

Food Substitute Chart an Outline

See listed below a chart that can give you alternatives to ingredients that are high in sugar and fats with suitable options that can help maintain the flavor you are use to. This chart also helps control the amount of calories that you are ingesting per meal. Play with the amount of each alternative ingredient to help ensure that your tastiest meals are always healthy for you and your family.

In Place of:	Try:
1 cup of cheese	1 cup fat free or reduced fat cheese
1 cup shortening, margarine or butter	1 cup unsweetened applesauce or fruit puree; ½ cup margarine or butter
1 cup of sour cream	1 cup of fat free or light sour cream, 1 cup lowfat or nonfat yogurt; buttermilk
1 cup of heavy cream	1 cup evaporated milk
1 cup of milk	1 cup fat free or 1% milk
1 tbsp. Regular mayonnaise	1 tbsp. Fat free or low-fat mayonnaise
1 tbsp. Cream cheese	1 tbsp, fat free cream cheese
High fat meals, including luncheon meats	Reduced fat or fat free meats
Sugar	Sugar substitutes suitable for cooking, ½ sugar and ½ sugar substitute, unsweetened applesauce, mashed bananas, or other fruits in recipes and cut down on sugar
1 cup all purpose flour	¾ cup purpose flour + ¼ cup bran
Pasta and noodles	Spaghetti squash, zucchini, whole wheat or grain noodles

Do your best to plan your meals ahead of time to make sure that you have all the necessary tools to make your eating experience as enjoyable as possible. Try and make of enough of these nutritious meals as leftovers to help you ensure that you have definitive options to maintain you on your fitness journey.

Share any meals that you have re-interpreted. It can only help everyone else!!! Enjoy.