



Making Your Favorite Foods Healthier

Substitute high-calorie, high-fat ingredients with low-calorie, low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Lean ground turkey breast
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Vegetable cooking spray or small amount of butter
Chocolate	Cocoa powder
Pork or bacon fat to season foods	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Canned milk	Canned skim milk
Whole eggs*	2 egg whites; egg substitute
Mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or canned skim milk

*Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Cut the amount of margarine/butter by 1/3 or 1/2. Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk.
- Instead of eggs, try using ground flax meal (1 tablespoon ground flax + 3 tablespoons water = 1 egg)



**Keep in mind that these recipes may still be high in calories.
Eat them rarely and take small portions.**