

Keep the flavor, Lose the fat: a cook's guide

Make your favorite recipes lighter by replacing some higher-fat, higher-calorie items with low-fat, lower-calorie alternatives. The calories saved really add up, and your cooking will still taste great!

Instead of:	Use:
Heavy cream.....	Evaporated skim milk or evaporated whole milk (undiluted).
Whole milk.....	Skim, 1/2-2% milk.
One whole egg	Two egg whites or 1/4 cup egg substitute.
One ounce of baking chocolate	Three tablespoons of cocoa powder mixed with one tablespoon vegetable oil.
Sour cream.....	Non-fat or low-fat plain yogurt, non-fat or low-fat sour cream or pureed fat-free or low-fat cottage cheese with lemon juice (use 1 teaspoon for every 1/2 cup cheese).
Cream cheese	Reduced-fat or fat-free cream cheese, Neufchâtel cheese, whipped part-skim ricotta cheese or yogurt cheese.
Butter, margarine or oil for cooking	Non-stick cooking spray. Sauté or steam with water, fruit juice or broth instead of fat. Use the smallest amount of oil needed, adding one teaspoon at a time.
Butter, margarine, oil or shortening for baking.....	Equal parts of applesauce or prune puree. Works well for muffins, quick breads, and cakes (box or homemade). Can also use baby food prunes – good for chocolate baked items like brownies.
Bacon	Canadian bacon or lean ham.
Ground beef.....	Ground turkey meat (white meat without skin), ground sirloin, or extra-lean ground beef (10% or less fat).
Nuts in baked goods.....	Reduce the amount by half and toast them. Toasting nuts strengthens the flavor.
Cake frosting.....	Top cake with fresh fruit, fruit sauce, or sprinkle lightly with confectioner's (powdered) sugar. Use marshmallow creme as a replacement for margarine or butter in frosting recipes.
Pastry crust	Graham cracker crust or phyllo dough.

MORE TRIM TIPS **1:** Choose foods that are naturally low in fat like fresh fruits and vegetables, pasta, rice, whole-grain breads and cereals. **2:** Use non-stick cookware and as little oil as possible. **3:** Use non-stick cooking spray instead of oil. **4:** Tenderize lean meats with vinegar or fruit juice-based marinades. **5:** Try grilling instead of frying.

Here are some more easy substitutions that you can make to save on fat and calories

Instead of:	Use:	Save:
Fried chicken	Broiled chicken	141 calories
Ground beef	Ground venison	180 calories
Breaded and fried codfish	Baked codfish	201 calories
Glazed donut	Bagel	147 calories
Soft drink	Water	150 calories
Large fries	Small fries	250 calories
Double hamburger	Single hamburger	335 calories
French fries	Baked potato	90 calories

If you are trying to lose weight, think about the energy value of foods and how long it would take to walk or run off the calories of the food you eat. Here are some examples:

Food	Minutes to walk it off	Minutes to run it off	Minutes on the couch
1 large apple	19	5	78
1 glass beer	22.....	6	88
1 chocolate chip cookie	10	3	39
3/4 cup ice cream	37	10	148
1 glazed donut	44	11	176
T-bone steak	45	12	181

Michigan Department of Community Health



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