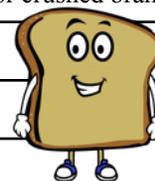
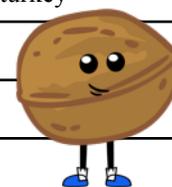
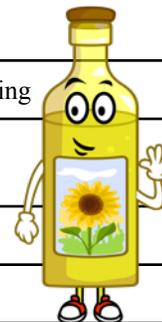
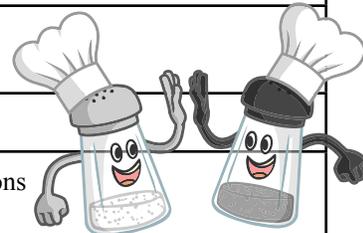


With just a few simple changes to your recipe, you can make any special meal healthier with this healthy ingredient substitution guide!

If your recipe calls for:	Try this Healthier Alternative instead
Milk Group	
Condensed whole milk or Evaporated milk	Evaporated skim milk
Cream for soups	Mashed potato flakes, pureed starchy vegetables or silken tofu
Creamed soups	Fat-free milk-based soups
Eggnog	Sparkling cider or reduced fat eggnog
Full-fat cream cheese	Fat-free or low-fat cream cheese, Low-fat cottage cheese pureed until smooth
Full-fat sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Ice cream	Low fat whipped cream or frozen low fat yogurt
Sour cream	Low fat yogurt or reduced fat sour cream
Whole milk	Reduced-fat or fat-free milk, soy milk, or rice milk
Meat & Beans Group	
Bacon	Canadian bacon, turkey bacon, or lean prosciutto
Eggs	Two egg whites or 1/4 cup egg substitute for each whole egg
Ground meat	Extra-lean or lean ground beef, pork, chicken or turkey
Meat	Add vegetables and mix in with meat
Meat	Tofu or soy based for a meatless substitute
Poultry dark meat	Poultry white meat (chicken or turkey)
Poultry with skin	Poultry without skin
Grains Group	
All-purpose flour	Whole-wheat flour (you may only need 1/2 as much)
Dry bread crumbs	Rolled oats, whole wheat bread crumbs or crushed bran cereal
Enriched pasta	Whole-wheat or brown rice pasta
Pie crust	Graham cracker crust
White bread	Whole-wheat or sprouted bread



If your recipe calls for:	Try this Healthier Alternative instead
White rice	Brown rice, wild rice, bulgur, couscous or pearl barley
Vegetables	
Creamed vegetables	Steamed vegetables
Add some vegetables!	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress and more!
Mashed potatoes	Mashed sweet potatoes
Fruit Group	
Fruit canned in heavy syrup	Fruit canned in its own juices or in water, or fresh fruit
Pie and ice cream	Fresh fruit with sorbet
Add fruits as toppings to dessert!	Baked fruit based desserts with no added sugar
Seasonings and Sugars	
Chocolate chips	Dried fruit
Seasoning salt	Herb seasonings or minced garlic, celery or onions
Syrup	Pureed fruit, such as applesauce Low-calorie, sugar-free syrup
Soy sauce	Low-sodium soy sauce
High sodium packaged or canned foods	Low-sodium or reduced-sodium versions
Sugar for desserts	Natural sweeteners such as fruit, honey or Agava
Sugar	Try cutting the sugar by 1/3 amount.
Oils	
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Butter, shortening or oil	Margarine or 1/2 the amount of fruit puree when baking
Margarine in baked goods	Trans fat-free butter spreads or shortenings that are specially formulated for baking
Mayonnaise	Reduced-calorie, reduced-fat mayonnaise
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Salad dressing	Fat-free or reduced-calorie dressing, herbed season olive oil or flavored vinegars





Source:

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