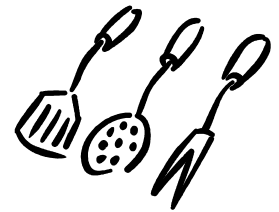


# Healthy Cooking Substitutions



Original Ingredient: Sweet Recipes/Baking	Healthy Substitution
1 cup sugar or brown sugar	½ cup sugar or brown sugar
1 cup butter	½ cup butter + ½ cup applesauce, pureed pumpkin/sweet potato, mashed bananas, or pureed beans, or ¼ cup nonfat plain yogurt
1 cup oil	1 cup applesauce, pureed pumpkin or sweet potato, mashed bananas, pureed beans OR ¾ cup nonfat plain yogurt
1 cup chocolate chips	½ cup dark chocolate chips
1 cup heavy cream	½ cup heavy cream + ½ cup nonfat plain yogurt OR 1 cup evaporated skim milk
1 cup white flour	½ cup white flour + ½ cup whole wheat flour OR 1 cup whole wheat <u>pastry</u> flour
1 cup whole milk	1 cup skim, 1%, or 2% milk

Original Ingredient: Savory Recipes	Healthy Substitution
Mayonnaise in tuna, chicken, or egg salad	2 parts nonfat plain yogurt + 1 part Dijon mustard
1 cup white rice	1 cup brown rice
1 cup white pasta	1 cup whole wheat pasta <i>(overcook by a minute or two for a softer texture)</i>
2 slices white bread	2 slices 100% whole wheat bread
1 cup sour cream, mayonnaise, or cream cheese	1 cup nonfat plain yogurt <i>(try Greek yogurt for a thicker texture)</i>
1 cup cheddar cheese	½ cup sharp cheddar cheese
Salt	Omit and use extra herbs/spices instead!

