

Cooking Healthy: Recipe Substitutions

Substituting ingredients in recipes can significantly reduce the caloric content. Here are some tips.

Instead of . . .	Use . . .
Butter, regular margarine (1,000 calories calories and 100 grams fat per stick)	Lite margarine (in moderation first) ingredient should be a liquid vegetable oil, not a partially hydrogenated vegetable oil) Nonfat liquid butter substitute Nonfat butter-flavored cooking spray
Oil-excessive, as in deep-fat frying (2,000 calories and 200 grams of fat per cup)	Baking or oven- frying," grilling, pan-sauté, boiling. Smaller amounts of olive, canola, or peanut oil
Heavy (whipping) cream-found in cream soups and sauces and some desserts (850 calories and 75 grams fat per cup)	Evaporated (undiluted) skim milk Land O'Lakes fat-free half-and-half Skim or low-fat milk thickened with cornstarch
Mayonnaise (2,000 calories and 200 grams fat per cup)	Fat-free or very low- fat mayonnaise
Sour cream (400 calories And 40 grams fat per cup)	Fat-free sour cream Plain yogurt
Cheese (400 calories and 36 grams fat per cup (4-oz.)	Reduced-fat, part skim milk, or fat-free cheeses
Cream cheese (800 calories and 75 grams fat per 8-ounce package)	Fat-free cream cheese Reduced-fat (Neufchâtel) cream cheese in moderation