

FitFUTURE

Strategies for
Better Living.



by Jennifer Kerr, MS, RD, CDN

YOUR RECIPE USES THIS:

SUBSTITUTE WITH THIS:

Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham).
Bread, white	Whole-grain bread.
Bread crumbs, dry	Rolled oats or crushed bran cereal.
Butter, margarine, shortening or oil in baked goods	Applesauce for half of the called-for butter, shortening or oil. <i>Note: To avoid dense, soggy or flat baked goods, don't substitute oil for butter or shortening.</i>
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans.
Cream	Fat-free half-and-half, evaporated skim milk.
Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchâtel, or low-fat cottage cheese pureed until smooth.
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg.
Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods. <i>Note: Whole-wheat flour is less dense and works well in softer products like cakes and muffins.</i>
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit.
Ground Beef	Lean ground beef, chicken or turkey breast (make sure no poultry skin has been added).
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress.
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise.
Milk, whole	Reduced-fat or fat-free milk.
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth.
Pasta, enriched	Whole-wheat pasta.
Rice, white	Brown rice, wild rice, bulgur or pearl barley.
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars.
Seasoned salt, garlic salt, onion salt	Herb-only seasonings, garlic powder or onion flakes; or chopped herbs or garlic, celery or onions.
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots for thickening agents.
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt.
Sugar	Reduce sugar by one-half; intensify sweetness by adding vanilla, nutmeg or cinnamon.