

Smart Substitutions/Dairy

IF YOU LIKE...

Whole milk



Cheese



Sour Cream



Ice Cream



TRY...

Skim milk, nonfat dry powdered milk



Fat-free cheese, fat-free cottage cheese, fat-free ricotta cheese, fat-free yogurt cheese



Fat-free yogurt, fat-free sour cream



Nonfat/sugar-free frozen yogurt, homemade fruit bars, no sugar added popsicles, sugar-free fudge pops, frozen grapes, homemade smoothie



Smart Substitutions/Protein

IF YOU LIKE...

Eggs
Cold cuts
Bacon
Ground meat/burgers



Fish and seafood



Poultry
Meatless meals
Peanut Butter



TRY...

Egg sub, egg whites, Neat Egg
Extra lean luncheon meats/very low fat
Canadian bacon, bacon bits
99% lean ground turkey, veggie burgers
with up to 2 grams fat, Portobello mushrooms



Tuna in water, tilapia, sole, halibut,
lean white fish, all shellfish



Skinless chicken and turkey breast
Bean-based entrees like veggie chili
PB2 and other powdered defatted peanuts



Smart Substitutions/Oils/Butter

IF YOU LIKE...

Butter or margarine
on bread



Oil to sauté



Oil/butter for baking



Mayonnaise



Salad dressing



TRY...



Fruit spreads, powdered PB, Fat-free
butter spray (10 sprays=1 g fat),
nonfat yogurt cheese, fat-free ricotta



Fat-free broth, MCT oil



Applesauce, date puree, prune
puree, yogurt



Fat-free mayo, yogurt, mustard,
fat-free Ranch dressing



Fat-free dressing, rice and flavored
vinegars, fresh lemon and lime

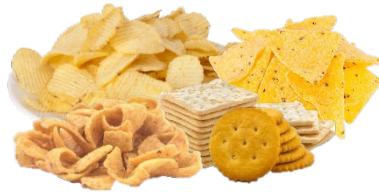
Smart Substitutions/Snacks & Sweets

IF YOU LIKE...

Chocolate



Potato/corn chips,
crackers



Nuts



French Fries



TRY...



Wax Orchards fat-free fudge topping, cocoa powder, Hershey's chocolate syrup, no added sugar/fat-free hot cocoa



Low-fat whole-wheat pretzels, savory rice cakes, homemade corn chips, WASA crispbread



Air popped popcorn, baked garbanzo beans



Baked potato wedges (use nonstick aluminum foil) or air fryer