

## Top 20 Healthy Recipe Ingredient Substitutions

Original Ingredient	Healthy Substitute (equal amount)
1) 1 Large whole egg (1/4 cup) - WARNING - <i>When baking substitute half of the whole eggs with egg whites or the product may be tough.</i>	2 Large egg whites, 1/4 cup egg whites or egg substitute
2) 2% or Whole milk	Skim, 1/2 % or 1% milk
3) Heavy cream	Soups/casseroles - evaporated skim milk Baking - light cream or Half & Half
4) Coffee cream or Half & Half	Whole milk or evaporated skim milk
5) Buttermilk	2% Buttermilk or 15 Tbsp skim milk + 2 Tbsp lemon juice
6) Evaporated whole milk	Evaporated skim milk
7) Sweetened condensed whole milk	Lowfat or nonfat sweetened condensed milk
8) Sour cream & yogurt - WARNING - <i>If recipe requires cooking, use nonfat only in <u>sweet recipes</u>.</i>	Lowfat or nonfat
9) Cream cheese - WARNING - <i>Nonfat produces dips and cake frosting that are very runny.</i>	Light cream cheese
10) Cottage cheese & Ricotta cheese	Lowfat or dry curds
11) Butter - WARNING - <i>Light/lowfat margarines contain more water and may cause a baked product to be tough, so try decreasing regular margarine 1 to 2 Tbsp first.</i>	Margarine
12) Regular cheese (block or shredded) - WARNING - <i>Do not use nonfat in cooked foods because it does not melt.</i>	Lowfat or nonfat
13) 1 cup Cheddar cheese 1 cup grated Parmesan cheese	3/4 cup Very sharp or sharp Cheddar cheese 3/4 cup fresh shredded Parmesan cheese
14) 1 oz. Unsweetened baking chocolate	3 Tbsp. dry Cocoa + 2 Tsp sugar + 1 Tbsp oil
15) 1 cup Chocolate chips	1/2 cup Mini chocolate chips
16) 1 cup Oil in quick breads (muffins, breads)	1/2 cup Baby fruit or vegetable + 1/2 cup oil or 1% buttermilk
17) Regular peanut butter	Reduced fat
18) 1 cup Chopped pecans or walnuts	1/2 cup Nuts toasted to bring out the flavor
19) 1 cup Shredded coconut	1/2 cup Toasted coconut + 1/2 Tsp coconut extract
20) Mayonnaise & salad dressing - WARNING - <i>Do not cook with nonfat because they turn sweet with heat.</i>	Light or nonfat

List compiled by Cheryl H. Armstrong, MBA, RD, CD for the Nutrition and Food Safety Workshop for Quantity Food Providers, April 27, 1999.