

**Aim for better everyday,
rather than perfect right
away.**

A graphic of two sets of footprints, one larger than the other, suggesting a path or journey.

**Start with baby steps,
try these simple
substitutions to help you
achieve healthier eating
habits.**



**BAKING/COOKING WITH
HEALTHY SUBSTITUTIONS**

RECIPE ASKS FOR:**USE THIS INSTEAD:****IT IS BEST USED FOR:**

1 Whole Egg	1/4 cup egg substitute (liquid eggs).	Baked goods, omelets, casseroles.
Bacon	Replace with lean turkey bacon ,1/2 the fat real bacon bits, or canadian bacon.	Cooking, baking, casseroles.
Bread, white	Whole-grain breads.	
Butter	Soft margarine (transfat & saturated fat-free).	Spreading
Butter or Margarine	1/2 unsweetened applesauce and 1/2 butter or margarine or even oil.	Muffins, breads, cakes, etc.
Cheese	Use low-fat or substitute 1/2 fat -free for regular cheese.	Sandwiches, salads, casseroles, melts.
Cream or Heavy Whipping Cream	Fat-free half & half or evaporated skim milk.	Ice cream, custards, deserts.
Flour	Use at least 1/2 whole grain flour such as wheat, or substitute 1/2 black beans .	Baking.
Frying	Brush food lightly w/one of healthy oils (see below) or spray with non-fat cooking spray.	Frying, sautéing.
Ground beef	Use at least 90% lean or 1/2 ground beef and 1/2 ground lean turkey.	Burgers, meat loaf, meat sauces, etc.
Jelly or Jam	100% fruit spreads.	On toast, bagels, etc.
Mayo	Low or reduced fat mayo or mayo made with olive oil	Multiple uses.
Milk, whole	2% or 1% but skim is preferred	Cooking, baking, drinking, gravies, etc.
Pasta, white	Use heart healthy whole grain pasta or 1/2 white & 1/2 whole grain.	Casseroles, pasta dishes.
Rice, white	Use brown or wild rice or substitute 1/2 & 1/2	
Salad Dressing, ranch	Dilute with 1/3 low fat milk, thicken with fat free plain yogurt or fat-free sour cream & add of ranch seasoning to taste.	Salads and dips.
Salt	Season with pepper, herbs, spices, etc. to add needed flavor.	Cooking, baking, frying.
Sugar	Replace 1/2 of sugar with sucralose/Splenda or applesauce.	Cooking, baking, cereals, etc.
Syrup	Use sugar free or low sugar.	Pancakes, waffles, French toast.
Tortilla, flour	Substitute corn tortillas.	
Vegetable oil	Use healthy oils such as canola, olive, or coconut.	Multiple uses.