

# Healthy Ingredient Substitutions

Instead of This	Try Using This	TIPS
Sour cream	Equal parts low-fat plain yogurt and low-fat cottage cheese	Purée in blender for a smooth consistency. Use no-salt-added cottage cheese for reduced sodium.
Bread crumbs	Crushed fiber cereal	Best for coatings and toppings
Ground beef	Ground chicken or turkey	
Heavy cream	Fat-free evaporated milk	Substitutions can be made for desserts or quiches, but not for whipped toppings
Vegetable oil	Unsweetened apple sauce	For every cup of vegetable oil, use 3/4 cup apple sauce. You can substitute part or all of the oil with apple sauce, based on your preference. Works for baked goods, such as muffins and cakes.
Regular cheese	Reduced fat cheese	
Seasoning salt	Fresh herbs or salt-free dried herb blends	A great dried herb blend to try is Mrs. Dash®
One egg	Two egg whites or 1/4 cup of egg substitute	- over -

## Instead of This

## Try Using This

## TIPS

Shortening

Trans fat-free and saturated fat-free shortening or margarine

Best for cookies and pie crusts. If cookies spread more than usual when using a trans fat-free and saturated fat-free margarine or shortening, try baking them at 25°F hotter and take them out of the oven 1 - 2 minutes earlier.

Butter (cooking)

Cooking spray such as Pam®

Best for sautéing meats and vegetables and for greasing baking pans

Butter (baking)

Substitute up to half of butter with canola oil

Best for baked goods

White rice

Quinoa or brown rice

Best for casseroles and baked dishes

Whole milk

Fat-free or skim milk

Best for beverages, sauces and baked goods

All purpose flour

Whole wheat flour

Can start by replacing half of the flour with whole wheat flour. Try white whole wheat flour varieties if concerned about discoloration. Try whole wheat pastry flour for softer products like cakes and muffins.

*Sources:*

[DiabetesLivingOnline.com](https://www.diabeteslivingonline.com)

[MayoClinic.com](https://www.mayoclinic.com)

[EatingWell.com](https://www.eatingwell.com)