EAT SMART:
Fork Friendly **Product Swaps**

DAIRY

Instead of:	Use:	Brand Names:
Butter or Margarine (as spread or topping)	Spray butter, reduced fat or light margarine	• Brummel and Brown • Fleischmann's with olive oil • I Can't Believe It's Not Butter
Cottage Cheese	Low-fat or non-fat cottage cheese	• Breakstone's 30% Less Sodium • Daisy Low Fat • Kroger Fat Free
Cream Cheese	Low-fat or non-fat cream cheese; Neufchatel cheese	• HEB Fat-Free • Kroger Greek • Philadelphia Whipped Mixed Berry Tub
Ice Cream	Low-fat ice cream; frozen yogurt; sherbet	• Artic Zero • Outshine Fruit Bars • Halo Top
Regular Cheeses	Low-fat or non-fat cheese; part-skim mozzarella	• Slices: Kraft Fat Free • Block: Cacique: Queso Fresco Part-Skim Milk • String: Kraft Reduced-Fat Mozzarella
Sour Cream	Non-fat sour cream; plain non-fat yogurt or non-fat cottage cheese; lemon juice + non-fat yogurt blended until creamy	• Kroger Fat Free Sour Cream • Dannon All Natural Non-fat Yogurt • HEB Light Sour Cream
Whipping Cream (Heavy)	Evaporated skim milk; 2/3 skim + oil	• Carnation Evaporated
Whole Milk	1% milk or ½%; Milk alternatives (Almond, Soy)	• Fairlife Fat Free • HEB 1%
Yogurt	Low fat; Non-fat; Greek yogurt	• Chobani Non-Fat • Dannon Light & Fit Greek • Yoplait Light, Fat Free

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PROTEIN

Instead of:	Use:	Brand Names:
Bacon	Canadian Bacon; Turkey or Chicken Bacon	• Butter Ball Turkey • HEB Low Sodium • Canadian Bacon
Beef or Chicken Stock	Put regular stock in refrigerator overnight and lift off congealed fat the next morning	• Imagine Low Sodium Kitchen • Basics Pacific Low Sodium • Simple Organic Truth Low Sodium
Canned meats packed in oil	Canned meats packed in water	• Chicken of the Sea Skinless & Boneless Pink Salmon • Bumblebee Solid White Albacore
Deli Meats	Low-fat deli meats	• Private Selection Cracked Peppered Turkey Breast • Oscar Mayer Roasted Chicken
Eggs	Egg whites; egg substitute; 2 egg whites to 1 egg ratio	• Best Life All Whites 100% Liquid Egg Whites • Private Selections Christopher's Eggs
Ground Beef (hamburger)	Ground round; Ground turkey breast with no skin; meat-free crumbles	• Beyond Beef Crumbles • Laura's Lean ground beef
Hot Dogs	Low-fat, Fat-free or Vegetarian hotdogs	• Ball Park Smoked White Turkey • Franks LightLife Smart Dogs Veggie
Meatballs	Low-fat or fat-free meatballs	• Hip Chick Farms Chicken Meatballs • Garden Veggie Meatballs
Hamburger Patties	Meatless option	• Dr. Praeger's Black Bean Veggie • Morning Star Garden Veggie Patties
Poultry with skin	Poultry with skin removed	• Tyson boneless skinless chicken breast
Refried Beans	Plain beans with salsa; fat-free refried beans	• Casa Fiesta Refried • Black Goya Refried Pinto
Rib Roast	Eye of round; Rump roast	
Sausage	Turkey sausage; Vegetarian sausage	• Jimmy Dean Delights Applewood Smoked Chicken Sausage
Spare Ribs	Center cut pork loin	
T-Bone or Porter House Steak	Round steak, Flank Steak, Sirloin, Cube Steak, Tenderloin	

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BREADS & GRAINS

Instead of:	Use:	Brand Names:
Commercial Muffins or Biscuits	Low-fat mixes; Homemade recipes	• Bisquick Low Fat Mix Heart Smart
Corn or Rice Cereals	Whole grain cereals	• General Mills Wheat Chex • Kashi Honey Sunshine • Bear Naked Fit Vanilla Almond Crunch
Flour Tortillas	Whole wheat tortillas	• Ortega Whole Grain Corn Taco Shell • Mission 100% Whole Wheat
French Fries	Baked potato; Baked French fries; Sweet Potato Fries	• Ore Ida Potatoes Obrien • Simple Truth Crinkled Cut • Alexia Sweet Potato Fries
Hot Cereal	Oatmeal, Quinoa	• Quaker High fiber Raisin/Apple/Walnut Oatmeal • QIA super seeds & grains
Pre-Seasoned Coating Mixes	Whole wheat flour with added herbs and spices	• Adam's Jamacian Jerk • Spice Mrs Dash seasonings
White Bread	100% Whole grain bread	• Cobblestone Whole Wheat Bread • Dave's Killer Bread Power Seed • Oroweat 100% Pocket Thins
White Flour	100% Whole grain flour	• Bob's Red Mill Brown Rice • Kroger White Whole Wheat • King Arthur Whole Wheat
White Rice	Brown/Wild Rice	• Uncle Ben's Whole Grain • Lundberg Wild Blend • Minute Ready to Serve Brown & Wild

