

BAKING SUBSTITUTIONS

To reduce or eliminate extra calories, fat (especially saturated fat), cholesterol, and sodium and to add extra fiber without sacrificing flavor, substitute the healthier options below .

If the recipe calls for:	Substitute this:
Sugar	Splenda or ½ as much sugar
Oil/butter/margarine	Applesauce or mashed overripe bananas
Oil/butter/oleo (in chocolate items)	Pureed prunes or plums
Chocolate chips	Nuts, dried fruits, mini chocolate chips
Salt	Salt Substitute (Ex: Nu-salt, No salt)
Evaporated whole milk	Evaporated fat free skim milk
Sweetened condensed whole milk	Sweetened condensed fat free milk
Ricotta or cottage cheese	Low fat cottage cheese
Shredded coconut	½ amt toasted coconut + ¼ -½ tsp coconut extract
Nuts	Half as much toasted nuts
Coconut milk	Reduced fat 2% milk
Ground beef	Ground turkey breast (white meat only)
Ground beef	Soy crumbles (Boca, Morningstar, etc.)
Garlic salt	Garlic Powder or fresh garlic

Sea salt	Salt Substitutes (Mrs. Dash, Nu-Salt, No Salt)
White pasta	Whole wheat pasta
White or yellow rice	Brown or Wild Rice
Seasoned rice mixes	Brown rice with Mrs. Dash
Oil to sauté meats/vegetables	Cooking spray & non-stick pans
Oil or butter marinade	White wine or red wine vinegar
Self-Rising/All purpose flour	½ whole wheat & ½ white flour
Fatback (seasoning)	1 slice lean ham
Ham hock	Low sodium ham bouillon
Whole eggs	2 egg whites or egg substitute
2% or whole milk	Fat free skim milk
Heavy Cream	Evaporated skim milk
Vegetable oil	Olive or canola oil
Sour cream	Fat free sour cream or yogurt
Cheese	Finely shredded reduced fat cheese
Buttermilk	Fat free skim milk + 1 Tbsp lemon juice
Cornstarch/flour (for thickening)	Pureed vegetable (carrots, cauliflower, celery)
Cream cheese	Reduced fat or fat free cream cheese
Meats in casseroles	½ the meat & more vegetables
Bread crumbs	Rolled oats
Bacon bits (salads, etc.)	Chopped nuts or soy nuts