

HEALTHY ALTERNATIVES

Try to use non-fat versions of foods whenever possible for healthier eating.

OIL ALTERNATIVES

- Buy natural applesauce without added sugar.
- Applesauce or prune puree (prune butter or baby food, non-fat sour cream can be substituted oil to reduce fat content, calories and cholesterol.

In cakes, replace equal amount of substitute for oil. Crushed pineapple can be used as the substitute in a carrot cake recipe.

In breads and muffins, substitute ¼ cup substitute and ¼ cup skim milk, juice or water for ½ cup of oil.

In brownies, substitute ½ cup yogurt + 2 teaspoons of water for ½ cup of oil.

BOULLION OR BROTH

- Buy low-sodium bouillon and broths.
- Use broth or bouillon to stirfry and flavor vegetables or rice.
- Combine bouillon with cornstarch to make a light gravy.

BUTTER SUBSTITUTES

- Try non-fat, low-sodium instant butter-flavored sprinkles such as Molly McButter or Butter Buds. These can be turned into a liquid by adding hot water or may be sprinkled in dry form directly on hot, moist foods. In liquid form, they can be used with baked potatoes and pancakes, in sauces or soups. One half teaspoon of these sprinkles equals the taste of two teaspoons of butter. Eight teaspoons mixed with ½ cup hot water equals ½ cup or 8 tablespoons of liquid butter.
- Try liquid butter sprays for sautéing, on baked potatoes, popcorn, grilled sandwiches or garlic bread.

TORTILLA CHIPS

Make your own with fat-free whole wheat tortillas! Preheat the oven to 400°F; slice each corn tortilla into 8 triangles; place the tortilla triangles in a single layer on a large baking sheet; spray each triangle with cooking spray, and sprinkle with seasonings or salt substitute; Bake for 10 minutes or until crisp.

CREAM CHEESE (FAT FREE)

- Substitute fat-free cream cheese for the full fat versions
- Try on a whole wheat bagel, then top with fruit

EGG SUBSTITUTE

A great way to eliminate the amount of fat and cholesterol found in recipes.

EVAPORATED SKIM MILK (IN A CAN)

Can add the richness of cream to soups, sauces and desserts without the fat. The consistency of evaporated skim milk resembles whole milk. Once opened, must be refrigerated, tightly sealed and used within five days.

FLOUR (WHOLE WHEAT)

Replace white flour with whole wheat (or half) to increase dietary fiber.

FROZEN YOGURT (NON-FAT)

Eat in place of ice cream or low-fat frozen yogurt.

FRUIT JUICES

Use a marinade or for stirfrying.

GRAPE NUTS

Use in place of nuts for a crunchy topping or reduce the amount of nuts to half and substitute Grape Nuts for the remainder.

GROUND TURKEY BREAST OR GROUND ROUND

Use in place of ground chuck.

JAM/JELLIES/MARMALADES

Buy reduced sugar or 100% fruit spreads.

- Use in place of frosting or butter.
- Use as part of a marinade.

MAYONNAISE OR MIRACLE WHIP (NON-FAT)

- Use in place of regular or low-fat mayonnaise.
- If using non-fat mayonnaise makes dishes taste plain, try adding rice wine vinegar or other seasonings to increase flavor.

MUSTARD

Mix with vinegar and spices for a tasty marinade.

RICE WINE VINEGAR

- Use as salad dressing.
- Use in marinades for vegetables, fish or meat.

SALAD DRESSINGS (FAT FREE)

- Try using in pasta, potato and bean salads.
- Use as a marinade.
- Dip meats in dressing, then into a bread crumbs or panko. Bake or pan-fry using cooking spray.

SALSA

- Mix with fat-free French dressing to top a salad
- Serve as a topping for potatoes
- Use in a marinade or as a basting for chicken/beef.

COOKING SPRAY

- Use for pan-frying or sautéing lean meats and vegetables without adding extra calories.
- Butter-flavored sprays are great on French bread, corn-on-the-cob or air-popped popcorn.



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