

Healthy Recipe Substitutions



..... To Decrease Sugar, Fat and Salt

All-purpose Flour → whole wheat flour for ½ of the flour

Breadcrumbs → Rolled oats or crushed bran cereal

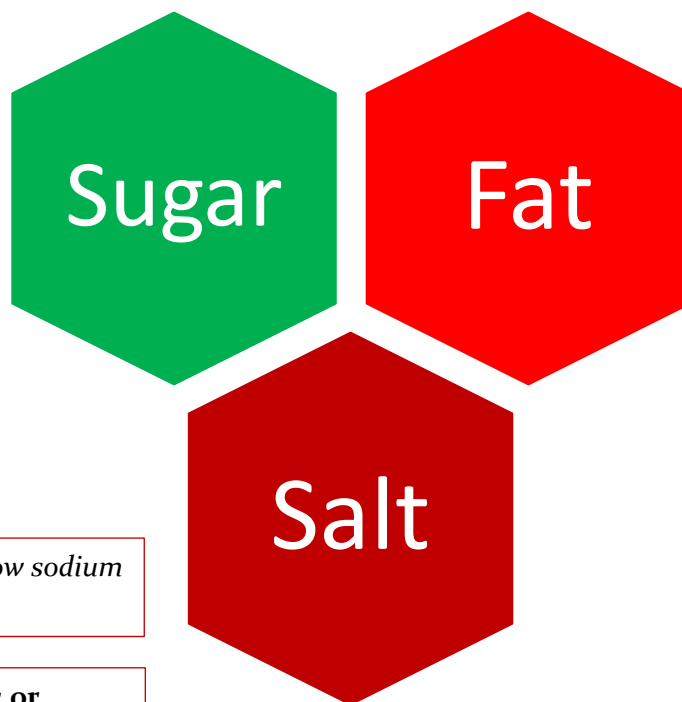
Pasta → whole wheat pasta

White rice → brown or wild rice

Canned products → low sodium version

Seasoning salt (garlic or onion) → seasoned powder, salt free seasonings or fresh herbs

Soy sauce → hot mustard or low sodium soy sauce



Butter in baked goods → Applesauce or prune puree for ½ of the butter

Cream → fat-free half & half

Cream cheese → fat free or reduced fat

Whole egg → two egg whites

Ground beef → lean ground beef, turkey or chicken

Mayo → reduced calorie or reduced fat

Meat → veggies for ½ of the meat

Milk → skim or fat free milk

Sour cream → fat free sour cream or fat free yogurt