

Lower Fat Recipe Substitutes

Serve healthy alternatives in traditional dishes. Change high fat and high calorie foods into low fat healthier versions.

- * Try to bake or broil foods when possible instead of frying
- * Trim the fat off of your meats before cooking
- * Skim fat from the top of soups and stews by chilling and reheating
- * Use lemon or Lime on fish and vegetables instead of butter

Use the chart below for some ideas to make
your favorite holiday recipes healthier.

If the recipe calls for...	Use this instead
1 Whole Egg	2 Egg Whites
Cream Cheese	Low Fat Cottage Cheese or Plain Yogurt
Sour Cream	Fat free or Low Fat Plain Yogurt
Whole Milk or Cream	Fat Free or Low Fat Milk
Ice Cream	Frozen Yogurt
Butter	Applesauce (for baking) or a Light Spread
Salad dressing	Fat Free or Reduced Calorie Dressing or Flavored Vinegar