

Tips for Healthy Substitutes

These are some lower-fat and lower-calorie options for meals and recipes.

If you usually use	Try this instead
Milk, Milk Products and Dairy Products	
<ul style="list-style-type: none"> <input type="checkbox"/> Whole milk <input type="checkbox"/> Cream <input type="checkbox"/> Ice cream <input type="checkbox"/> Whipping cream <input type="checkbox"/> Sour cream <input type="checkbox"/> Cream cheese <input type="checkbox"/> Cheese - Cheddar, Swiss, Jack, American <input type="checkbox"/> Regular (4%) cottage cheese <input type="checkbox"/> Whole milk mozzarella cheese <input type="checkbox"/> Whole milk ricotta cheese <input type="checkbox"/> Eggs 	<ul style="list-style-type: none"> <input type="checkbox"/> Fat-free (skim), low fat (1%) or reduced fat (2%) milk <input type="checkbox"/> Evaporated fat-free (skim) milk, fat free half and half <input type="checkbox"/> Sorbet and ices, sherbet, and low fat or fat free frozen yogurt <input type="checkbox"/> Whip evaporated skim milk, low fat or fat free whipped topping <input type="checkbox"/> Fat free sour cream, plain low fat yogurt <input type="checkbox"/> Light cream cheese or fat free cream cheese <input type="checkbox"/> Reduced calorie cheese, low calorie processed cheeses or fat free cheese <input type="checkbox"/> Low fat (1%) or reduced fat (2%) cottage cheese <input type="checkbox"/> Part skim milk, low moisture mozzarella cheese <input type="checkbox"/> Part skim milk ricotta cheese <input type="checkbox"/> For 1 whole egg – use 2 egg whites or egg substitute or 1 egg white and 2 teaspoons of oil <input type="checkbox"/> For 1 egg yolk – use 1 egg white
Meat, Fish and Poultry	
<ul style="list-style-type: none"> <input type="checkbox"/> Cold cuts or lunch meats (bologna, salami, liverwurst, etc.) <input type="checkbox"/> Hot dogs (regular) <input type="checkbox"/> Bacon or sausage <input type="checkbox"/> Regular ground beef <input type="checkbox"/> Chicken or turkey with skin or duck <input type="checkbox"/> Oil-packed tuna <input type="checkbox"/> Beef (chuck, rib, or brisket) <input type="checkbox"/> Pork (spareribs or untrimmed loin) <input type="checkbox"/> Frozen breaded fish or fried fish (homemade or commercial) <input type="checkbox"/> Frozen TV dinners (containing more than 13 grams of fat per serving) <input type="checkbox"/> Chorizo sausage 	<ul style="list-style-type: none"> <input type="checkbox"/> Low fat cold cuts (95% to 97% fat free lunch meats, skinless turkey, chicken or ham or low fat pressed meats) <input type="checkbox"/> Lower fat or fat free hot dogs <input type="checkbox"/> Canadian bacon, low fat turkey bacon, lean ham, or veggie sausage <input type="checkbox"/> Extra lean ground beef or ground turkey with 10% or less "fat by weight" <input type="checkbox"/> Chicken or turkey without skin (white meat) <input type="checkbox"/> Water packed tuna (rinse to reduce sodium content) <input type="checkbox"/> Leaner cuts of meat labeled as "select" grade; round, sirloin, top loin <input type="checkbox"/> Pork tenderloin or trimmed, lean smoked ham <input type="checkbox"/> Fish or shellfish, unbreaded (fresh, frozen, or canned in water) <input type="checkbox"/> Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium) <input type="checkbox"/> Turkey or chicken sausage, drained well (read label) <input type="checkbox"/> Vegetarian sausage (made with tofu)



If you usually use

Try this instead

Cereal, Grains and Pasta

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| <input type="checkbox"/> Ramen noodles | <input type="checkbox"/> Rice or noodles (spaghetti, macaroni, etc.) |
| <input type="checkbox"/> Pasta with white or cheese sauce | <input type="checkbox"/> Pasta with red sauce (marinara) |
| <input type="checkbox"/> Granola | <input type="checkbox"/> Pasta with vegetables (primavera) |
| <input type="checkbox"/> White rice | <input type="checkbox"/> Reduced fat granola |
| | <input type="checkbox"/> Bran flakes, crispy rice, etc. |
| | <input type="checkbox"/> Cooked grits or oatmeal |
| | <input type="checkbox"/> Brown rice |

Baked Goods

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| <input type="checkbox"/> Croissants, brioches, etc. | <input type="checkbox"/> Hard French rolls or soft brown 'n serve rolls |
| <input type="checkbox"/> Donuts, sweet rolls, muffins, scones or pastries | <input type="checkbox"/> English muffins, bagels, reduced fat or fat free muffins or scones |
| <input type="checkbox"/> Party crackers | <input type="checkbox"/> Low fat crackers (choose lower in sodium) |
| <input type="checkbox"/> Cake (pound, chocolate or yellow) | <input type="checkbox"/> Saltine or soda crackers (choose lower in sodium) |
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Cake – angel food, white or gingerbread |
| | <input type="checkbox"/> Fat-free or reduced fat cookies (graham crackers, ginger snaps, or fig bars) |

Snacks and Sweets

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| <input type="checkbox"/> Nuts | <input type="checkbox"/> Popcorn (air-popped or light microwave), fruits, vegetables |
| <input type="checkbox"/> Ice cream | <input type="checkbox"/> Frozen yogurt, fruit, or chocolate pudding bars |
| <input type="checkbox"/> Custards or puddings (made with whole milk) | <input type="checkbox"/> Puddings (made with fat free milk) |

Fats, Oils, and Salad Dressings

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| <input type="checkbox"/> Regular margarine or butter | <input type="checkbox"/> Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle |
| <input type="checkbox"/> Regular mayonnaise | <input type="checkbox"/> Low fat or fat free mayonnaise, mustard or Fat free plain yogurt |
| <input type="checkbox"/> Regular salad dressings | <input type="checkbox"/> Fat free or reduced calorie salad dressings, lemon juice, or plain, herb flavored, or wine vinegar |
| <input type="checkbox"/> Butter or margarine on toast or bread | <input type="checkbox"/> Jelly, jam or honey on bread or toast |

Miscellaneous

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| <input type="checkbox"/> Canned cream soups | <input type="checkbox"/> Canned broth-based soups (low-sodium) or fat free milk based soups |
| <input type="checkbox"/> Gravy (homemade with fat and/or milk) | <input type="checkbox"/> Gravy mixes made with water or homemade with the fat skimmed off and fat free milk |
| <input type="checkbox"/> Guacamole or refried beans with lard | <input type="checkbox"/> Salsa |

For Baking and Cooking

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| <input type="checkbox"/> Oils, shortening or lard | <input type="checkbox"/> Stir-frying or sautéing use non stick cooking spray |
| <input type="checkbox"/> Frosting/icing | <input type="checkbox"/> Baking: substitute applesauce, prune purée or double the amount of plain yogurt |
| | <input type="checkbox"/> Meringue, low fat or fat free whipped topping, sifted confectioner's sugar, sifted cocoa powder, fruit or jam |

* Adapted from A Healthier You, Department of Health and Human Services and *MOVE!* Weight Management Program for Veterans

