

Healthful Twists

Try these ingredient substitutions to bring better nutrition to your favorite recipes.

WHEN IT CALLS FOR: Dry bread crumbs
USE: Rolled oats or crushed bran cereal

WHEN IT CALLS FOR: 1 egg
USE: 2 egg whites or $\frac{1}{4}$ cup egg substitute

WHEN IT CALLS FOR: 1 cup chocolate chips
USE: $\frac{3}{4}$ cup mini chocolate chips

WHEN IT CALLS FOR: Sour cream
USE: Plain low-fat yogurt or fat-free sour cream

WHEN IT CALLS FOR: Mayonnaise
USE: Plain yogurt

WHEN IT CALLS FOR: Nuts
USE: Half as many nuts, but toasted first

WHEN IT CALLS FOR: 1 cup flour
USE: $\frac{1}{2}$ cup whole wheat flour + $\frac{1}{2}$ cup all-purpose flour

WHEN IT CALLS FOR: Butter, shortening or oil in baking
USE: Applesauce, mashed banana or prune puree for half of the amount of fat called for in the recipe. Do not substitute oil for butter or shortening.

WHEN IT CALLS FOR: Soup thickeners such as cream, butter, flour or egg yolks
USE: Pureed cooked vegetables such as potatoes, cauliflower, carrots or celery.

WHEN IT CALLS FOR: Bacon
USE: Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham)

WHEN IT CALLS FOR: Butter, margarine, shortening or oil to prevent sticking
USE: Cooking spray or nonstick pans

WHEN IT CALLS FOR: Creamed soups
USE: Fat-free milk-based soups, mashed potato flakes or pureed carrots, potatoes or tofu for thickening agents

WHEN IT CALLS FOR: Enriched pasta
USE: Whole-wheat pasta

WHEN IT CALLS FOR: Evaporated milk
USE: Evaporated skim milk

WHEN IT CALLS FOR: Fruit canned in heavy syrup
USE: Fruit canned in its own juices or in water, or fresh fruit

WHEN IT CALLS FOR: Fruit-flavored yogurt
USE: Plain yogurt with fresh fruit slices

WHEN IT CALLS FOR: Full-fat cream cheese
USE: Fat-free or low-fat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth

WHEN IT CALLS FOR: Ground beef
USE: Extra-lean or lean ground beef, chicken or turkey breast (make sure no poultry skin has been added to the product)

WHEN IT CALLS FOR: Iceberg lettuce
USE: Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress

WHEN IT CALLS FOR: Margarine in baked goods
USE: Trans fat-free butter spreads or shortenings that are specially formulated for baking

[Note: If ingredient lists include the term "partially hydrogenated," it may have up to 0.5 grams of trans fat in one serving. To avoid dense, soggy or flat baked goods, don't substitute diet, whipped or tub-style margarine for regular margarine.]

WHEN IT CALLS FOR: Mayonnaise for sandwiches and salads
USE: Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise

WHEN IT CALLS FOR: Meat as the main ingredient
USE: Three times as many vegetables as the meat on pizzas or in casseroles, soups and stews

WHEN IT CALLS FOR: Oil-based marinades
USE: Wine, balsamic vinegar, fruit juice or fat-free broth

WHEN IT CALLS FOR: Salad dressing
USE: Fat-free or reduced-calorie dressing or flavored vinegars

WHEN IT CALLS FOR: Seasoning salt, such as garlic salt, celery salt or onion salt
USE: Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions

WHEN IT CALLS FOR: Soups, sauces, dressings, crackers, or canned meat, fish or vegetables
USE: Low-sodium or reduced-sodium versions

WHEN IT CALLS FOR: Soy sauce
USE: Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce

WHEN IT CALLS FOR: Table salt
USE: Herbs, spices, fruit juices or salt-free seasoning mixes or herb blends

WHEN IT CALLS FOR: White bread
USE: Whole-wheat bread

WHEN IT CALLS FOR: White rice
USE: Brown rice, wild rice, bulgur or pearl barley

WHEN IT CALLS FOR: Whole milk
USE: Reduced-fat or fat-free milk