



Tips for Healthy Substitutes

These lower-calorie alternatives provide new ideas for old favorites. When making a food choice, remember to consider vitamins and minerals. Some foods provide most of their calories from sugar and fat but give you few, if any, vitamins and minerals.

This guide is not meant to be an exhaustive list. We stress reading labels to find out just how many calories are in the specific products you decide to buy.

If you usually buy:	Try these:
Milk and Milk Products	
<ul style="list-style-type: none"> <input type="checkbox"/> Evaporated whole milk <input type="checkbox"/> Whole milk <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, or jack) <input type="checkbox"/> American cheese <input type="checkbox"/> Regular (4%) cottage cheese <input type="checkbox"/> Whole milk mozzarella cheese <input type="checkbox"/> Whole milk ricotta cheese <input type="checkbox"/> Coffee cream (1/2 and 1/2) or non-dairy creamer (liquid or powder) 	<ul style="list-style-type: none"> <input type="checkbox"/> Evaporated fat-free (skim) or reduced fat (2%) milk <input type="checkbox"/> Fat-free (skim), low-fat (1%), or reduced fat (2%) milk <input type="checkbox"/> Sorbet and ices, sherbet, and low-fat or fat-free frozen yogurt <input type="checkbox"/> Imitation whipped cream (made with fat-free [skim] milk) <input type="checkbox"/> Plain low-fat yogurt <input type="checkbox"/> Neufchatel or "light" cream cheese or fat-free cream cheese <input type="checkbox"/> Reduced calorie cheese, low-calorie processed cheeses, etc. <input type="checkbox"/> Fat-free cheese <input type="checkbox"/> Fat-free American cheese or other types of fat-free cheeses <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"/> Low-fat (1%) or reduced fat (2%) milk or non-fat dry milk powder
Cereals, Grains, and Pastas	
<ul style="list-style-type: none"> <input type="checkbox"/> Ramen noodles <input type="checkbox"/> Pasta with white sauce (Alfredo) <input type="checkbox"/> Pasta with cheese sauce <input type="checkbox"/> Granola <input type="checkbox"/> White rice 	<ul style="list-style-type: none"> <input type="checkbox"/> Rice or noodles (spaghetti, macaroni, etc.) <input type="checkbox"/> Pasta with red sauce (marinara) <input type="checkbox"/> Pasta with vegetables (primavera) <input type="checkbox"/> Bran flakes, crispy rice, etc. <input type="checkbox"/> Cooked grits or oatmeal <input type="checkbox"/> Reduced-fat granola <input type="checkbox"/> Brown rice
Meats, 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 	<ul style="list-style-type: none"> <input type="checkbox"/> Low-fat cold cuts (95% to 97% fat-free lunch meats or low-fat pressed meats) <input type="checkbox"/> Lower-fat hot dogs <input type="checkbox"/> Canadian bacon or lean ham <input type="checkbox"/> Extra lean ground beef such as ground round or ground turkey (read labels)

If you usually buy:	Try these:
Meats, Fish, and Poultry (continued)	
<input type="checkbox"/> Chicken or turkey with skin, duck, or goose <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"/> Whole eggs <input type="checkbox"/> Frozen TV dinners (containing more than 13 grams of fat per serving) <input type="checkbox"/> Chorizo sausage	<input type="checkbox"/> Chicken or turkey without skin (white meat) <input type="checkbox"/> Water-packed tuna (rinse to reduce sodium content) <input type="checkbox"/> Beef (round or loin) (trimmed of external fat) (choose select grades) <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"/> Egg whites or egg substitutes <input type="checkbox"/> Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium) <input type="checkbox"/> Turkey sausage, drained well (read label) <input type="checkbox"/> Vegetarian sausage (made with tofu)
Baked Goods	
<input type="checkbox"/> Croissants, brioches, etc. <input type="checkbox"/> Donuts, sweet rolls, muffins, scones, or pastries <input type="checkbox"/> Party crackers <input type="checkbox"/> Cake (pound, chocolate or yellow) <input type="checkbox"/> Cookies	<input type="checkbox"/> Hard french rolls or soft brown 'n serve rolls <input type="checkbox"/> English muffins, bagels, reduced fat or fat-free muffins or scones <input type="checkbox"/> Low-fat crackers (choose lower in sodium) <input type="checkbox"/> Saltine or soda crackers (choose lower in sodium) <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) (compare calorie level)
Snacks and Sweets	
<input type="checkbox"/> Nuts <input type="checkbox"/> Ice cream, for example, cones or bars <input type="checkbox"/> Custards or puddings (made with whole milk)	<input type="checkbox"/> Popcorn (air-popped or light microwave), fruits, vegetables <input type="checkbox"/> Frozen yogurt, frozen fruit, or chocolate pudding bars <input type="checkbox"/> Puddings (made with fat-free milk)
Fats, Oils, and Salad Dressings	
<input type="checkbox"/> Regular margarine or butter <input type="checkbox"/> Regular mayonnaise <input type="checkbox"/> Regular salad dressings <input type="checkbox"/> Butter or margarine on toast or bread <input type="checkbox"/> Oils, shortening, or lard	<input type="checkbox"/> Light spread margarines, diet margarine, or whipped butter, tub or squeeze bottle <input type="checkbox"/> Light or diet mayonnaise or mustard <input type="checkbox"/> Fat-free or reduced calorie salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar <input type="checkbox"/> Jelly, jam, or honey on bread or toast <input type="checkbox"/> Non-stick cooking spray for stir-frying or sautéing <input type="checkbox"/> As a substitute for oil or butter, use applesauce or prune purée in baked goods
Miscellaneous	
<input type="checkbox"/> Canned cream soups <input type="checkbox"/> Gravy (homemade with fat and/or milk) <input type="checkbox"/> Fudge sauce <input type="checkbox"/> Guacamole dip or refried beans with lard	<input type="checkbox"/> Canned broth-based soups (low-sodium) <input type="checkbox"/> Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk <input type="checkbox"/> Chocolate syrup <input type="checkbox"/> Salsa