



# NUTRITION CORNER

**Want To Make Your Favorite Holiday Recipes A Little Healthier?  
Try These Easy Ingredient Substitutions!**

## Top 20 Healthy Recipe Substitutions

Original Ingredient	Healthy Substitute (equal amount)
1) 1 Large whole egg (1/4 cup) — <i>WARNING: When baking, substitute half of the whole eggs with egg whites or the product may be tough</i>	2 large egg whites, 1/4 cup egg whites or egg substitute
2) 2% or whole milk	Skim, 1/2% or 1% milk
3) Heavy cream	Soups/casseroles — evaporated skim milk Baking — light cream or half & half
4) Buttermilk	2% buttermilk or 15 Tbsp skim milk + 2 Tbsp lemon juice
5) Evaporated whole milk	Evaporated skim milk
6) Sweetened condensed whole milk	Low-fat or nonfat sweetened condensed milk
7) Sour cream & yogurt — <i>WARNING: If recipe requires cooking, use nonfat only in sweet recipes.</i>	Low-fat or nonfat
8) Cream cheese — <i>WARNING: Nonfat produces dips and cakes frosting that are very runny.</i>	Light cream cheese
9) Cottage cheese & ricotta cheese	Low-fat or dry curds
10) Butter — <i>WARNING: Light/low-fat margarines contain more water and may cause a baked product to be tough, so try decreasing regular margarine 1 to 2 Tbsp first.</i>	Margarine (trans-fat free). Try Crisco baking sticks
11) Regular cheese (block or shredded) — <i>WARNING: Do not use nonfat in cooked foods because it does not melt.</i>	Low-fat or nonfat
12) 1 cup cheddar cheese or 1 cup grated Parmesan cheese	3/4 cup very sharp or sharp cheddar cheese
13) 1 oz. unsweetened baking chocolate	3 Tbsp dry cocoa + 2 tsp sugar + 1 Tbsp oil
14) 1 cup chocolate chips	1/2 cup mini chocolate chips
15) 1 cup oil in quick breads (muffins, breads)	1/2 cup baby fruit or vegetable + 1/2 cup oil or 1% buttermilk
16) Regular peanut butter	Reduced fat
17) 1 cup chopped pecans or walnuts	1/2 cup nuts toasted to bring out the flavor
18) 1 cup shredded coconut	1/2 cup toasted coconut + 1/2 tsp coconut extract
19) Mayonnaise & salad dressing — <i>WARNING: Do not cook with nonfat versions, because they turn sweet with heat.</i>	Light or nonfat
20) Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup

Sources: Purdue University Cooperative Extension; United States Department of Agriculture

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Want more recipes or meal planning ideas? Contact Elizabeth at: [emadisonrd@gmail.com](mailto:emadisonrd@gmail.com) or call 718-598-0617