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SAUCES AND CONDIMENTS

Instead of:	Use:	Brand Names:
Cream sauce or Cream Soups	Low-fat cream soups (mushroom, chicken) or Homemade white sauce (1 cup skim milk + 1tbs cornstarch + 1 tsp bouillon granules)	• Campbells Healthy Request Low Fat • Condensed Cream of Mushroom • Kroger Healthy Cream of Mushroom
Gravies	Fat-free gravy	• Heinz Homestyle Classic Chicken • McCormick 30% Less Sodium Brown and Chicken • Pioneer Chicken
Mayonnaise	Fat-free or low-fat mayonnaise or salad dressing; light mayo + plain non-fat yogurt	• Blue Plate Greek Yogurt Mayo • Hain Lite Safflower • Kraft Miracle Whip with Olive Oil
Salad Dressing	Non-fat dressing; blended yogurt or cottage cheese; fruit juices; flavored water; vinegar (any combination of above choices in a spritzer)	• Maple Grove Farm Citrus Vinaigrette • Newman's Own Light Raspberry & Walnut • Ken's Steak House Lite Apple Cider Vinaigrette

FRUIT AND VEGETABLES

Instead of:	Use:	Brand Names:
Canned Fruits in Syrup	Fruits canned in water or juices; fresh or frozen fruits	• Delmonte No Added Sugar Fruit • Kroger No Sugar Added Snack Bowls • Libby's Skinny Fruits No Sugar
Fruits and Vegetables without peeling	Eat the peeling for added fiber and minerals	
Iceberg Lettuce	Romaine lettuce; spinach; endive lettuce	

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SNACK FOODS & DESSERTS

Instead of:	Use:	Brand Names:
Chocolate	Cocoa powder for baking; Light Chocolate syrup	• Emerald's Cocoa Almonds • No Pudge Brownie Mix • Quaker Chocolate Crunch Rice Cake
Cookie and other commercially baked goods	Reduced fat or low fat cookies; whole grain, homemade recipes	• Kashi Oatmeal Raisin Flax • Nabisco Whole Grain Blueberry Newton • Nature's Bakery Fig Bar
Crackers	Reduced fat and whole grain	• Wheat Thin Crackers • Triscuits • Mary's Gone Crackers
Doughnuts and Pastries	Bagels with low-fat topping; muffin mix	• Cobblestone Whole Wheat Bagel Thins • Fleischmann's Simply Lemon Poppyseed Muffin Mix • Garden Lite Vegetable Blueberry
Ice Cream	Low -fat ice cream; frozen yogurt; sherbet	• Artic Zero Ice Cream • Kroger Frozen Yogurt • Outshine Fruit Bars
Popcorn (oil-popped)	Air-popped popcorn; low-fat microwave popcorn	• Skinny Pop • Angies Boom Chicka Pop • Jolly Time Healthy pop (boxed)
Potato Chips	Baked chips; low-fat chips, whole grain tortilla chips, bean or seaweed chip	• Lay's Lightly Salted Potato Chip • Beanitos Original Black Bean • Que Pasa Blue Tortilla Chips
Pudding	Low-fat or reduced fat pudding	• Jello Sugar Free • Kozy Shack Simply Well

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Eat Smart Recipe Swaps

When a recipe calls for	You can:
Browning	Brown on a rack under a broiler. Fat can be drained on bottom pan and discarded.
Cheese Sauce	Mix ½ fat-free shredded cheese together and use cheese in recipe.

When a recipe calls for	You can:
Chocolate	Use 3 Tbs. cocoa powder + 1 Tbs. water or canola oil for every ounce (1 square) of baking chocolate in the original recipe.
Cream Sauce	Mix one can of reduced-fat condensed cream soup, ¼ cup evaporated skim milk, and 1 tsp. of a dried herb (basil, dill, or tarragon) in a small sauce pan. Heat and serve.
Fat (margarine, butter, or oil)	Decrease the amount by half in most recipes. Each tablespoon you cut saves you 100 calories. Select a soft margarine (rather than butter) with liquid polyunsaturated oil as the first ingredient, or use canola oil. When baking, substitute an equal amount of applesauce, low-fat plain yogurt, baby food, or pureed fruit for the butter or oil.
Fluffy Frosting	Replace margarine or butter in recipe with marshmallow crème.
Frying	Use either egg whites or yogurt to roll food items in. Put breadcrumbs and other spices in a large, tightly-sealable plastic bag. After coating food in egg white or yogurt, put breading ingredients into plastic bag, reseal and shake to coat. Coat baking pan with non-stick cooking spray, place breaded items on pan and spray lightly again. Follow typical bake time, and turn piece often to allow even browning.

