



Modifying Recipes to Reduce Fat & Calories

There are so many ways to modify recipes without sacrificing flavor!

Reduce an ingredient. Fats (butter, oil) and sugar can be reduced by 1/4 to 1/3 of the amount suggested in recipes, except when sugar is used as a preservative (jams, jellies).

Eliminate an ingredient. To cut calories, eliminate fat in recipes when it's only there for taste and not for structure. For example, gravy can be made from broth and flour; meats can be browned in their own juices rather than in added fat.

Change preparation method. You can bake, broil, stir-fry, steam, simmer, roast or sauté in broth or juice instead of frying foods. Use non-stick cookware and vegetable oil spray to cut back on fat.

Reducing cholesterol concerns. Reducing the total fat, especially saturated fat, in your diet is an effective way to reduce blood cholesterol levels. Saturated fat tends to be hard at room temperature (like butter). Always try to substitute liquid oils for saturated fat and reduce the total amount you use.



Substitute with healthier ingredients. The chart below notes in detail many ways that you can substitute more suitable ingredients to cut calories and fat.

When a recipe calls for this...	...try this instead!
Dairy products	
Whole-milk cheese	<ul style="list-style-type: none"> • Part-skim cheese, such as mozzarella or queso fresco • Reduced-fat or fat-free cheese
Cottage cheese	<ul style="list-style-type: none"> • Low-fat cottage or ricotta cheese
Cream cheese	<ul style="list-style-type: none"> • Whipped cream cheese • Neufchatel cheese • Low-fat or fat-free cream cheese
Cream, light, 1 cup	<ul style="list-style-type: none"> • Evaporated skim milk, 1 cup undiluted • Whole milk, 1 cup
Whipped cream, 1 cup	<ul style="list-style-type: none"> • Reduced-fat whipped topping
Sour cream, 1 cup	<ul style="list-style-type: none"> • Low-fat or nonfat plain yogurt

	<ul style="list-style-type: none"> • Fat-free sour cream
Coffee creamer	<ul style="list-style-type: none"> • Evaporated skim milk, undiluted • Fat-free creamer • 1 cup nonfat dry milk in 1 cup water • 1% milk
Evaporated whole milk	<ul style="list-style-type: none"> • Evaporated skim milk
Whole milk	<ul style="list-style-type: none"> • 1% or skim milk • 1/3 cup nonfat dairy dry milk and water mixed to make 1 cup
Ice cream	<ul style="list-style-type: none"> • Ice milk • Sherbet • Frozen yogurt • Low-fat or fat-free frozen desserts
Fruits and vegetables	
Vegetables with butter sauce	<ul style="list-style-type: none"> • Vegetables sautéed in wine, cooking long enough to allow the alcohol to evaporate. • Plain frozen or fresh vegetables, seasoned with herbs and lemon juice. • Vegetables cooked in bouillon or defatted broth. • Vegetables with fat-free margarine.
French fries	<ul style="list-style-type: none"> • Strips of raw potatoes coated with cooking spray, baked at 450°F for 30 minutes.
Salad dressing	<ul style="list-style-type: none"> • Fat-free or reduced-fat salad dressings • Vinaigrette-style dressings
Baked potato with sour cream	<ul style="list-style-type: none"> • Fat-free sour cream or plain Greek yogurt • Fat-free dressings such as ranch
Protein	
Poultry	<ul style="list-style-type: none"> • Remove skin after baking to retain moisture • Skinless poultry
Gravy or sauce	<ul style="list-style-type: none"> • Cold milk, broth or juice slowly added to flour or cornstarch. Blend and stir over medium heat until mixture come to a boil. Add herbs and spices.
Beef	<ul style="list-style-type: none"> • Well-trimmed cuts, like sirloin tip, round steak, flank steak, tenderloin, and lean ground beef. • Broil, bake and roast meats, using a rack to drain off fats.
Ground beef	<ul style="list-style-type: none"> • Cook ground beef, drain and rinse using a sieve or colander. Add to casserole or soup.
Pork, well-marbled	<ul style="list-style-type: none"> • Pork loin or tenderloin, center-cut ham, or Canadian bacon.

Processed meats	<ul style="list-style-type: none"> • Fresh meats and poultry • Boiled ham, baked Virginia ham, roast beef, sliced turkey or chicken • 95% fat-free lunch meats, hotdogs
1 egg	<ul style="list-style-type: none"> • 2 egg whites
Fish, oil-packed can	<ul style="list-style-type: none"> • Fish, water packed
Meat stocks	<ul style="list-style-type: none"> • Reduced-calorie stock made by refrigerating stock until fat rises to top and can be discarded. • Fat-free broth in can or carton
Breads/Desserts	
Baking chocolate	<ul style="list-style-type: none"> • 1-3 tablespoons cocoa powder and 2 tablespoons of water, skim milk, or low-fat milk.
Cakes, cookies, muffins, breads	<ul style="list-style-type: none"> • Replace 1/4 to 1/3 of the fat with applesauce. • 1/4 to 1/3 less sugar; while doubling the amount of extract and increasing spices.
Cracker crumbs	<ul style="list-style-type: none"> • Crushed dry bread crumbs
2-crust pies or pastries	<ul style="list-style-type: none"> • Eliminate the top crust and make it a 1-crust pie • Crumb crusts (graham cracker, cereal) made with 1/3 less oil.
Stuffing	<ul style="list-style-type: none"> • Cook separately from turkey. Use broth instead of butter or margarine.
Croutons	<ul style="list-style-type: none"> • Slice bread and spray with butter-flavored vegetable oil spray. Sprinkle with garlic powder or herbs, cut in cubes and toast in oven.
Fats	
Shortening	<ul style="list-style-type: none"> • Oil (Canola is best)
Stick butter or margarine	<ul style="list-style-type: none"> • Softened, squeeze-bottle margarine, reducing the volume by 1/4 or 1/3. Use reduced-fat tub margarine if product will not be baked.
Lard	<ul style="list-style-type: none"> • Oil

For more information about healthy lifestyles, contact Guilford County Department of Health and Human Services, Division of Public Health at 336-641-7777 or www.guilfordcountync.gov.

Free language assistance is available upon request.