

Food Substitutions

Replace This...	With This...
Whole milk	Skim (0%), low-fat (1%), reduced fat (2%)
Ice cream	Low-fat/fat-free yogurt or ice milk or sorbet
Cheese	Reduced-fat cheese
Pasta with white (cheese) sauce	Pasta with marinara (vegetable) sauce
Bacon or Sausage	Canadian bacon or lean ham
Eggs	Egg whites or egg substitutes
Croissants	Hard French rolls or soft "brown-n-serve"
White bread	Whole-wheat
Cake (pound, chocolate, yellow)	Angel food or Gingerbread
Cookies	Reduced fat, ginger snaps, fig bars
Mayonnaise	Reduced calorie, fat-free or mustard
Regular salad dressing	Reduced fat/calorie dressing
Guacamole	Salsa
Creamed soups	Broth-based soups
Butter, oil or shortening	Non-stick cooking spray, applesauce or prune puree