

Healthier Recipes



Eating healthy makes you feel good and can lower your risk for disease. In fact, the Centers for Disease Control and Prevention states healthy eating is associated with a reduced risk for several of the leading causes of death, which include heart disease, cancer, stroke, and diabetes. When preparing meals for your family, you may find some of your favorite recipes, especially those passed down through generations, are high in fat, calories, sodium, or sugar, and low in overall nutrition. Create healthier meals without sacrificing flavor by making simple substitutions in your recipes.

When a recipe calls for ... Use this instead ...

To reduce fat and cholesterol:

bacon	Canadian bacon, turkey bacon
butter, margarine, shortening, oil	applesauce, mashed banana, prune puree
eggs	two egg whites or 1/4 cup of egg substitute for each whole egg
whole milk	fat-free milk, low-fat milk
sour cream	plain Greek yogurt, low-fat cottage cheese
ground beef	ground turkey or lean ground turkey breast
heavy cream	evaporated skim milk
cream cheese	fat-free ricotta cheese

To reduce sodium:

seasoning salts	garlic powder, celery seed, onion flakes, fresh herbs
table salt	herbs, spices, salt-free seasoning mixes, citrus juices

To reduce sugar:

fruit-flavored yogurt	plain low-fat yogurt with fresh fruit slices
syrup	pureed fruit, applesauce, sugar-free syrup
sugar	agave nectar or honey; use applesauce or pureed prunes when baking

To increase vitamins, minerals and fiber:

all-purpose white flour	whole-wheat flour
white bread	whole-wheat bread, pita bread
white rice	brown rice, wild rice, steamed and grated cauliflower
pasta	whole-wheat pasta, spaghetti squash
iceberg lettuce	romaine, arugula, spinach, kale, watercress
bread crumbs	rolled oats, crushed bran cereal
white, red or yellow potato	sweet potato
mashed potato	mashed cauliflower



To reduce sodium, use herbs and spices.