

# Recipe Modification Tips



If your goal is to:

Try this:

Reduce fat  
and  
calories



- Use 2 egg whites or  $\frac{1}{4}$  cup of egg substitute for 1 whole egg
- Use applesauce for half of the shortening, butter, or oil and reduce baking time
- Use skim milk, fat-free half and half or plain soymilk instead of whole milk and half and half cream
- Use ground sirloin, lean turkey, chicken, tofu, or vegetables instead of ground chuck

Reduce  
amount of  
sugar



- Reduce sugar by  $\frac{1}{4}$  in baked goods and add additional cinnamon or flavored extract. Or use sugar substitute, **but not** when baking with yeast
- Use plain/light yogurt with fresh fruit slices instead of flavored yogurt
- Use sugar-free syrup
- Use canned or frozen fruits in light syrup or with no sugar added

Increase  
amount of  
fiber



- Use whole grain pastas, crackers, cookies, and cereal
- Use 100% whole grain/wheat bread instead of white bread
- Substitute whole wheat flour for  $\frac{1}{2}$  of all-purpose flour
- Use Romaine or leafy lettuce and baby spinach instead of iceberg lettuce
- Use dried beans and/or legumes/lentils in dishes