

What can you do to eat healthier?

Simply modify your recipes using these quick reference cards. **Just cut out and save!**



LOOKING TO DECREASE YOUR TOTAL FAT & CALORIES?

Original Ingredients	Simple Substitutions
Shortening, butter, margarine, or solid fat	Liquid oil. <i>If recipe calls for...</i> Solid fat: use ¼ less of oil (1 cup, use ¾ cup) Melted shortening, margarine or butter: use equal amounts oil Shortening (¼ cup): use 3 Tablespoons oil
<i>in baking</i>	Applesauce or prune puree for half of the butter, shortening or oil. <i>May need to reduce baking time by 25%.</i>
<i>to prevent sticking, to sauté or stir-fry</i>	Cooking spray, water, broth or nonstick pans
<i>frying in fat</i>	Cooking methods such as bake, boil, broil, grill, poach, roast, stir-fry, or microwave
Canned fish	Water-packed or 'lite' syrup canned products
Fatter cuts of meat—skin on	Leaner cuts of meat or ground meat, remove skin before cooking

LOOKING TO REDUCE THE AMOUNT OF SUGAR?

Original Ingredients	Simple Substitutions
Sugar	Aspartame (*NutraSweet™), saccharin, or acesulfame potassium
<i>in baking</i>	Reduce sugar by ¼ to 1/3 (recipe calls for 1 cup, use 2/3 cup). Cinnamon, vanilla, & almond extract can be added to give impression of sweetness. <i>Do not remove all sugar in yeast breads as sugar provides food for the yeast.</i> Sucralose (*Splenda™): add ½ teaspoon baking soda in addition to each cup of Splenda™ used. <i>Baking time is usually shorter and product will have a smaller yield.</i>
Fruit-flavored yogurt	Plain yogurt with fresh fruit slices or light versions of yogurt

*Use of brand name does not mean an endorsement of the product.

LOOKING TO REDUCE SODIUM?

Original Ingredients	Simple Substitutions
Salt	Omit or reduce salt by ½ in most recipes (<i>except in products with yeast</i>). Cook foods without adding salt. Don't put the salt shaker on the table.
Seasoning Salt or spice mixes with salt	Salt-free seasonings and spice mixes, herbs, spices, lemon juice, or vinegar. <i>Seasonings high in sodium include catsup, chili sauce, chili powder, bouillon cubes, barbecue sauce, soy sauce, Worcestershire sauce, and meat tenderizers.</i>
Frozen or canned vegetables	Frozen vegetables without sauces or no-salt-added canned goods. Rinsing canned vegetables will help reduce sodium.

WANT TO INCREASE FIBER?

Original Ingredients	Simple Substitutions
White rice, enriched grains	Whole grain, brown rice, wild rice, whole cornmeal (not degermed), whole barley, bulgur, kasha, quinoa, or whole wheat couscous
All purpose flour	White whole wheat flour or whole wheat pastry flour Whole wheat flour for up to ½ of the flour. (If a recipe calls for 2 cups flour, try 1 cup all purpose flour and slightly less than 1 cup whole wheat flour)
Pastas, crackers, cookies, cereals	Whole grain pastas, crackers, cookies, and cereals.
White bread	100% whole wheat or whole grain bread

LOOKING TO REDUCE THE AMOUNT OF SUGAR?

Original Ingredients	Simple Substitutions
Syrup	Pureed fruit (such as no sugar added applesauce) or sugar-free syrup
Sugar in canned or frozen fruits	Decrease or eliminate sugar when canning or freezing fruits. Buy unsweetened frozen fruit or fruit canned in its own juice, water, or light syrup.

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Original Ingredients	Simple Substitutions
Whole milk, half and half, or evaporated milk	Skim milk, Skim Plus™, 1% milk, evaporated skim milk, fat-free half and half, or plain soymilk with calcium
Whole fat cheese cream cheese, cottage cheese, or ricotta cheese	Reduced fat or nonfat options: 2% or fat-free cottage cheese. Part-skim ricotta. Low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Sour cream	Nonfat or reduced fat sour cream or fat-free plain yogurt. (Note: <i>yogurt is not heat stable.</i>)
Cream, whipping cream	Evaporated skim milk, nonfat whipped topping or cream (Only nonfat if one serving size is used.)
Eggs	Use egg whites (usually 2 egg whites for every egg) or ¼ cup egg substitute
Regular mayonnaise or salad dressing	Use low fat, reduced or nonfat mayonnaise or salad dressing

WANT TO INCREASE FIBER?

Original Ingredients	Simple Substitutions
Iceberg lettuce	Romaine lettuce, endive, and other leafy lettuces, or baby spinach
Meat	More dried beans and peas and add legumes and lentils to many different dishes. Try adding lentils to your spaghetti sauce.
Peeled fruit and vegetables	Extra fruits and vegetables (such as adding carrots to spaghetti sauce) or include the peel when appropriate (such as leaving apple peels in apple crisp)

Reference: *The Ohio State University Extension Fact Sheet*,
 “Modifying a Recipe to be Healthier”. HYG-5543-06

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