

Healthy Recipe Swaps

Many recipes can be altered and made more nutritious by adding or substituting higher quality ingredients. It is possible to increase fiber, vitamins and minerals, and to reduce sugar, fat, and salt in many of your favorite recipes by simply making a couple of ingredient substitutions.

Increase fiber and whole grains by substituting oatmeal or bran cereal for crushed crackers, whole wheat flour for white flour, brown rice for white rice, and raisins for chocolate chips.

Reduce sugar by substituting with fruit purees OR by reducing the amount in recipes and adding in vanilla, cinnamon or nutmeg to enhance sweetness.

Reduce fat by substituting applesauce for butter in cakes, cookies, and quick breads, plain low-fat yogurt, fat-free cream cheese, or fat-free sour cream for full fat versions in recipes and dips, low-fat milk or nonfat dry milk for whole milk, egg whites for whole eggs in recipes, and reducing the fat by 1/3 in gravies and sauces.

Reduce salt by substituting with herbs, spices, citrus juice, and choosing low-sodium versions.

Review the table below for healthier ingredient substitutions that will add fiber, vitamins and minerals, and reduce the sodium, fat, and sugar content of your favorite recipes without sacrificing taste, texture, and/or quality.



Ingredient	Healthy Substitution	Measurement	Health Benefit
White Flour	Whole Wheat Flour	Equivalent Quantities (1 cup white flour= 1 cup whole wheat)	Added fiber, vitamins and minerals
Mayonnaise OR Sour Cream	Low-Fat/Fat-Free Mayonnaise OR Low Fat/Fat-Free Sour Cream OR Plain, Non-fat Greek Yogurt	Equivalent Quantities	Reduced calories and fat PLUS added protein from Greek yogurt
Oil OR Butter in Baked Goods	Applesauce	Replace half of the oil or butter with applesauce	Reduced calories and fat PLUS added fiber and nutrients
Oil OR Butter in Baked Goods	Mashed Avocado	Replace half of oil or butter with mashed avocado	Reduced calories and fat PLUS added healthy, monounsaturated fat
Oil, Butter, OR Sugar in Baking	Mashed Banana	Replace half oil, butter or sugar with mashed banana	Reduced calories, sugar, and saturated fat PLUS added potassium and fiber
Bread Crumbs	Oats	Equivalent Quantities	Added fiber, B vitamins and Iron
Butter, oil, shortening to prevent sticking	Non-stick cooking spray	Spray pan until coated	Reduced calories and saturated fat
Cream	Fat-free Half & Half OR Evaporated Skim Milk	Equivalent Quantities	Reduced calories and saturated fat
Full Fat Cream Cheese	Fat-Free or Low-Fat Cream Cheese, Neufchatel OR Low-Fat Cottage Cheese Pureed until smooth	Equivalent Quantities	Reduced calories and saturated fat
Eggs	Egg Whites or Egg Substitute		Reduced calories and saturated fat
Fruit Canned in Heavy Syrup	Fruit canned in own juices/water OR fresh Fruit	Equivalent Quantities	Reduced calories and sugar
Seasoning salt, such as garlic salt, celery salt or onion salt	Herb-only seasonings, such as garlic powder, celery seed or onion flakes, or use finely chopped herbs or garlic, celery or onions	Equivalent Quantities	Reduced sodium
Evaporated Milk	Evaporated Skim Milk	Equivalent Quantities	Reduced calories and saturated fat
Whole Milk	Reduced-Fat or Fat-Free Milk	Equivalent Quantities	Reduced calories and saturated fat
Oil Based Marinades	Wine, Balsamic Vinegar, Fat-Free Broth	Equivalent Quantities	Reduced calories and fat

Ingredient	Healthy Substitution	Measurement	Health Benefit
White Pasta	Whole Wheat Pasta	Equivalent Quantities	Added fiber, B vitamins and Iron
Pasta	Spaghetti Squash	Equivalent Quantities	Reduced calories and carbohydrates PLUS added nutrients such as: folic acid, potassium, beta-carotene, and vitamin A
White Rice	Brown Rice	Equivalent Quantities	Added fiber, B vitamins, iron, Selenium, and phosphorous
Full-Fat Dressing	Fat-Free OR Reduced-Fat Dressing OR Flavored Vinegars	Equivalent Quantities	Reduced calories and saturated fat
Sugar used in Baked Goods	Reduced quantity	Reduce quantity by half; may intensify sweetness by adding vanilla AND/OR Cinnamon	Reduced calories and sugar
Syrup	Fruit Puree, Applesauce, or Low-Calorie, Sugar-free Syrup	Equivalent Quantities	Reduced calories and sugar
Ground Beef	Extra-Lean (97%) Ground Beef/Chicken/Turkey	Equivalent Quantities	Reduced calories and saturated fat
Bacon	Canadian Bacon OR Turkey Bacon	Equivalent Quantities	Reduced calories and saturated fat
Soups, sauces, dressings, crackers, or canned meat, fish, or vegetables	Low-sodium or reduced-sodium versions	Equivalent Quantities	Reduced Sodium
Cream for thickening	Pureed Potatoes OR Sweet Potatoes	Equivalent Quantities	Reduced calories and saturated fat PLUS added nutrients such as fiber, vitamin A, Vitamin C, and Potassium
Soy sauce	Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce	Equivalent Quantities	Reduced Sodium
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt free seasoning mixes or herb blends	Equivalent Quantities	Reduced sodium
Yogurt, fruit-flavored	Plain low-fat yogurt with fresh fruit slices	Equivalent Quantities	Reduced calories and sugar