



# Substitutions for healthier recipes

By making a few minor adjustments you can cut the fat, sugar, and calories out of your favorite recipes using healthier cooking methods and substituting some of the ingredients.

## IF YOUR RECIPE CALLS FOR THIS:

## TRY SUBSTITUTING:

Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	<p>Unsweetened applesauce, mashed bananas or avocados for the called-for butter, shortening or oil in cakes, muffins or brownies - not for cookies.</p> <p>Avocado puree is best in dark chocolate items.</p> <p>1:1 ratio. 1/4 cup fruit puree for 1/4 cup oil</p>
Chocolate chips	Cacao nibs
Cream	Fat-free half-and-half, evaporated skim milk
Eggs	<p>Two egg whites or 1/4 cup egg substitute for each whole egg</p> <p>Unsweetened applesauce can also be used as an egg substitute. At a conversion rate of 1/4 cup applesauce for 1 egg.</p>
Flour, all-purpose (plain)	<p>Whole-wheat flour for half of the called-for all-purpose flour in baked goods.</p> <p>1: 3/4 ratio. 3/4 cup whole wheat flour for 1 cup flour.</p> <p>Coconut flour, gluten free, hypoallergenic and higher in fiber. Because of its bitter taste best as a partial replacement in baked goods.</p>
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Milk, evaporated	Two egg whites or 1/4 cup egg substitute for each whole egg
Rice, white	Brown rice, wild rice, bulgur wheat or pearl barley
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or finely chopped fresh herbs, garlic, celery or onions
Sour cream	<p>Non-fat Greek yogurt.</p> <p>A squeeze of lemon juice will add to the sour flavor.</p>

**IF YOUR RECIPE  
CALLS FOR THIS:**

**TRY SUBSTITUTING:**

Soy sauce

Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce

Sugar

Half sugar in baked goods; add vanilla, nutmeg or cinnamon to intensify sweetness

Syrup

Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup

Table salt

Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends