



Activate Your Recipe

Activate Recipe Substitutions: With the right ingredients in your meals, you can create the recipe for a healthier life. This usually means recipe substitutions. Swapping one ingredient for another can help subtract calories, sodium, sugar and unhealthy fats from your meals. And the right choices will keep them tasting great.

- ~~Use skim milk~~ instead of whole. Substitute applesauce for vegetable oil. Swap yogurt for mayo. See how some simple substitutions can make the recipes you love healthier.

WHEN IT CALLS FOR:

SUBSTITUTE WITH:

Whole Milk	Fat-free milk, 1 percent milk or evaporated nonfat milk
Sour Cream (1 cup)	1 cup of low-fat yogurt, low-fat cottage cheese, low-fat buttermilk or reduced-fat sour cream
A whole egg	Two egg whites or 1/4 cup of an egg substitute
Shortening, butter or oil in baking	Vegetable oil (light olive oil or canola oil), trans-fat-free margarine, or pureed fruit such as applesauce in the recipe
Mayonnaise for salads and dressings	1 cup plain yogurt. Greek-style yogurt is thicker and works better than regular yogurt. Season accordingly. Mix together 1/2 cup plain Greek yogurt and 1/2 cup low-fat mayo.
Cream Cheese	Low-fat cream cheese
Ricotta	Low-fat cottage cheese
Evaporated milk	Evaporated skim milk
Margarine	Trans-fat-free butter spreads
Salad Dressing	Reduce portion by at least a third, or use a reduced-calorie dressing. Try a small amount of virgin vinegar.
Oil-based marinade	Wine, balsamic vinegar, fruit juice or fat-free, low-sodium broth
Bacon	Turkey bacon, Canadian bacon, smoked turkey or prosciutto

Here are some other tips:

- Top casseroles with healthier ingredients such as ground almonds, oats, crushed bran flakes and/or wheat germ instead of fried onion rings or processed bread crumbs.
- Choose reduced-fat cheeses for salads and casseroles.
- Use low-sodium or unsalted ingredients, such as herbs and spices. Be careful not to eliminate salt in yeast breads.
- If your recipe suggests 2 cups of flour, use one cup of all-purpose flour and one cup of whole-wheat to boost the fiber and nutrient content. One hundred percent whole-wheat pastry flour works great for muffins and cakes.
- Reduce sugar by 1/4 to 1/3 in cookies and cakes. Adding extra spices such as cinnamon, nutmeg, apple or pumpkin pie spice and ginger can perk up the flavor without adding excess sugar.
- Use meat substitutes like tofu for lasagna, or use lean meats like lean ground turkey and chicken.
- Try brown rice, bulgur, barley or quinoa instead of white rice.
- Oven- or pan-fry instead of deep frying. Choose canola oil or light olive oil, and use about a teaspoon per serving (depending on the item). For every tablespoon of oil you cut, you'll save 120 calories and 14 grams of fat.

Remove or cut extra ingredients. If a recipe calls for one cup of chocolate chips, use half a cup. Instead of frosting, sprinkle on some powdered sugar (or just use less).

Activate Recipes

Dessert: [Cranberry Apple Crisp](#)

Fruit: [Citrus Salad](#)

Vegetable: [Baked Kale Chips](#)

Protein: [Spinach and Mushroom Frittata](#)

Grains: [Quinoa with Latin Flavors](#)