



## Healthy Recipe Substitutions

**White rice:** Brown rice or brown basmati rice

**White all-purpose flour:** Whole wheat flour (during baking, substitute wheat flour for half of the flour in the recipe)

**White bread:** Whole wheat bread

**Pasta enriched, white:** Whole wheat pasta or spaghetti squash

**Breadcrumbs:** Rolled oats

**Tortilla wraps:** Green or butter lettuce leaves

**Couscous:** Quinoa

**1 Whole egg:** 2 Egg whites or ¼ cup egg substitute

**Egg:** Flax Meal (mix 1 tablespoon ground flax seeds (aka flax meal) with 3 tablespoons warm water, and whisk with a fork to combine. Now, let it sit in the fridge for 5-10 minutes before subbing for 1 egg in any baked recipe.)

**Dark meat poultry:** White meat skinless poultry

**Ground beef:** Ground chicken or turkey breast

**Canned beans:** Dried beans (need to soak in water overnight)

**Mayonnaise:** Greek yogurt

**Sour cream:** Low-fat cottage cheese or Greek yogurt

**Cream cheese:** Fat-free or low-fat cream cheese or low-fat cottage cheese (pureed)

**Cream:** Fat-free half-and-half or evaporated skim milk

**Whole or 2% milk:** Skim milk, or unsweetened almond or soy milk

**Flavored yogurt:** Plain yogurt with fresh fruit

**Ice cream:** Frozen yogurt

**Cheese:** Nutritional yeast

**Milk chocolate:** Dark chocolate

**Canned fruit:** Frozen or fresh fruit

**Syrup:** Pureed fruit

**Juice or bottled teas:** Unsweetened iced tea

**Soda:** Seltzer water with citrus fruit wedge

**Mashed potatoes:** Mashed cauliflower

**Potato chips:** Kale chips or popcorn

**Iceberg lettuce:** Arugula, spinach, kale or chard

**French fries:** Baked sweet potato fries

**Butter:** Olive, avocado or canola oil

**Butter or oil:** 1 cup mashed banana for 1 cup butter/oil, or applesauce/prune puree in place of half the butter/oil

**Oil-based marinades:** Wine, balsamic vinegar, fruit juice or fat-free broth

**Regular soy sauce:** Low-sodium soy sauce, sweet-and-sour sauce, hot mustard

**Salt:** Herbs, garlic powder, citrus juices, rice vinegar, salt-free seasonings

**Sugar:** Unsweetened applesauce in a 1:1 ratio, but for every cup of applesauce, reduce liquid in the recipe by ¼ cup