olive oil in a non-stick pan. Another suggestion: Keep olive oil in a pump or spray bottle by the stove. Use a pastry brush to spread about three pumps (1 tsp.) of oil in the pan.
3. As often as you can, use recipes that feature vegetables, fruits, beans, seafood, and whole grain products because all are naturally low in fat.
4. Skim off any visible fat before reheating soups and gravies.
5. Try salsa on a baked potato instead of butter.
6. Increase the amount of spices and seasonings in the recipe to add flavor when high-fat ingredients are removed. Taste and adjust seasonings to your liking.
7. Since sugar is a natural preservative, a recipe with a reduced amount of sugar will not keep as long as the original recipe. Freeze food in portions that can be defrosted as needed – as long as the recipe is suitable for freezing.
8. Choose rice, beans, cereals, pasta, and whole grains to get your essential nutrients every day.
9. Top casseroles or salad with bran cereals for added fiber and crunch.
10. Use beans or lentils in place of ground meat in recipes to add fiber and reduce fat.



Healthy Substitutions

Ingredient	Substitution	Calories Saved	Fat Saved
Dairy Products			
4 oz. cheddar cheese 458 calories 38 g of fat	4 oz. reduced-fat cheddar cheese (less than 5 g fat per oz) OR 4 oz. fat-free cheddar cheese	258 258	32 g 38 g
4 oz. feta cheese 304 calories 24 g of fat	2 oz feta + 2-oz fat-free cottage cheese	112	12 g
8 oz. cream cheese 640 calories 64 g of fat	8 oz. light cream cheese OR 8 oz. fat-free cream cheese OR 8 oz. fat-free ricotta cheese	80 400 493	24 g 64 g 64 g
1 cup sour cream 492 calories 48 g of fat	1 cup fat-free sour cream OR 1 cup fat-free plain yogurt OR 1 cup pureed fat-free cottage cheese + 1 Tbsp. lemon juice	168 360 332	19 g 48 g 48 g
1 cup heavy cream 792 calories 79 g of fat	1 cup evaporated fat-free milk	744	79 g
1 cup whole milk 156 calories 8 g of fat	1 cup fat-free milk	64	8 g
1 cup cottage cheese 240 calories 8 g of fat	1 cup fat-free cottage cheese	80	8 g
Fats And Oils			
½ cup oil (for baking) 977 calories 109 g of fat	½ cup applesauce OR ¼ cup applesauce + ¼ cup buttermilk OR ½ cup baby food prunes	925 922 799	109 g 108 g 109 g
½ cup oil for marinades or salad dressings) 977 calories 109 g of fat	½ cup low fat or non fat chicken broth OR ½ cup unsweetened pineapple juice	945 894	109 g 109 g
½ cup. margarine, shortening, or butter (for baking) 791 calories 90 g of fat	½ cup reduced- calorie margarine OR ½ cup applesauce OR ¼ cup applesauce + ¼ cup buttermilk OR ½ cup baby food prunes	421 760 761 681	48 g 92 g 91 g 92 g

Healthy Substitutions

Ingredient	Substitution	Calories Saved	Fat Saved
Fats And Oils (continued...)			
½ cup margarine or butter (for icings) 791 calories 90 g of fat	½ cup marshmallow crème	392	92 g
2 Tbsp. oil (for sautéing) 240 calories 27 g fat	2 Tbsp. non- or low-fat broth	236	27 g
	OR 2 Tbsp. unsweetened Pineapple juice	223	27 g
	OR 2 tbsp. dry wine	221	27 g
1 Tbsp. regular mayonnaise 100 calories 11 g of fat	1 Tbsp. light mayonnaise	50	6 g
	OR 1 Tbsp. fat-free plain yogurt	83	11 g
Meats, Poultry, Fish, & Eggs			
1 pound ground beef (80% lean) 1,202 calories 96 g of fat	1 pound lean ground beef (95% lean)	350	27 g
	OR 1 pound ground turkey breast (99% fat-free)	356	54 g
3 slices pork bacon (¾ oz. total) 123 calories 11 g of fat	3 slices turkey bacon (¾ oz. total)	42	5 g
	OR 1 tbsp. bacon bits	80	8 g
	OR 2 slices lean Canadian bacon	70	7 g
3 oz. roasted chicken thigh (with skin) 223 calories 17 g of fat	3 oz. roasted chicken breast (without skin)	70	10 g
6 ½ oz. canned oil-packed tuna 343 calories 19 g of fat	6 ½ oz. canned water-packed tuna	129	18 g
1 whole egg 83 calories 6 g of fat	2 egg whites	50	6 g
	OR ¼ cup egg substitute	30	4 g

