

Healthy Habits



Healthy Habit: Making Healthy Ingredient Swaps

Not sure where to begin on improving your nutrition habits? Try starting with adjusting your cooking routine to swap out not-so-nutritious ingredients for more wholesome ones with less fat, salt, sugar, and calories!

If your recipe calls for this...	Try swapping it for this...
Bacon	Canadian bacon, turkey bacon, smoked turkey, or lean prosciutto
Bread crumbs	Rolled oats or crushed bran cereal
Butter/Margarine (in baking)	Reduced-fat tub or spray margarine, canola oil, or olive oil; You can also use applesauce or prune puree in place of half the called for butter/margarine
Cream	Fat-free half-and-half or evaporated skim milk
Cream cheese (full-fat)	Fat-free or low-fat cream cheese, Neufchatel, or pureed low-fat cottage cheese
Eggs	Two egg whites or ¼ cup egg substitute per whole egg
Flour (all-purpose)	Whole-wheat flour for half the called for all-purpose flour
Fruit (canned in heavy syrup)	Fresh fruit or fruit canned in its own juices or water
Ground beef	Extra-lean or lean ground beef, ground skinless chicken breast, or ground skinless turkey breast
Iceberg lettuce	Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach, or watercress
Mayonnaise	Non-fat or low-fat mayonnaise, reduced-calorie mayonnaise-type salad dressing, or non-fat or low-fat plain Greek yogurt
Oil (in baking)	Applesauce or non-fat plain Greek yogurt
Pasta (enriched, white)	Whole-wheat pasta, veggie pasta, or spiralized vegetables (e.g., zucchini, carrots, beets)
Rice (white)	Brown rice, wild rice, bulgur wheat, pearl barley, or riced vegetables (e.g., cauliflower, broccoli)
Salad dressing (full-fat)	Fat-free or reduced-calorie dressing, flavored vinegars, or lemon juice
Sour cream (full-fat)	Fat-free or low-fat sour cream or plain fat-free or low-fat Greek yogurt
Soy sauce	Sweet-and-sour sauce, hot mustard sauce, or low-sodium soy sauce
Sugar	Artificial or natural low-calorie sweeteners (check packaging for measuring conversions) or use half the called for sugar along with a low-calorie sweetener; You can also use vanilla, nutmeg, or cinnamon to intensify sweetness
Syrup	Pureed fruit or low-calorie or sugar-free syrup
Table salt	Herbs, spices, citrus juices (e.g., lemon, lime, orange), flavored vinegars, or salt-free seasoning mixes

Sources: Mayo Clinic (www.mayoclinic.org) and Rhonda Haller, RD, LDN