

# Healthy Cooking and Baking Substitutions

## Fat reduction

Instead of:	Try:
Shortening, butter, margarine, or solid fat	Use $\frac{1}{4}$ less liquid oil or solid fat called for in the recipe. If the recipe calls for 1 cup, use $\frac{3}{4}$ cup. If the recipe uses $\frac{1}{4}$ cup shortening, use 3 TBSP oil. Use equal amounts of oil for melted shortening, margarine, or butter.
Shortening, butter or oil in baking	Use fruit puree for half of the butter, shortening or oil. You may need to reduce the baking time by 25%. Peaches-muffins and spice cakes Prunes-chocolate based recipes Pears and bananas-quick breads and coffee cakes Unsweetened applesauce-works well in almost any baked good
Instead of whole milk, half and half or evaporated milk	Use skim milk, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk.
Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir fry	When frying foods use cooking spray, water, low-sodium broths or nonstick pans.
Full fat cream cheese	Use low-fat or nonfat cream cheese, Neufchatel, or low fat cottage cheese pureed until smooth.
Cream and whipping cream	Use evaporated skim milk or nonfat whipped topping or cream.
Eggs	Use egg whites (usually 2 whites for every egg) or $\frac{1}{4}$ cup egg substitute.
Whole fat cheese	Use reduced fat cheese or cheeses like part-skim mozzarella.
Frying in fat	Use other methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave.
Regular mayonnaise or salad dressing	Use low fat, reduced fat or non fat mayonnaise or salad dressing.
Canned fish	Use water packed canned products instead of fish canned in oil.
Fatter cuts of meat-skin on	Use leaner cuts of meat or ground meat; remove skin before eating.
Mild flavored cheese	Use sharp flavored cheese in recipes and cut the amount in half.
Ground beef	Drain the fat-you can use a colander to do this. Try lean or extra lean ground beef or turkey.
Gravy, stews and soup	Chill until the fat hardens then remove the fat layer.
Nuts	Toast them first to enhance flavor and then add less.
Frosting	Sprinkle some powdered sugar on cakes instead. Or, try heating the frosting in the microwave and then drizzle it over the cake.
Pies	Use only a bottom crust. Or, try a crumb crust

	made of graham crackers, vanilla or chocolate wafers.
--	---

## Sodium reduction

Instead of:	Try:
Salt	Omit or reduce salt when cooking. Use spices! You can reduce the amount of salt when baking, except in products with yeast.
Frozen or canned vegetables	Choose frozen vegetables without sauces or use no-salt-added canned goods. Rinsing canned vegetables will help reduce the sodium. Buy low-sodium versions when possible.
Seasoning salt or spice mixes with salt	Use salt-free seasonings and spice mixes. Use herbs, spices, lemon juice or vinegar to flavor food instead of salt. Seasonings high in sodium include ketchup, chili sauce, chili powder, bouillon cubes, barbeque sauce, soy sauce, Worcestershire sauce, and meat tenderizers.

## Sugar reduction

Instead of:	Try:
Sugar reducing	Reduce sugar by $\frac{1}{4}$ to $\frac{1}{3}$ in baked goods and desserts. If a recipe calls for 1 cup, use $\frac{2}{3}$ cup. Cinnamon, vanilla and almond extract can be added to give impressions of sweetness. (Do not remove sugar in yeast breads as sugar provides food for the yeast). Baked goods with less sugar may not brown as much.
Sugar replacement	Replacing sugar with equal amounts of sucralose (Splenda), works well for most baked products. Add $\frac{1}{2}$ tsp baking soda in addition to each cup of Splenda used. The baking time is usually shorter and the products will have a smaller yield. Try using aspartame, saccharin, or acesulfame potassium in other products that are not baked. The sweet taste will vary with the product combination or amounts of each sweetener used. **Add artificial sweeteners to the liquid ingredients for even distribution.
Fruit flavored yogurt	Plain yogurt with fruit slices or use light versions of yogurt.
Syrup	Pureed fruit, no sugar added applesauce, or sugar-free syrup.
Sugar in canned or frozen fruits	Buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup.

## Increasing Fiber:

Instead of:	Try:
White rice, enriched grains	Whole grains, brown rice, wild rice, whole cornmeal (not de-germed), hulled barley, bulgur, kasha, quinoa, or whole wheat couscous.
All purpose flour	Substitute whole wheat flour for up to ½ of the flour in a recipe. For example, if a recipe calls for 2 cups flour, try 1 cup all purpose flour and 1 cup minus 1 tablespoon whole wheat flour. You could also try using “white whole wheat flour” or “whole wheat pastry flour” for total the amount of all purpose flour.
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies and cereals.
White bread	100% whole wheat bread and 100% whole grain bread.
Iceberg lettuce	Romaine lettuce, endive, and other dark leafy lettuces, or baby spinach.
Meat	Use more dried beans and peas. Add legumes and lentils to many different dishes: soups, chili, pasta, salads.
Peeled fruit and vegetables	Unpeeled fruits and vegetables (as appropriate). Leave apple peels on apples in apple crisp, zucchini peels on zucchini in zucchini bread, etc. Try adding extra fruits and vegetables to recipes, such as adding carrots to spaghetti sauce, broccoli to casseroles, spinach to omelets, etc.