



Ingredient Substitutions

Here are some ways to make your recipes healthier and lower in calories and sodium.

To Reduce Calories (by reducing fat)	
When recipe calls for:	Use/try this instead:
Fat added during cooking (e.g. butter, margarine, oil, ghee, shortening, lard, etc)	<ul style="list-style-type: none"> • Use less! Many recipes will taste the same with less fat. • All fats have similar calories, but choose heart-healthy fats (e.g. liquid oils) more often. Avoid trans fats, like shortening.
Fat added for baked goods (e.g. butter, margarine, oil, ghee, shortening, lard, etc.)	<ul style="list-style-type: none"> • Replace up to half of the fat in a baked goods recipe with fruit puree, such as applesauce, mashed bananas or pureed prunes. • Reduce sugar in the recipe, as fruit is naturally sweet.
Poultry	<ul style="list-style-type: none"> • Remove skin and choose white meat.
Meat	<ul style="list-style-type: none"> • Use lean or extra lean meats/cuts. Trim visible fat. Offer smaller portions. Do not add oil, and drain off fat after browning. • For ground meat: try mixing with cooked lentils, grated vegetables, tofu, or textured vegetable protein (TVP).
Fat drippings for basting	<ul style="list-style-type: none"> • Water, lemon juice, reduced-sodium tomato juice or broth. • Cook poultry without skin, or remove skin before serving.
Canned foods packed in oil	<ul style="list-style-type: none"> • Canned foods (e.g. fish/meat) packed in water.
Oil (to stir-fry)	<ul style="list-style-type: none"> • Use less oil and add extra water or reduced-sodium broth.
Butter on baked potato	<ul style="list-style-type: none"> • Low-fat plain yogurt and/or fresh salsa.
Mayonnaise, sour cream, cream cheese, or cottage cheese, or coconut milk	<ul style="list-style-type: none"> • Light or low-fat versions of these products. • Low-fat ($\leq 2\%$ M.F.) plain yogurt can replace many of these items. • Use less.
Salad dressing	<ul style="list-style-type: none"> • Add less. Use more flavoured vinegar or lemon juice and less oil.
Milk/ yogurt/ cheese/ ice cream	<ul style="list-style-type: none"> • Purchase milk, yogurt, evaporated milk, and cottage cheese with 2% M.F. or less, and cheese/cream cheese with 20% M.F. or less. • Use frozen yogurt or sorbet instead of ice cream.
Cream in a soup recipe	<ul style="list-style-type: none"> • For creamy soup recipes, add lower-fat (2% M.F. or less) plain yogurt, sour cream, or evaporated milk. • Add pureed vegetables (i.e. potato, carrot, squash), pureed beans (i.e. white beans), rice, or barley to thicken.
Frosting on a cake	<ul style="list-style-type: none"> • Lightly sprinkle confectioner's (icing) sugar to add sweetness with less fat (and calories) than frosting
Eggs	<ul style="list-style-type: none"> • Use 2 egg whites to replace 1 whole egg • Or try 1 tbsp ground flaxseed with 3 tbsp boiling water to replace 1 egg in a baked goods recipe
Deep-fried items	<ul style="list-style-type: none"> • Use healthier cooking methods (e.g. roast, sauté, steam, poach). • For fries/ chips: offer less, bake your own, offer vegetables instead.

To Reduce Calories (by reducing sugar)

When recipe calls for:	Use/try this instead:
Sugar	<ul style="list-style-type: none"> Reduce up to half of the sugar in many baked recipes. Try a little vanilla, nutmeg or cinnamon for extra flavour.
Sweetened flavoured yogurt	<ul style="list-style-type: none"> Low-fat ($\leq 2\%$ M.F.) plain yogurt. Control the sweetness by adding fruit, or a little honey/sugar.
Canned/frozen foods with added sugar	<ul style="list-style-type: none"> Purchase ones with no added sugar, or those packed in juice/water instead of syrup. If possible, drain and rinse the syrup to reduce sugar.

To Reduce Sodium (Salt)

When recipe calls for:	Use/try this instead:
Salt, sea salt, flavoured salts, garlic, onion or celery salts, monosodium glutamate (MSG)	<ul style="list-style-type: none"> Create your recipe without salt or salt-based seasonings by adding lots of herbs, spices and/or lemon juice. If using salt, add less. Taste before adding and start with $\frac{1}{4}$ of what is suggested.
Sauces, condiments & soups (broth, bouillon powder/cubes, soups, soy sauce, teriyaki, Worcestershire, tomato sauce, ketchup, mustard, BBQ, relish)	<ul style="list-style-type: none"> Use less of these items. Choose no salt added or reduced-sodium varieties. For broths and soups: add extra water to a higher-sodium brand or make your own to control salt. Add extra herbs/spices.
Instant potatoes, vegetable mixes, rice/pasta mixes, processed cheese slices)	<ul style="list-style-type: none"> Purchase no added salt or reduced-sodium varieties. Prepare your own potatoes, vegetables, rice and pasta. Hard cheese has less sodium than cheese slices.
Canned foods (e.g. canned beans, vegetables, meat, fish)	<ul style="list-style-type: none"> Purchase no added salt or reduced-sodium varieties. When possible, always drain and rinse well before using.
Salted, smoked, cured, marinated, or pickled foods (e.g. bacon, deli meats, imitation seafood, pickles)	<ul style="list-style-type: none"> Use no added salt or reduced-sodium varieties. Use freshly prepared meats. E.g. roasted turkey or chicken instead of deli meat. Use less of these higher sodium foods in recipes.

Other tips to create healthier recipes:

- Use more whole grains!
 - Substitute at least half of the all-purpose flour with whole wheat flour.
 - Use whole grain pasta, rice, couscous and breads instead of white varieties.
 - Use other whole grains such as quinoa, barley, buckwheat, amaranth, oats, bulgur, spelt, millet, rye, sorghum, teff, triticale, or kamut.
- Add more vegetables!
 - Increasing the proportion of vegetables lowers the calories and increases the fibre.
 - Use dark, rich coloured vegetables. E.g. use romaine lettuce instead of iceberg lettuce.
- Simply reduce portion sizes to lower the amount of calories and sodium in your menu items.