

<b>When the recipe calls for:</b>	<b>Healthier Alternative(s):</b>	<b>Other Healthy Substitution(s):</b>
Whole Milk	Ultra skim milk, skim milk,	Soy milk or oat milk
Evaporated milk or Condensed whole milk	Evaporated skim milk	Soy or oat milk
Cheese	Fat-free (ff) cheese	Soy cheese, nutritional yeast
Cream cheese	Fat-free (ff) cream cheese	½ ff cream cheese & ½ silken tofu, pureed smooth ff cottage cheese
Cottage cheese	ff cottage cheese	½ ff cottage cheese & ½ silken tofu
Ricotta cheese	ff ricotta cheese	½ ff ricotta cheese & ½ silken tofu
Sour cream	ff sour cream	ff plain Greek yogurt
Heavy cream	Evaporated skim milk, skim milk, ff Greek yogurt & ff cottage cheese	Silken tofu or soy milk ( use corn starch or ff sour cream for thickening)
Mayonnaise	Reduced calorie, reduced fat, or ff mayonnaise, avocado mash	ff Greek yogurt, pureed silken tofu, ff pureed cottage cheese
1 Whole egg	¼ cup egg substitute or 2 egg whites	1 T chia seeds& 1 cup water sit 15 minutes/best for baking
Butter, margarine, shortening or oil for stove top cooking	Cooking sprays	Nonstick pans
Fat in baked goods	Unsweetened applesauce, pureed prunes, pureed avocado	Smuckers Baking Healthy, mashed bananas, trans fat-free spreads
Sugar in baking	Swap 1 cup of sugar with 1 tsp. liquid Stevia or 2 T stevia powder, date sugar	Cut the sugar by 1/3, Unsweetened applesauce, honey, agave, maple syrup
Chocolate	Carob powder	Unsweetened cocoa (100% cacao)
Crumb or Dough crusts	ff phyllo dough	Grape Nuts cereal, Graham crackers
<b>When the Recipe calls for:</b>	<b>Healthier Alternative (s):</b>	<b>Other Healthy Substitution(s):</b>
White Pasta	Whole wheat or brown rice pasta	Zucchini ribbons, spaghetti squash
Mashed potatoes	Baked sweet potatoes	Mashed turnips or cauliflower
Flour tortilla	Lettuce wraps (Romaine, or endive)	Corn tortilla
Tortilla chips	Baked tortilla chips	Baked kale chips
White Rice	Brown or black rice, wild rice	Grated steamed cauliflower
Bread crumbs	Rolled oats, whole wheat bread crumbs	Crushed bran cereal, ground flax seed
All-purpose white flour/ 1 cup	½ cup all-purpose flour & ½ cup whole wheat flour	Other flours available /ratios vary
Chocolate Chips	Cacao nips	Dried fruit
Frosting	Meringue	Marshmallow fluff
Marinades	Balsamic vinegar, fat-free low sodium vegetable broth	Flavored vinegars, fruit juice
Salad dressings	FF or reduced calorie dressing	Flavored vinegars, herb seasoned olive or canola oil