



Healthy substitutions food chart

Simply knowing what to “choose” and what to “lose” when cooking or eating out, will help make every meal a healthy meal.

CHOOSE THESE INGREDIENTS

INSTEAD OF THESE INGREDIENTS

Almond butter or natural peanut butter	Peanut butter
Applesauce (for baking)	Butter/shortening/oil
Beans/carrots/potatoes/tofu (puréed)	Flour/cornstarch for thickening soups and stews
Boneless, skinless chicken or turkey breast	Dark meat of chicken/turkey with skin/bones
Canadian bacon, turkey bacon	Regular bacon
Cooking spray, olive oil, trans-fat-free margarine or canola oil	Butter/margarine/shortening for toast, sautéing foods, topping baked potatoes
Eat freshly prepared meals (preparing meals with fresh or minimally processed ingredients can eliminate up to 50% of your sodium intake)	Processed ingredients or prepackaged meals such as bacon, sausage, TV dinners, hotdogs and cold cuts; fried, breaded or canned meats
Egg whites or egg substitute	Whole eggs
Fat-free frozen yogurt	Ice cream
Fat-free milk	Cream for cream-based soups and sauces
Fat-free sour cream	Full-fat sour cream
Fruit canned in own juices	Fruit canned in heavy syrup
Ground fat-free chicken or turkey breast, or leanest ground beef available	Ground beef
Lean chicken and turkey sausage/meatballs	Regular sausage and meatballs
Lean cuts of beef (90% lean or higher, least amount of visible fat and marbling, choose “select” or “choice” and trim visible fat)	“Prime” cut meats (usually higher in fat), lower than 90% lean, beef with visible fat and/or marbling
Lemon/lime juice, vinegars, low-sodium broths	Oil-based salad dressings and marinades
Low-sodium/fat-free canned broths	Regular canned broths
Low-sodium soy sauce and hot mustard or duck sauce	Regular soy sauce
More vegetables for main entrée (soups, stews, pizza toppings, etc.)	Less meat
Plain, non-fat yogurt adding your own fruit or fat-free, fruit-flavored yogurt	Fruit-flavored regular yogurt
Neufchatel cheese/low-fat cream cheese	Full-fat cream cheese
Readily available fruits and veggies as snack, baked and/or no-sodium pita and hummus, nuts	Potato chips, fatty dips, tortilla chips, corn chips, salted nuts, salted pretzels, etc.
Reduced-fat mayo, plain yogurt	Full-fat regular mayo
Rolled oats, crushed bran cereal, toasted and crushed whole wheat bread	Breadcrumbs or panko
Salsa for egg white or baked potato topping	Cheese, butter or full-fat sour cream
Salt-free spices and herb blends or lower sodium salt	Salt, blended herbs with salt, seasoning salt, celery salt, onion or garlic salt
Skim milk/fat-free soy milk	Whole milk, non-dairy creamer
Sugar-free syrup	Regular syrup
Water-packed canned tuna and salmon	Oil-packed canned tuna and salmon
Whole grains (bran flakes, barley, brown rice, buckwheat, bulgar, millet, steel cut oats, wild rice, whole wheat flour, bread, pasta or crackers)	Refined grains (buttered popcorn, cornflakes, enriched pasta products, grits, quick breads, egg noodles, pretzels, white bread, bagels, crackers, white rice or flour)