Make Healthy Changes To Your Favorite Recipes

You can substitute some ingredients in your favorite recipes to lower saturated fat, cholesterol, or sodium. See below for ideas. Also, check out http://recipefinder.nal.usda.gov/ or call 1-877-URI-FOOD for healthy, low-cost recipes.

Instead of | Use
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Whole milk | Skim or 1% milk
Evaporated milk or Heavy cream | Evaporated skim milk
Light cream | Equal amounts of 1% milk and evaporated skim milk
1 cup butter or shortening | Equal amounts of soft margarine* or 2/3 cup vegetable oil *
Mayonnaise or salad dressing | Light mayonnaise or salad dressing;** try mustard in sandwiches
1 whole egg | ¼ cup egg substitute or 2 egg whites
Cheese | Low or non-fat cheese or cream cheese**
Sour cream | Low or non-fat sour cream/low or non-fat plain yogurt
Oil or fat for greasing a pan | Non-stick cooking spray
Regular bouillon or broth | Low sodium, low-fat bouillon or broth
Ground beef or pork | Ground skinless turkey

* Texture of baked goods may be different when using these substitutions.
** Some low-fat cheeses, salad dressings, and cottage cheeses are high in sodium.

Italian White Bean Soup

2 15-ounce cans cannellini beans, rinsed and drained | ½ cup chopped onion
4 cups low-sodium chicken or vegetable broth | ¼ tsp black pepper
1 15-ounce can diced tomatoes | 3 cloves of garlic, minced
2 teaspoon dried basil (or 1 tablespoon fresh, chopped) | 
½ teaspoon dried thyme (or 2 teaspoons fresh, chopped) | 

Combine one can of beans with 2 cups of broth in a blender or food processor and blend until smooth. Transfer to large saucepan and add remaining ingredients. Bring to a boil over high heat, then reduce heat and simmer for about 10-15 minutes. Serve hot.

6 servings, 1⅛ cup each. Per serving: 150 calories, 1.5g fat, 6g fiber, 15% iron

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.