

# Marcia Pell

RDN, LDN, CDCES

<b>Instead of</b>	<b>Try this Substitution</b>
Whole milk	Reduced fat or fat free milk
Cream	Fat free half-and-half or evaporated fat free milk
Egg	Two egg whites, a quarter cup of liquid egg substitute, or one egg white +2 teaspoons of oil
Butter stick margarine or lard	Trans fat free soft tub margarine; oil (canola, olive, or vegetable)
Mayonnaise	Low-fat or reduced fat or fat free mayonnaise or salad dressing
Sour cream	Fat-free or low-fat sour cream or plain fat-free or low-fat yogurt
All-purpose flour	Whole wheat flour <i>for half</i> the flour in baked goods
Stuffing, white bread	Use whole grain bread
Pasta	whole wheat pasta
Rice, white	Brown rice, wild rice, bulgur wheat, or pearl barley
Bread crumbs, dry	Rolled oats or crushed bran cereal
Seasoning salt such as garlic salt, celery salt or onion salt	Herb only seasonings such as garlic powder, celery seed or onion flakes, or finally chopped fresh herbs (garlic, celery, onion)
Ground beef	Extra lean or lean ground beef, ground chicken breast, or ground turkey breast
Canned meat fish vegetables and soups	Low sodium or reduced sodium versions