

Healthy Baking and Cooking Substitutes



Instead of:	Substitute:
1 cup cream	1 cup evaporated fat-free milk
1 cup butter, margarine, or oil	1/2 cup apple butter or applesauce
1 egg	2 egg whites or 1/4 cup egg substitute
Pastry dough	Graham cracker crumb crust
Butter, margarine, or vegetable oil for sautéing	Cooking spray, chicken broth, or a small amount of olive oil
Bacon	Lean turkey bacon
Ground beef	Extra lean ground beef or ground turkey breast
Sour cream	Fat-free sour cream
1 cup chocolate chips	1/4 - 1/2 cup mini chocolate chips
1 cup sugar	3/4 cup sugar (this works with nearly everything except yeast breads)
1 cup mayonnaise	1 cup reduced-fat or fat-free mayonnaise
1 cup whole milk	1 cup fat-free milk
1 cup cream cheese	1/2 cup ricotta cheese pureed with 1/2 cup fat-free cream cheese
Oil and vinegar dressing with 3 parts oil to 1 part vinegar	1 part olive oil + 1 part vinegar (preferably a flavored vinegar, such as balsamic) + 1 part orange juice
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder + 1 tablespoon vegetable oil or margarine

Source: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/fun-family-recipes.htm>

Other links to information on cooking and baking substitutions:

<http://www.mayoclinic.com/health/healthy-recipes/NU00585>

<http://life.familyeducation.com/cooking/nutrition-and-diet/44292.html>

http://www.caloriesperhour.com/news_050824.php

<http://www.pioneerthinking.com/healthycooking.html>