Recipe Substitutions to give you healthier options in 2012

Use these suggestions to help lower fat and cholesterol.

When the Recipe calls for:	Substitute with:
Whole Milk	• Fat-Free or low-fat 1% milk
Cream	• Evaporated fat-free milk
Sour Cream	• Fat-free or low-fat sour cream • Fat-free or low-fat plain yogurt
Mayonnaise	• Fat-free or low-fat mayonnaise
1 cup butter	• 1 cup of tub butter • 2/3 cup vegetable oil
Oil (for baking)	• Equal amounts of applesauce or prune puree
Oil (for sautéing)	• Water • Nonstick cooking spray • Low-sodium broth
1 whole egg	• ¼ cup egg substitute or 2 egg whites
1 egg to thicken	• 1 tablespoon flour
Ground beef	• Extra lean ground beef or turkey (10% or less fat)
Sausage	• Turkey sausage (10% or less fat) • Vegetarian sausage
Salad dressing	• Fat-free or low-fat dressing • Flavored vinaigrette • Flavored vinaigrette (made with olive oil, water and vinegar, or lemon juice)
Cream soup	• Fat-free or low-fat canned cream soup • Homemade broth after removing the fat • Fat-free broth mixed with fat-free milk or fat-free evaporated milk.