



Healthy Recipe Substitutions

INSTEAD OF...	USE...	WHY AND HOW...
Flour	Black Beans	Great for cutting out gluten while adding in extra protein and fiber. When baking, simply swap out 1 cup of flour for 1 cup of black bean puree (about a 15oz can).
White Flour	Whole Wheat Flour	Boosts fiber and B vitamins. For every cup of white flour, substitute 7/8 cup of whole-wheat flour.
Salt	Garlic Powder	Garlic powder can provide a flavorful-punch without adding sodium.
	Herbs or citrus juice	Increase antioxidants and decrease sodium. Add to taste.
Sugar	Unsweetened applesauce	Reduces sugar and calories. 1 cup of unsweetened applesauce equals 100 calories vs. 770 for 1 cup of sugar. You can sub sugar for apple sauce in a 1:1 ratio, but for every cup of applesauce you use, reduce the amount of liquid in the recipe by 1/4 cup.
	Vanilla	Reduces sugar and calories. Reduce 2 Tbsp of sugar per recipe and add an extra 1/2 tsp of vanilla extract.
	Cinnamon	Reduces calories and adds antioxidants. Reduce sugar by half and add 2-3 tsp of extra cinnamon.
	Stevia	Reduces sugar and calories. 1 cup of sugar equals 1 tsp of liquid stevia (or about 2 Tbsp of stevia powder).
Eggs	Egg whites	Reduces the cholesterol and reduces calories by half. 1 egg = 2 egg whites.
	Flax Egg	Great for vegans or those looking to add healthy fats. Use 1.5 Tbsp of flax seed + 2 Tbsp of hot water in place of 1 egg.
Butter or Fats	Unsweetened applesauce	Reduces saturated fat and calories. Use in a 1:1 ratio.
	Avocado puree	Reduces artery clogging saturated fat and increases healthy monounsaturated fat. Swap in a 1:1 ratio.
	Mashed bananas	Adds potassium, fiber, and vitamin B6 and cuts fat. Swap in a 1:1 ratio.
	Prunes	Reduces more than half of the calories and fat and adds fiber. Combine 3/4 cup prunes with 1/4 cup boiling water, and puree to combine. Sub in equal amounts in most dark baked good recipes.
Mashed Potatoes	Turnip mash	1 cup mashed potatoes made with whole milk (no butter) = 180 calories 1 cup of mashed turnip (no butter, 1/2 cup skim milk) = 90 calories
	Mashed cauliflower	1 cup cauliflower and 1/2 cup skim milk = 90 calories. Reduces calories and carbs.

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CHANGES
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Sour Cream or Mayonnaise	Greek Yogurt	Reduces half the fat and calories and adds extra lean protein. Swap in a 1:1 ratio. Add herbs and lemon juice if using for mayo.
Cream	Evaporated skim milk	Reduces fat significantly. Swap in a 1:1 ratio.
Flour Tortillas	Corn tortilla	Reduces half the calories and fat of flour tortillas.
	Lettuce Leaves	Reduces carbs and calories by using lettuce instead of flour or corn tortillas.
White Rice	Brown Rice	Adds fiber and B vitamins.
	Quinoa	Adds protein, fiber, and whole grains.
	Grated Steamed Cauliflower	Reduces both calories and carbs with this switch. Save time by buying “riced” cauliflower instead—most stores carry it now in the fresh produce section and frozen. Grated (or riced) steamed cauliflower can be used to make a tasty (and healthy) pizza crust too! (Check out the recipe here)
Pasta	Spaghetti squash	Makes a great low-carb and lower-calorie substitute for pasta. One squash will make between two and three servings. Split the squash in half, deseed, and place cut side down in a roasting pan filled with ½ inch of water. Roast at 375 F until tender and pull apart with a fork.
	Zucchini ribbons	Adds fiber and significantly reduces calories and carbs.
Couscous	Quinoa	Adds protein, fiber, and whole grains
Bread Crumbs	Rolled Oats	Adds whole grains and fiber. Spice up the oats with herbs.
	Crushed flax or fiber cereal	Use for a higher fiber, lower sodium dish. Mix with herbs
Frosting	Marshmallow Fluff	Reduces sugar and calories. 2 Tbsp. marshmallow = 40 calories, 6 gm sugar, 0 gm fat. 2 Tbsp. conventional frosting = 100 calories, 14 gm sugar, 5 gm fat.
	Meringue	Want to reduce fat and calories even further? Made from just egg whites and sugar, meringue can be a great fat-free substitution for traditional frosting.
Chocolate Chips	Cacao Nibs	Reduces additives and added sugars, while increasing antioxidants
Peanut Butter	PB2	Can reduce calories and fat.

OTHER RESOURCES:

[Holiday Eating Tips](#)

[Healthy Snacking Tips](#)

[20 Snack Options Under 200 Calories](#)

[10 Delicious \(and Healthy\) Ways to Start Your Day](#)

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