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Gravy	Mix one single-serving envelope of instant creamy soup mix and 1 tsp. cornstarch in a small saucepan. Stir in 1 cup evaporated skim milk. Cook and stir until thickened and bubbly, then cook and stir for 2 minutes longer.
Pie Crust	Use reduced-fat graham cracker crust.
Sautéing	Three steps: (1) Use a non-stick pan with non-stick cooking spray (Pam, Mazola, No-Stick, ect). (2) Cook in a low-fat bouillon broth. Heat 1-2 Tbs. stock to medium high; add vegetables or meat. Stir quickly until tender-crisp, allowing most of the liquid to collect in the pan. Raise the heat for evaporation of liquid or the vegetables will be soft rather than crisp. (3) Reduce the amount of fat. If the recipe calls for ¾ cup, use 2 Tbs.
When a recipe calls for:	**You can:**
Stir-Frying	Coat the wok or pan with a very small amount of canola oil. When food begins to stick, use water, bouillon-made broth, tomato juice, fruit juice, or wine (the alcohol evaporates with cooking so few calories remain) for added moisture.
Sugar	Cut the amount by 1/3 to ½ in cookies or cakes. Increase the amount of extract (almond, vanilla, ect) by ¼ tsp. to replace reduction of sugar.
Whipped Topping	Combine 1/3 cup ice water, 1 Tbs. lemon juice, ¾ tsp. vanilla, and 1/3 cup non-fat dry milk powder. Beat 10 minutes or until stiff. Beat in 2 Tbsp. sugar. Prepare this in a chilled bowl with chilled beaters for best results.
White Sauce	Heat 1 cup evaporated skim milk, ½ cup half-and-half, and 2 Tbs. butter or margarine over medium heat until butter is melted. Gradually stir in 1 ¼ cup fat-free parmesan cheese. Cook and stir until cheese has melted.

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IT'S CHEESE! IT'S EASY! Cooking with Fat-Free Cheese

Cheese Dish	Tips
Bread Toppings	For best melting, broil fat-free shredded cheese at least 7 inches from heat source. For a softer, moister melt, spray surface of cheese lightly with non-stick cooking spray or water before broiling.
Casseroles & Lasagna	When making lasagna, stir cheese into tomato sauce for better results and melt. Keep casseroles covered during entire baking time. Sprinkle cheese on top after microwaving, allowing the heat from the cooked food to melt the cheese.
Cheese Sauces	Double the amount of liquid in standard process cheese sauce recipes. Start with the original amount of liquid melting the cheese and stirring with a whisk. After the cheese is completely melted, blend in the other half of the liquid. Stir in additional milk if re-heating the sauce.

Cheese Dish	Tips
Cheesecakes	Soften cream cheese to room temperature before mixing and beat separately before adding other ingredients.
Enchiladas	To facilitate melting to increase tenderness, mix cheese with other ingredients to fill enchiladas and add some sauce to the filing.
Frosting & Glazes	Eliminate milk from frosting recipes that use fat-free cream cheese. To reach desired spreading consistency, it may be necessary to add more powdered sugar to the recipe

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Pizzas	Bake pizzas at 350 °F, rather that at a higher temperature to keep cheese moist. You may need to add five minutes or more to baking time. To promote melting, place the cheese on the pizza first, topping with moist ingredients such as tomato slices or sautéed vegetables.
Scrambled Eggs	Melt the cheese better by layering it in between two halves of an omelet.
White Sauces	Cut the amount of flour or other thickener in half. Use 2/3 of the milk called for in the first steps of making the sauce. Blend in the cheese, stirring over medium heat until melted. Blend in the remaining 1/3 of the milk and heat through.

YOGURT AS A SUBSTITUTE

Ingredient	Substitute
1 cup sour cream	1 cup plain non-fat Greek Yogurt
1 cup butter	1 cup plain non-fat Greek Yogurt + ½ cup butter
1 cup heavy cream	1 cup plain non-fat Greek Yogurt
1 cup Canola Oil	½ cup plain non-fat Greek Yogurt
1 cup of whole butter milk	2/3 cup plain non-fat yogurt + 1/3 cup of milk
1 cup of mayonnaise	1 cup plain non-fat yogurt

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