

## Tips for Making Recipes Healthier

Cooking and baking at home is one way you can reduce the amount of fat and calories you eat. This is especially true if you substitute recipe ingredients with healthier options. Below are some examples of how to do that. Note that sometimes changing ingredients, especially in baked goods, can change the texture of the final product, so you might need to experiment with quantities of the ingredients you use.

Instead of...	Use...	Calories Saved	Fat Saved (g)
1 large egg	2 egg whites	38	4.5
1 large egg	¼ cup egg substitute	43	4.8
3 oz ground beef, 70% lean, 30% fat, cooked	3 oz ground turkey	21	3.1
3 oz cooked, ground beef (70% lean)	3 oz cooked, ground beef (93% lean)	195	17
1 hot dog (regular)	1 hot dog (low fat)	27	3
1 hot dog (regular)	1 hot dog (turkey)	95	9.1
1 link sausage (regular pork)	1 link sausage (turkey)	24	3.6
1 slice bacon, cooked	1 slice bacon (turkey), cooked	13	1.3
2 C sugar	1 C sugar and 1 C Splenda®	726	-
½ C oil in baked goods	½ C unsweetened applesauce	913	109
½ C oil in baked goods	½ C pureed prunes (baby food)	884	109
1 C whole milk	1 C skim milk	66	8 (7.7)
1 C whole milk	1 C 1% milk	47	5.5
Sweetened condensed milk, 14-oz can	Fat-free sweetened condensed skim milk, 14-oz can	652	46.5
1 C sweetened condensed milk	1 C evaporated skim milk in the same amount plus ¾ C of sugar substitute	1 369	45.5
Evaporated milk, 12 fl oz can	Evaporated skim milk, 12 fl oz can	208	28.4
1 C heavy cream	1 C evaporated skim milk	621	87.5
2 Tbsp whipped topping (regular)	2 Tbsp whipped topping (low fat)	3	0.5
1 Tbsp butter or margarine	1 Tbsp lite butter or margarine	52	6.5
1 Tbsp butter or margarine	1 Tbsp fat-free butter spread	96	11.5
1 Tbsp shortening or lard	1 Tbsp soft-tub lite margarine	66	7.9
1 Tbsp mayonnaise (regular)	1 Tbsp lite mayonnaise	58	7
1 Tbsp mayonnaise (regular)	1 Tbsp fat-free mayonnaise	81	10
2 Tbsp sour cream (regular)	2 Tbsp fat-free sour cream	17	4
2 Tbsp sour cream (regular)	2 Tbsp lite sour cream	13	2.2
2 Tbsp cream cheese (regular)	2 Tbsp fat-free cream cheese	62	9.5
2 Tbsp cream cheese (regular)	2 Tbsp lite cream cheese	39	5.3
Cheese, American (regular, single slice)	Cheese, American (fat-free, single slice)	35	5.3

C = cup, fl oz = fluid ounce, g = gram, oz = ounce, Tbsp = tablespoon

### References and recommended readings

Calorie King website. <http://www.calorieking.com/>. Accessed August 20, 2015.

USDA National Nutrient Database for Standard Reference. United States Department of Agriculture website. <http://ndb.nal.usda.gov/>. Accessed August 20, 2015.

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