



Up the Nutrition!

A substitution guide

Instead of...	Use...
Cream	<ul style="list-style-type: none"> • Puréed low-fat or non-fat cottage cheese as a base for sauce, soups and baking • Evaporated 1% or 2% milk, either fluid or whipped • Non-fat plain yogurt, equal portions of 1% milk and evaporated 1% milk
Whipped cream	<ul style="list-style-type: none"> • Evaporated milk, sugar and gelatin • Whip 1 can chilled evaporated milk – during whipping add 1 tbsp sugar and 1/2 tsp gelatin (dissolve in small amount of heated milk)
Butter (or liquid vegetable oils)	<ul style="list-style-type: none"> • Non-hydrogenated margarine • Apple sauce
Sour cream	<ul style="list-style-type: none"> • Light sour cream (7% or less) or non-fat sour cream • Evaporated milk with 1 tsp of lemon juice
Mayonnaise	<ul style="list-style-type: none"> • Reduced-fat / Reduced-calorie mayonnaise • Plain low-fat yogurt • Blended tofu • Part-skim ricotta cheese, blended low-fat cottage cheese • Low-fat sour cream
Regular cheese	<ul style="list-style-type: none"> • Lower-fat (20% or less) skim milk cheese • Reduce hard cheeses like old cheddar, Parmesan, romano, blue cheeses and replace partially with lower-fat cheeses • Grate firm tofu and replace for part of the cheese in pizza, lasagna, and casseroles
Flour	<ul style="list-style-type: none"> • Whole-grain flour
Sugar	<ul style="list-style-type: none"> • Vanilla, cinnamon or nutmeg
Salt	<ul style="list-style-type: none"> • Herbs are a great flavour enhancer that don't load you up on excess sodium.
1 oz / 30 g baking chocolate	<ul style="list-style-type: none"> • 3 tbsp cocoa (to replace fat in chocolate, add 1 tsp vegetable oil)
Eggwash over meat	<ul style="list-style-type: none"> • Brush mustard over meat

Other tips:

- Use lower-fat dairy alternatives whenever available
- Use lean or extra lean meat
- Use whole-grain breads and pasta whenever available
- Broil, bake, poach, braise, stew or steam instead of frying or deep-frying,

