

Healthier Substitutes for Meals and Recipes



CHOICES
Steps Toward
Health

HIGH-FAT ITEM	HEALTHIER SUBSTITUTE
Shortening or cooking oil, for baking	Applesauce, prune puree
Cooking oil, for frying	Non-stick cooking spray; non-stick pan
Regular mayonnaise or sour cream	Low-fat or fat-free mayonnaise or mayonnaise-type dressing, fat-free plain yogurt, blended low-fat cottage cheese, non-fat sour cream
Butter or margarine on bread	Jam or honey (<i>Avoid giving honey to children under 12 months of age.</i>)
Butter or margarine for flavoring vegetables or pasta	Fresh lemon juice, herbs and spices, vinegar, fat-free dressing
Bacon, back-fat, or other fatty meats (for flavoring vegetables such as green beans or leafy greens)	Smoked turkey, bouillon, seasonings and herbs, onions
Fried or fatty meats	Lean trimmed meats, poultry or fish (baked, broiled, or roasted), dry beans and peas
Whipped cream	Fat-free or low-fat whipped toppings, vanilla or lemon non-fat yogurt (great on fruit!)
Regular salad dressings	Low-fat and non-fat salad dressings, salsa, vinegar, lemon juice
Chip and vegetable dips	Low-fat or fat-free dips or dressings, salsa
Whole or reduced-fat (2%) milk	Fat-free (skim) or low-fat (1%) milk, non-fat dry milk
Regular cheese	Low-fat or fat-free cheese such as part-skim mozzarella



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