



HEALTHY RECIPE SWAPS

Knowing how to make substitutions in recipes can often save calories, fat, sodium, and sugar. Here are a few ideas for recipe substitutions:

INSTEAD OF...	USE THIS...	WHY?
Butter or Margarine	Brummel & Brown Yogurt Butter	Higher in healthy fats
Traditional Pasta	Green Giant Veggie Spirals, Palmini	Higher fiber, less carbs, more nutritious
Tropical Oils such as coconut or palm oil	Olive oil, canola oil, flaxseed oil	Higher in healthy fats
Mayonnaise	Avocado spread	Higher in healthy fats
Whole Eggs	2 egg whites = 1 whole egg	Less saturated fat intake
Sour Cream	Low Fat Greek Yogurt	Lower in fat
Granulated Sugar	Swerve	Lower in calories and carbs
Beef or Chicken Broth	No Added Salt broth	Less sodium
White Flour	Almond Flour, Oat Flour	More nutritious
Iceberg Lettuce	Kale, Spinach, Arugula	More nutritious
Whole Milk	Skim Milk, Unsweetened Almond Milk, Unsweetened Soy Milk	Less saturated fat intake
Traditional Rice	Quinoa, Riced Cauliflower, Brown Rice	Increase fiber and nutrition
Seasoned Salt	No salt added seasonings, fresh herbs and spices	Decrease Sodium

**In recipes you can replace some of flour with ground flaxseed.*

**A ripe smashed banana can add natural sugars to your sweet recipe.*