

Healthy Substitutions

- ✓ Be aware of the amount of sauces, salad dressings, dips, etc. – less may be just as good
- ✓ Use brown rice in place of white rice
- ✓ Roast, bake, broil, grill – avoid frying
- ✓ Use aged cheeses – less is needed to achieve optimal taste
- ✓ Remove the skin off of meats before serving
- ✓ Baste meats with its own juices instead of using butter
- ✓ Choose lean meats: lean ground round, sirloin, tenderloin, poultry, fish
- ✓ Replace French onions with almonds
- ✓ Use Campbell's® Healthy Request® & low sodium soups
- ✓ Try frozen vegetables instead of canned vegetables
- ✓ Buy no added salt or rinse off canned vegetables
- ✓ Use sugar substitutes (tea, casseroles, cornbread, etc)
- ✓ Use whole wheat bread products
- ✓ Avoid cooking with ham hocks and bacon ~ try herbs & spices instead
- ✓ Use low fat dairy products (low-fat/ 1%)
 - milk, cheeses, creams, sour cream, cream cheese
- ✓ Use low sodium, fat-free chicken broth instead of butter in mashed potatoes & dressing – they will look & taste fluffier
- ✓ Add fruit to salads or serve as an appetizer
- ✓ Try egg substitutes & fat-free evaporated milk in pies
- ✓ Put fruit on the bottom of a pie/cobbler & sprinkle low-fat granola on top
- ✓ Season with garlic
 - turkey, mashed potatoes, casseroles, & vegetables
 - roast cloves & use as a spread on bread in place of butter
- ✓ Use mustard & nonfat/light mayo instead of regular mayo
- ✓ Try nonfat, plain yogurt in place of mayonnaise
- ✓ Nonstick cooking spray instead of butter/Crisco®
- ✓ Replace butter/margarine with Smart Balance® spreads
- ✓ Add dried fruits to recipes instead of nuts & chocolate chips
- ✓ Use nonfat, plain yogurt & fat-free sour cream for dips, sauces, & toppings
- ✓ Use olive/canola oil instead of vegetable oil
- ✓ Replace at least ½ of oil, margarine, or butter with no sugar added applesauce in muffins & quick breads
- ✓ 1 whole egg = ¼ c egg substitute or 2 egg whites
- ✓ 1 c butter = 2/3 c vegetable oil
- ✓ 1 oz baking chocolate = 3T cocoa powder+1T vegetable oil