

Substitutions to Make Your Recipes Lower in Fat

Recipe Substitutions

Use this chart to help alter your favorite recipes in heart-healthy ways.

Ingredients	Substitutions
1 whole egg	<ul style="list-style-type: none"> ■ ¼ cup egg substitute ■ 2 egg whites
1 cup butter, shortening or lard	<ul style="list-style-type: none"> ■ 1 cup margarine ■ ½ cup margarine plus ½ cup fruit puree (applesauce or prune)
1 cup oil in baked goods	<ul style="list-style-type: none"> ■ Use equal amounts of fruit puree or applesauce. ■ Decrease oil to ⅔ cup.
1 cup whole milk	1 cup skim milk or 1 percent milk
cream	<ul style="list-style-type: none"> ■ evaporated skim milk ■ fat-free half-and-half
1 cup sour cream	<ul style="list-style-type: none"> ■ 1 cup plain low-fat yogurt ■ 1 cup low-fat cottage cheese blended with 1 tablespoon lemon juice, add skim milk to desired consistency ■ 1 cup low-fat or fat-free sour cream
1 ounce (1 square) baking chocolate	3 tablespoons powdered cocoa and 1 tablespoon oil
1 cup ice cream	1 cup sherbet, low-fat frozen yogurt or low-fat ice cream
cream soup	reduced-fat or fat-free cream soup
1 tablespoon cream cheese	<ul style="list-style-type: none"> ■ 1 tablespoon Neufchatel cheese ■ 1 tablespoon light cream cheese or fat-free cream cheese ■ 1 tablespoon low-fat or fat-free cottage cheese, pureed
1 ounce cheddar, colby, swiss cheese	1 ounce cheese that has 2 to 6 grams of fat (or less) per ounce
1 cup mayonnaise	1 cup low-fat or fat-free mayonnaise

(over)

Heart-healthy Cooking Tips

You can easily change most recipes to reduce calories, total fat, saturated fat, cholesterol and sodium. With just a few minor changes in ingredients and preparation, you can change most of your favorite foods into healthy ones.

- Choose low-fat (lean) cuts of meat. Use lean turkey bacon instead of bacon.
- Remove all fat from meats and skin and fat from poultry before cooking.
- Use cooking methods that use little or no “fat”:
 - boil
 - broil
 - bake
 - roast
 - poach
 - steam
 - saute
 - stir-fry with a small amount of recommended oil or use the microwave.
- Don’t deep-fry foods. Instead, saute meats or vegetables in a small amount of oil, flavored vinegars, low-calorie cooking spray, water or broth.
- Pan broil foods on a nonstick surface (such as Teflon® or Silverstone®). Remove any fat as it accumulates.
- Coat cookware with a low-calorie vegetable oil cooking spray. Avoid using shortening or butter.
- Skim fat off soups and stews before serving. Use an ice cube to congeal and remove fat, or a gravy strainer to separate fat from the juices. Chill soups, stews and gravies after cooking so you can remove the hardened fat from the top.
- Choose skim or 1 percent milk and nonfat or low-fat yogurt and cheeses.
- Use herbs, spices or lemon juice to add flavor, instead of butter, bacon or salt.