Healthy Substitutions

Ingredient	Substitution	Calories Saved	Fat Saved
Other Ingredients			
1 cup chocolate chips 840 calories 48 g of fat	$\frac{3}{4}$ cup of chocolate chips OR $\frac{2}{3}$ cup of chocolate chips OR $\frac{1}{2}$ cup of chocolate chips	215	15 g
(This substitution works for all varieties of chocolate chips.)		286	20 g
		430	30 g
1 oz. unsweetened chocolate (squares) 176 calories 14 g of fat	3 Tbsp. unsweetened cocoa powder	103	12 g
1 cup shredded coconut 466 calories 33 g of fat	$\frac{1}{2}$ cup shredded coconut OR 1 tsp. coconut flavoring	233	16 g
		466	33 g
4 oz. sliced olives 167 calories 15 g of fat	2 oz. sliced olives	83	8 g
1 cup condensed canned cream soup 314 calories 23 g of fat	1 cup condensed canned 99% fat-free cream soup OR 1 cup low-fat cream soup	112	13 g
		29	18 g
1 cup sugar 774 calories 0 g of fat	$\frac{3}{4}$ cup sugar	192	0 g
1 cup walnuts 785 calories 78 g of fat	$\frac{1}{2}$ cup walnuts	385	37 g
1 cup regular ice cream 260 calories 14 g of fat	1 cup non-fat frozen yogurt OR 1 cup non-fat ice cream	40	14 g
		60	14 g
1 cup all-purpose white flour 444 calories 1 g of fat	$\frac{1}{2}$ whole wheat flour OR $\frac{3}{4}$ cup all-purpose white flour + $\frac{1}{4}$ cup crushed bran cereal	176	0 g
		40	0 g
Salt			
1 tsp. soy sauce 3 calories 0 g of fat 289 mg of sodium	1 tsp. light soy sauce		Sodium Saved 160 m
$\frac{1}{2}$ tsp. Iodized salt 0 calories 0 g of fat 1,163 mg of sodium	0-1/4 tsp. Iodized salt		0-580 mg

Healthy Substitutions

Now that you know how to make your recipes lighter and healthier, here is an example of how you can do it. By simply reducing some ingredients, and substituting others, these brownies come out of the oven smelling and tasting great, and are a lot healthier for you. Notice that the original recipe has almost 3 times as much fat as the lighter one!

Fudgey Brownies	Lowfat Fudgey Brownies
<p>½ cup butter, melted 1 ½ cups powdered sugar 2/3 cup flour 3 tablespoons unsweetened cocoa powder 1 teaspoon vanilla extract 1 egg 2 Tablespoons water ¾ cup semisweet chocolate chips Dash of salt</p> <p>Melt butter in microwave. Add egg, vanilla and water.</p> <p>Stir in powdered sugar, cocoa, flour and salt.</p> <p>Add chocolate chips.</p> <p>Bake in a 9-inch square pan at 350 F for 25 minutes.</p> <p>Cut when cool.</p> <p>Yield: 16 brownies</p>	<p>1 ½ cups sugar ¼ cup plain low-fat yogurt 1 ¼ cups flour ½ cup unsweetened cocoa powder 1 teaspoon vanilla extract ½ cup egg substitute or 4 egg whites 2 Tablespoons water ¾ cup semisweet chocolate chips Dash of salt 1 teaspoon baking powder Vegetable oil cooking spray</p> <p>Whisk together sugar, egg substitute, yogurt, water, and vanilla in large bowl.</p> <p>Sift flour, cocoa, baking powder, and salt. Add to sugar mixture.</p> <p>Stir or whisk gently only until ingredients are moistened. Batter may be lumpy.</p> <p>Stir in chocolate morsels.</p> <p>Pour batter into a 9-inch-square pan coated with cooking spray.</p> <p>Bake at 325 F for 30 minutes. Cut into squares when cool.</p> <p>Yields 16 brownies.</p>
<p>Nutrition information per brownie: Calories: 160 Fat: 9 grams</p>	<p>Nutrition information per brownie: Calories: 160 Fat: 3.5 g</p>

