

## Nutrition: Healthy Alternatives – Life is Full of Choices

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### Make the Switch From:

### To Lower Fat Alternatives

Butter/margarine on food items

- Light Tub/Soft Spread Margarine (Promise®)
- *I Can't Believe it's not Butter*® spray
- *Fleischmann's Fat Free*® squeezable spread
- Butterbud flakes
- Jam, jelly, fruit spreads, honey
- Fat free/low fat cheeses
- Applesauce
- Blenderizing spreads from ricotta cheese and jams

Butter in baked goods

- Light Tub/Soft Spread margarine (40% fat)
- Applesauce
- Applesauce: buttermilk (1:1 ratio)
- Baby food prunes

Butter/Margarine/Oil for sautéing

- Defatted broth
- Unsweetened pineapple juice
- Dry wine
- Vegetable oil cooking spray

Cheese

- Reduced fat cheeses (<5 grams fat/serving)
- Fat free cheeses

Feta Cheese

- ½ cup feta + ½ cup fat free cottage cheese

Chevre (goat) Cheese

- ½ cup chevre + ½ cup fat free ricotta cheese

Cream Cheese

- Light cream cheese
- Fat free cream cheese, blended
- Fat free ricotta cheese, blended

Sour Cream

- Fat free sour cream
- Fat free plain yogurt (add 3 tsp cornstarch for each 1 cup if replacing in a cooked item)
- Fat free cottage cheese, pureed (for each 1 cup add 3 tsp lemon juice)

Cream

- Fat free evaporated skim milk (best when exchanged in recipes that are high flavor so as to mask the slight sweet taste)
- Fat free/low fat plain yogurt (for each 1 cup add 3 tsp cornstarch)
- Fat free cream substitutes (CoffeeMate®)

Whipped Cream

- Whipped fat free evaporated skim milk (best when exchanged in recipes that are high flavor and stabilized with gelatin)
- Fat free whipped cream substitutes (Dream Whip®, Cool Whip®, Rich's Topping®)

## **Make the Switch From:**

## **To Lower Fat Alternatives**

Cream Soups

- 99% fat free canned, condensed soups (Campbell's, Healthy Request 94% Fat Free®)
- Following Recipe: 1 cup fat free evaporated milk, 1 Tbsp cornstarch, 1 tsp instant bouillon granules (cook and stir until bubbling, then cook additional 1 minute)

Eggs, whole

- 2 egg whites
- ¼ cup egg substitute (Egg Beaters®, Better than Eggs®)
- 1 egg white plus 1 tsp. vegetable oil

Gravy

- Fat free packaged dry gravy mixes
- Fat free canned gravies (Heinz® fat free gravy)

Nuts

- Grape nuts cereal (in dry, uncooked foods)
- Reduce the amount used in the recipe

Mayonnaise

- Fat free mayonnaise
- Low fat mayonnaise
- Fat free yogurt cheese (place fat free plain yogurt in sieve or cheesecloth for several hours to drain liquid off; discard liquid)
- Fat free sour cream

Pie Crusts

- Phyllo pastry
- Use graham cracker crusts instead of traditional crusts
- Low fat recipe (1 cup flour, ½ tsp salt, 2 Tbsp fat free margarine, 2 Tbsp shortning, 2-3 Tbsp cold water)

## **General Guidelines**

- 1) Choose a low fat cooking style: bake, broil, grill
- 2) Use cooking spray instead of oil/margarine/butter in pan-frying and for greasing baking pans.
- 3) Choose low fat meats: loin, round, white meat
- 4) Trim visible fats from meats
- 5) Take the skin off chicken and poultry before eating
- 6) Skim fat from cooked meats, stocks, drippings, and soups
- 7) Choose olive or canola oil when cooking with oils
- 8) Try/buy the reduced fat food items when available