

# Healthy Substitutions

## Healthy Tips & Ideas



There is a strong connection between good nutrition and good health. Healthy eating can help prevent many types of cancer and other chronic diseases, including heart disease, stroke and diabetes.

Using healthier substitutions in cooking and baking will help reduce the amount of fat, salt, sugar and calories. Substitutions are an easy, healthy way to enjoy meals that you already love.

<b>Recipe calls for:</b>	<b>Try substituting this ingredient:</b>
Bacon	Canadian bacon or turkey bacon
Bread, white	Whole-grain bread
Bread crumbs, dry	Rolled oats or crushed bran cereal
Butter, margarine, shortening or oil in baked goods	Applesauce or prune puree for half of amount in recipe
Butter, margarine, shortening or oil to prevent sticking	Cooking spray or nonstick pans
Cream	Fat-free, half-and-half, evaporated or skim milk
Cream cheese, full fat	Fat-free or low-fat cream cheese
Eggs	Two egg whites for every 1 egg called for in recipe, ½ of a banana or ¼ cup of applesauce
Flour, all-purpose	Whole-wheat flour for half of amount in recipe
Fruit canned in heavy syrup	Fruit canned in its own juices or in water
Ground beef	Extra-lean or lean ground beef, chicken or turkey breast
Lettuce, iceberg	Arugula, collard greens or spinach
Mayonnaise	Reduced-calorie mayonnaise salad dressing
Milk, evaporated	Evaporated skim milk
Milk, whole	Reduced-fat skim milk
Oil-based marinades	Wine, balsamic vinegar, fruit juice or fat-free broth
Pasta, enriched (white)	Whole-wheat pasta
Rice, white	Brown rice or wild rice
Salad dressing	Fat free or reduced-calorie dressing
Seasoning salt (garlic, celery, onion, etc.)	Herb-only seasoning (garlic powder, celery seed or onion flakes, or use finely chopped herbs)
Soups, creamed	Fat-free milk-based soups, mashed potato flakes
Sour cream, full fat	Fat-free or low-fat sour cream or plain fat-free or low-fat yogurt

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Recipe calls for:	Try substituting this ingredient:
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	Cut amount in recipe in half and then add sweetness by adding vanilla, nutmeg or cinnamon
Syrup	Pureed fruit
Table salt	Herbs, spices or citrus juices
Yogurt, fruit-flavored	Plain yogurt with fresh fruit slices

## Where can I get more information?

The USDA's Center for Nutrition Policy and Promotion provides information on portion size, serving suggestions, healthy meal tips and recipes.

**Phone:** 1-888-799-7264

**Website:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

The American Heart Association's Nutrition Center offers information about healthy diet goals, smart shopping, recipes, healthier meal preparation methods, smart substitutions and much more.

**Phone:** 1-800-AHA-USA-1 (1-800-242-8721)

**Website:** [www.heart.org](http://www.heart.org)

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

**Phone:** 1-800-4CANCER (1-800-422-6237)

**Website:** [www.cancer.gov](http://www.cancer.gov)

## Local Notes:



**For more local information, please contact:**

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