

Recipe Makeovers

Swapping certain ingredients for healthier alternatives can help reduce the amount of fat, sodium, and sugar in your everyday recipes. These substitutions ensure that the taste and texture of your recipe will be very similar to the original version.

To Reduce Fat & Cholesterol

If Your Recipe Calls for...	Try Substituting...
Butter, margarine, shortening, or oil (Baking)	Applesauce or banana puree for ½ of the required butter, shortening, or oil
Butter, margarine, shortening, or oil (To prevent sticking)	Cooking spray
Creamed soup	Fat-free milk-based soup, mashed potato flakes, pureed carrots/potatoes
Eggs	2 egg whites or ¼ cup egg substitute for each whole egg
Oil-based marinades	Wine, balsamic vinegar, broth

To Reduce Sodium

If Your Recipe Calls For...	Try Substituting...
Table Salt	Herbs, spices, Mrs. Dash seasonings
Seasoning Salt (ex: garlic salt, celery salt, onion salt)	Herb-only seasonings or finely chopped garlic, celery, or onions
Soy Sauce	Sweet & sour sauce, hot mustard sauce

To Reduce Sugar

If Your Recipe Calls For...	Try Substituting...
Sugar	Spices (ex: cinnamon, cloves, allspice, nutmeg) vanilla extract, or almond flavoring for ½ of the required sugar
Canned fruit in heavy syrup	Fresh fruit, fruit canned in its own juices, or fruit canned in water
Syrup	Pureed fruit, such as applesauce