

Reducing Calories: Quick Substitutions

Instead Of...	Choose...
Dairy Aisle	
2 eggs	2 egg whites or ½ cup (C) egg substitute
Butter or margarine	Low-fat margarine (may need to add more flour when baking)
Regular cheddar cheese, whole-fat mozzarella cheese, cream cheese	2% cheddar cheese, part skim mozzarella cheese, Neufchâtel cheese
Mayonnaise or sour cream	Low-fat plain yogurt or low-fat versions
Whipped cream	Chilled and whipped evaporated milk
Ricotta cheese	Firm tofu
Whole milk	Buttermilk
Meat, Poultry, and Fish	
Oil-packed tuna	Water-packed tuna
Salami, pastrami, bologna	Lean roast beef or turkey
Beef pot pie	Canned stew (or homemade low-sodium stew is even better!) with a crust made from reduced-fat biscuit mix
Fish sticks	Bread your own fish with whole-wheat bread crumbs, light margarine, and lemon juice
Regular bacon	Canadian bacon
Regular ground beef	Extra lean ground beef or lean ground turkey
Pork sausage	Turkey sausage
Porterhouse steak or chuck	Beef tenderloin or top round
Pork loin	Pork tenderloin
Ordering Out	
Cream-based soup	Broth-based soup
Onion rings	French fries
Egg rolls	Steamed pork dumplings
Sour cream or cheese on nachos or baked potatoes	Salsa
White sauce	Red sauce
Pasta sauce containing sausage or cheese, or cream-based sauces	Marinara sauce
Snacks and Desserts	
Chocolate-chip cookie	Vanilla wafers, gingersnaps, fig bars, or animal crackers
Fruit juice	Fresh fruit
Ice cream	Frozen yogurt, low-fat ice cream, sorbet, sherbet, or gelato
Ice cream bar	Frozen fudge pop
Pound cake with strawberries	Angel food cake with strawberries
Prepared potato-chip dip	Fat-free sour cream and powdered ranch dressing mix
Prepared chocolate-cream pie	Chocolate pudding made with skim milk in a graham-cracker crust, topped with low-fat whipped cream

Shortening in pie crust recipes	½ nonfat cream cheese and ½ margarine
Store-bought cinnamon chips	Flour tortillas coated with nonstick cooking spray and sprinkled with sugar substitute and cinnamon
Beverages	
Coffee creamer	Fat-free half-and-half
Club soda	Seltzer
Hot chocolate mix	Cocoa powder and artificial sweetener
Margaritas, piña coladas, or daiquiris	Gin and tonic, or wine
Condiments	
Gravy	Fat-free broth, thickened with cornstarch
Regular maple syrup	Light maple syrup
Hot-fudge ice-cream topping	Chocolate syrup

Review Date 6/08

G-0662

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