

Recipe substitutes

Power up your meals by swapping out less healthy ingredients with more nutritious ones. The result will be an equally tasty meal that helps you eat better.

Instead of using	Substitute
All-purpose flour	Whole-grain flour
Blue cheese	Feta cheese
Bread crumbs	Crushed bran cereal
Butter (baked goods)	½ Applesauce and ½ oil
1 cup Shredded cheddar	¾ cup Extra-sharp cheddar
Chocolate chips	Dried fruit
1 Egg	2 Egg whites
Ground beef	Ground turkey or chicken
Heavy cream or whole milk	Evaporated skim milk
Mayonnaise	Plain yogurt and Dijon mustard
Milk chocolate	Dark chocolate
Oil (baked goods - box)	½ Baby food fruit and ½ oil
Ricotta cheese	Low-fat cottage cheese
Sour cream	Plain Greek yogurt
Vegetable oil	Olive oil

