

# “Lightening-up”: A Guide to Recipe Substitutions

Undoubtedly, everyone has an ultimate recipe or meal; however are those familiar favorites helping your heart or waistline? Reducing the amount saturated fat, cholesterol and sodium (salt) in recipes can be easily done with very surprising and tasty results!

Changing recipes can be done very easily by remembering the following words:

- **Eliminate**
  - o Ask: which ingredients are essential?
  - o Eliminate those that are not. For example: salting water before cooking pasta and vegetables.
- **Reduce**
  - o Ask: Does the recipe need the full amount of sugar or fat?
  - o Reduce sugar and fat by 1/3 to 1/2 to save on calories. Or use non-stick pans in place of oil in the pan to reduce the total fat.
- **Substitute**
  - o Try substituting a more healthful ingredient for one that is higher in fat and salt.



# Healthy Cooking Tips

## To help lower sodium:

- Limit salt while cooking by:
  - Try using low-salt or salt-free seasonings such as lemon juice, vinegar, and dried and fresh herbs
  - Drain and rinse canned foods before preparing
  - Incorporate fresh fruits and vegetables as often as possible at meals
  - Cook pastas, rice, and hot cereals without salt
  - Use low sodium or sodium free bouillon
  - Choose onion and garlic powder instead of onion and garlic salt
- Watch for words like cured, brine, or pickled. Usually, these indicate a higher salt content.
- Limit use of condiments like pickles, catsup, barbecue sauce, soy and teriyaki sauces, and horseradish.

## To help lower fat and cholesterol:

- Limit fat while cooking by:
  - Use a non-stick pan or replace oil with a cooking spray
  - Cook foods in liquids (stock, lemon juice, fruit juice, or water) instead of oil
  - In place of cream in a recipe, use low fat yogurt, evaporated skim milk, cornstarch, low fat soymilk
  - Use fruit or vegetable purees in place of fat in baking and casserole dishes
  - Use salsas, chutneys, and vinegars in place of sour creams, butter, and other creamy sauces
  - Microwave vegetables first and, then place under the broiler to crisp
- Alternate cooking methods to frying:
  - Broiling
  - Microwaving
  - Roasting
  - Steaming
  - Grilling
  - Poaching



## Common Substitutions

| Ingredient                       | Substitution                                                                                                                                                  |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 whole egg                      | 2 egg whites or ¼ egg substitute or 1 egg white and 1 teaspoon vegetable oil.                                                                                 |
| 1 cup butter, lard or shortening | 1 cup soft/tub margarine (or special spreads such as Benecol, Take Control, Smart Balance) or 2/3 to ¾ cup vegetable oil, 1 cup applesauce.                   |
| 1 cup vegetable oil              | 1 cup applesauce, fruit or vegetable purees                                                                                                                   |
| 1 cup whole milk                 | 1 cup 1% or skim milk                                                                                                                                         |
| 1 cup light cream                | 1 cup evaporated skim milk or 3 tablespoons vegetable oil plus 3 tablespoons skim milk                                                                        |
| 1 cup heavy cream                | 1 cup evaporated skim milk or 2/3 cup skim milk plus 1/3 cup vegetable oil                                                                                    |
| 1 cup sour cream                 | 1 cup plain low or non-fat yogurt; 1 cup low/non-fat cottage cheese plus 2 teaspoons lemon juice and 2 tablespoons low fat buttermilk                         |
| 1 ounce cheese                   | 1 ounce skim or low fat cheese (5 grams or less of fat per ounce)                                                                                             |
| Cream cheese                     | “Light” cream cheese (3 grams or less of fat per ounce). Fat-free cream cheese; Neufchatel cheese; low fat ricotta cheese                                     |
| Salad Dressing (1 Tablespoon)    | 1 Tablespoon reduced fat/fat free salad dressing. Thin cream dressings with plain low/non-fat yogurt.                                                         |
| Mayonnaise                       | Low/non-fat mayonnaise; non-/low-fat plain yogurt; ¾ cup plain yogurt with ¼ cup low calorie mayonnaise                                                       |
| Beef                             | Choose leaner cuts: round, sirloin, flank, or tenderloin.                                                                                                     |
| Ground beef                      | Use extra-lean ground beef (<10% fat). Drain fat after cooking and rinse with hot water. Replace up to half of total amount of ground meat with mashed beans. |
| Chicken                          | Remove skin before eating. Look for ground chicken breast.                                                                                                    |
| Turkey                           | Remove skin before eating. Look for ground turkey breast.                                                                                                     |
| Tuna, canned (oil)               | Tuna, canned in water                                                                                                                                         |
| Lunch meat                       | Fat-free, low sodium lunch meats (at least 95% fat free). Caution: Lunch meats tend to be high in sodium.                                                     |

|                                      |                                                                                                                                                                                                                                           |
|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Danishes, doughnuts, and sweet rolls | Whole grain toast, English muffins, reduced fat muffins, (serve with low calorie/sugar free jams and jellies)                                                                                                                             |
| White rice                           | Brown or wild rice.                                                                                                                                                                                                                       |
| White bread and refined cereals      | 100 % Whole grain bread and cereals.                                                                                                                                                                                                      |
| Quick Oats Oatmeal (packets)         | Irish oats, steel cut oats (Rule of thumb: look for longer cooking times)                                                                                                                                                                 |
| 1 cup all purpose flour              | $\frac{3}{4}$ cup all purpose flour plus $\frac{1}{4}$ cup bran or $\frac{1}{2}$ cup all purpose flour plus $\frac{1}{2}$ cup whole wheat flour; Soy protein flour ( 1 to 1 ratio, can replace up to $\frac{1}{2}$ total amount of flour) |
| Salt                                 | Cut total amount in half in bread recipes, Eliminate or reduce total amount in recipes, Increase salt-free seasonings, spices, an blends                                                                                                  |
| Marinades/Soy sauce                  | Combine juices (orange, lemon) with fat-free/low sodium broths                                                                                                                                                                            |