

## Recipe Substitutions:

### If your recipe calls for this ingredient:

### Try substituting this ingredient:

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 or prune puree for half of the called-for butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats
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Note: To avoid dense, soggy or flat baked goods, don't use oil in place of butter or shortening. Also don't use diet, whipped or tub-style margarine in place of regular margarine.

Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
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Cream	Fat-free half-and-half, evaporated skim milk
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Cream cheese, full fat	Fat-free or low-fat cream cheese, Neufchatel, or low-fat cottage cheese pureed until smooth
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Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
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Flour, all-purpose (plain)	Whole-wheat flour for half of the called-for all-purpose flour in baked goods
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Note: Whole-wheat pastry flour is less dense and works well in softer products like cakes and muffins.

Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
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Ground beef	Extra-lean or lean ground beef, ground chicken breast or ground turkey breast (make sure no poultry skin has been added to the product)
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Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress
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Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise
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Meat as the main ingredient	Three times as many vegetables as meat on pizzas or in casseroles, soups and stews
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat or fat-free milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice, wild rice, bulgur wheat or pearl barley
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars
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
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents
Soups, sauces, dressings, crackers, or canned meat, fish or vegetables	Low-sodium or reduced-sodium and low-fat or reduced-fat versions
Sour cream, full fat	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
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
Yogurt, fruit-flavored	Plain low-fat yogurt with fresh fruit slices