

Change Recipes with Healthier Ingredients

Try experimenting to improve your recipes

Original Ingredient

Healthier substitute

To help reduce SUGAR

Sugar	<ul style="list-style-type: none">• Reduce sugar by 1/3 to 1/2 or replace with sugar substitutes.• Add cinnamon, cloves, allspice, nutmeg, or flavorings like almond or vanilla extract to boost sweetness.
Syrup	Unsweetened pureed fruit, such as applesauce or low-calorie, sugar-free syrup
Fruit canned in heavy syrup	Fruit canned in its own juice or water, fresh fruit

To help reduce SODIUM

Salt	<ul style="list-style-type: none">• In most recipes, omit salt or reduce by ½• Replace salt with pepper, herbs, spices, lemon, lime, or orange fruit juices, rice-vinegar, mustard• Salt-free seasoning mixes or herb blends
Seasoning salt (garlic salt, celery salt, onion salt)	<ul style="list-style-type: none">• Herb-only seasonings (garlic powder, celery seed, onion flakes or powder).• Use finely chopped garlic, celery or onions.
Condiments high in salt (catsup, chili sauce, bouillon cubes, barbecue sauce, Worcestershire sauce and meat tenderizers)	Salt-free seasoning and spice mixes. Herbs, spices lemon juice or vinegar.
Canned vegetables	Fresh, frozen or rinsed canned vegetables
Soups, sauces, dressings, crackers or canned meat, fish.	Low-sodium or reduced-sodium and low-fat or reduced fat versions
Soy sauce	Sweet-and sour sauce, hot mustard sauce, or low sodium soy sauce.

To help reduce FAT

Fats (butter, margarine, shortening, or oil)	<ul style="list-style-type: none">• Light/low fat versions or reduce amounts in recipes by 1/3.• Replace ½ the fat in a recipe with unsweetened applesauce, mashed banana or prune.• When frying, use cooking spray, non-stick pan or air fryer.
Mayonnaise, salad dressing	<ul style="list-style-type: none">• Reduced –calorie or reduced-fat salad dressing, mayonnaise or flavored vinegars, fruit juices• Fat-free plain Greek yogurt

Oil based marinades	Wine, balsamic or flavored vinegars, fruit juices, fat-free broth
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening agents.
Whole milk, 2% milk, half and half or evaporated milk	Skim milk, 1% milk, evaporated skim milk, fat-free half and half, unsweetened almond milk or soymilk with calcium
Full-fat sour cream, cottage cheese or yogurt	Low-fat or nonfat cream cheese, Neufchatel or low-fat cottage cheese pureed until smooth
Full-fat sour cream, cottage cheese or yogurt	Nonfat or low fat versions. Substitute fat-free plain yogurt or Greek yogurt.
Cream, whipping cream, evaporated milk	Evaporated skim milk
Whole fat cheese	Reduced fat cheese or decreased amount used by half.
Eggs	<ul style="list-style-type: none"> Substitute two egg whites or ¼-cup egg substitute for each egg. <p>Make an egg substitute:</p> <ul style="list-style-type: none"> Mix 1 tablespoon chia seeds with 1-cup water and let sit for 15 minutes. Mix 1 tablespoon ground flax with 3 tablespoons warm water and let sit for 5- 10 minutes.
Bacon	Canadian bacon or lean ham, turkey bacon, or smoked turkey or lean prosciutto (Italian ham)
Ground Beef	<ul style="list-style-type: none"> Extra-lean or lean ground beef, ground chicken breast or ground turkey breast (make sure no poultry skin has been added to the product) Soy-based meat substitute (Green Giant Crumbles)
Sausage	Lean ground pork with added spices, turkey sausage or soy-based product substitute (Morning Star Farms sausage)

To help increase FIBER

White bread	100% Whole wheat or Whole-grain bread
Bread crumbs	Rolled oats or crushed bran cereal
All- purpose flour	<ul style="list-style-type: none"> Replace ½ the white flour with whole-wheat flour. Swap 1-cup flour for 1-cup black beans.
White rice	Brown rice, wild rice, bulgur wheat, pearl barley, quinoa, or mashed cauliflower.
Couscous	Quinoa
Pasta	Whole-wheat pasta, spaghetti squash roasted or vegetable spirals, ribbons
Lettuce, iceberg	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress