

Food Substitutions

The following list itemizes suggested replacements for commonly overeaten foods. (The food item on the right is the suggested replacement for the food items on the left.)

Avocados	Water Chestnuts
Bacon	Low-Fat Canadian Bacon
Baked Goods	Fat-Free Baked Goods
Biscuits	Fat-Free Biscuit Mixes
Bologna	Chicken or Turkey Breasts
Brownies	Angel Food Cake, Fruit, Gelatin Desserts
Butter	Butter Buds
Butter	Low-Fat Margarine
Cakes	Angel Food Cake, Fruit, Gelatin Desserts
Cheese	Non-fat or Low-Fat Cheeses
Cheese	Ricotta, Cottage Cheese, or Fat-Free Cheeses
Chocolate Candy	Jelly Beans, Hard Candy
Chocolate	Chocolate Syrup
Chocolate	Cocoa
Chocolate	Fat-Free Pudding
Chocolate	Light Chocolate Topping
Coconut Oil	Canola, Safflower, Sunflower, Corn, or Olive Oil
Coffee Creamer	Low-fat or Non-Fat Milk
Coffee Creamer	Powdered Creamer without Tropical Oils
Coffee Creamer	Powdered Non-Fat Milk
Cookies	Animal Crackers
Cookies	Fig Bars
Cookies	Gingersnaps
Cookies	Graham Crackers
Cookies	Vanilla Wafers
Corn Chips	Air-Popped Popcorn, Crackers, Vegetable Sticks
Crackers	Fat-Free Crackers
Crackers	Soda Crackers
Crackers	Toasted Bread Sticks
Cream Cheese	Fat-Free Cream Cheese
Cream Sauces	Marinara Sauces
Cream	Evaporated Skim Milk
Creamy Dressings	Dilute with Cucumbers, Tomatoes, other Vegetables
Creamy Dressings	Dilute with Low-Fat Yogurt or Cottage Cheese
Croissants	Baked Donut Holes
Danish pastry	Muffins
Danish	Fat-Free Pastries
Donut	Fat-Free Pastries
Donut	Muffins
Donut	Raisin-Cinnamon Bagel
Eggs	Egg Substitutes
Eggs	Egg Whites (or use one yolk for each four eggs)

French Fries	Baked or Mashed Potatoes
French Fries	Carrot Sticks
French Fries	Oven-Baked "Fries"
Fried Foods	Baked Foods (avoid fried foods in all forms)
Fried Foods	Boiled Foods (avoid fried foods in all forms)
Fried Foods	Broiled Foods (avoid fried foods in all forms)
Fried Foods	Grilled Foods (avoid fried foods in all forms)
Fried Foods	Microwaved Foods (avoid fried foods in all forms)
Fried Foods	Poached Foods (avoid fried foods in all forms)
Fried Foods	Raw Foods (avoid fried foods in all forms)
Fried Foods	Roasted Foods (avoid fried foods in all forms)
Fried Foods	Sautéed Foods (avoid fried foods in all forms)
Fried Foods	Simmered Foods (avoid fried foods in all forms)
Fried Foods	Steamed Foods (avoid fried foods in all forms)
Granola Bars	Nutritious Cereal, Dried Fruit or Cereal/Fruit Mix
Granola	Nutritious Cereal, Dried Fruit or Cereal/Fruit Mix
Gravy	Low-Fat Gravy in Jars, Mixes
Gravy	Prepare, Refrigerate, Skim Off
Gravy	Worcestershire Sauce
Ground Beef	Use Lean Ground plus Texturized Vegetable Protein
Ham	Turkey Ham
Hamburger	Ground Chicken
Hamburger	Ground Turkey
Hamburger	Low-Fat Ground Beef
Hot Dogs	Low-Fat Hot Dogs
Hot Dogs	Turkey Frankfurters
Ice Cream	Fat-Free Frozen Dessert or Low-Fat Ice Cream
Ice Cream	Frozen Diet Bars
Ice Cream	Frozen Yogurt
Ice Cream	Ice Milk
Lamb	Fish, Poultry
Lard	Vegetable Oils
Lunch Meats	Low-Fat Turkey Meat
Lunch Meats	Water-Packed Tuna
Margarine	Fat-Free or Low-Fat Margarine
Mayonnaise	Fat-Free or Low-Fat Mayonnaise
Mayonnaise	Fat-Free or Low-Fat Salad Dressing
Meats	Soy-based Meat Substitutes
Muffins	Fat-Free Mixes
Nuts and Seeds	Grape-Nuts Cereal
Nuts and Seeds	Popcorn, Pretzels
Oil	Applesauce (for baking purposes)
Oil	Applesauce plus Skim Milk (if oil is only liquid)
Oil	Butter Buds (mixed to form a liquid)
Oil	Corn Syrup
Oil	Non-Stick Cookery, Spray

Olives	Pickles
Palm Kernel Oil	Canola, Safflower, Sunflower, Corn, or Olive Oil
Palm Oil	Canola, Safflower, Sunflower, Corn, or Olive Oil
Pastrami	Turkey Pastrami
Pastry	Fat-Free Pastries
Pie Crust	Graham Cracker Crust
Pork	Lean Pork Tenderloin
Potato Chips	Air-Popped Popcorn, Crackers, Vegetable Sticks
Potato Chips	In Casseroles, use Cracker Crumbs or Bran Flakes
Ranch Dressing	Make with Non-Fat or Low-Fat Mayonnaise
Red Meat	Fish, Poultry
Salad Dressings	Non-Fat Salad Dressings
Salami	Turkey Salami
Sausage Pizza	Canadian Bacon or Vegetarian Pizza
Sausage	Low-fat Sausages
Snack Chips	Air-Popped Popcorn, Crackers, Vegetable Sticks
Snack Chips	Baked Tortilla Chips
Snack Chips	Popcorn (without Butter)
Snack Chips	Pretzels
Soups	Condensed Low-Fat, Reduced Sodium Soups
Sour Cream	Fat-Free Sour Cream
Sour Cream	Low-Fat Yogurt
Sour Cream	Non-Fat Yogurt
Sour Cream	Sour Half & Half
Sour Cream	Sour Half & Half Mixed with Low-Fat Yogurt
Spaghetti Sauce	Prepared Low-Fat Spaghetti Sauces
Veal	Fish, Poultry
Whipped Cream	Vanilla-Flavored Non-Fat or Low-Fat Yogurt
White Sauces	Tomato Sauces
Whole Eggs	Egg Whites
Whole Milk	Skim or Low-Fat Milk