

Cooking Substitutions

5 or more fruits & vegetables every day

Use these substitutions to make your home-cooked meals even healthier!^{1,2,3}

INSTEAD OF:	SUBSTITUTE WITH:
1 cup of butter, margarine or oil	1/2 cup of unsweetened applesauce
1 cup of butter	1 cup of avocado puree
1 egg	2 egg whites or 1/4 cup egg substitute
1 egg	1 Tbsp. chia seeds soaked in 1 cup of water
Bacon	Lean turkey bacon
Ground beef	Extra lean ground beef or ground turkey
Sour cream or mayo	Plain Greek yogurt
Pasta	Whole wheat pasta or zucchini ribbons
Flavored yogurt	Plain yogurt with fresh fruit
1 cup cream cheese	1/2 cup ricotta cheese pureed with 1/2 cup fat-free cream cheese
1 cup of sugar	1 cup of mashed banana or unsweetened applesauce
Bread crumbs, dry	Rolled oats or crushed bran cereal

OTHER HEALTHFUL TIPS

- Choose whole wheat grains and breads over white, refined grains.
- For more vitamins, choose dark, leafy green lettuce varieties rather than iceberg lettuce.
- Opt for low-sodium options when it comes to broths, soups or sauces.
- Use herbs and spices instead of reaching for the salt shaker.²
- Choose skim milk over whole milk to reduce fat.
- To reduce fat, bake foods that you would normally fry.

Sources

1. "Save Money By Cooking Smarter." *We Can*, <http://nhlbi.nih.gov>. 2. "Healthy Recipes: A Guide to Ingredient Substitutions." *Mayo Clinic*, www.mayoclinic.org. 3. "83 Healthy Recipe Substitutions." *Greatist*, www.greatist.com

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Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is a program of Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.