

# Low-calorie, low-fat substitutes

Cutting calories and fat are like anything else: knowledge is power. If you know what food to substitute, you can cut calories and fat, easily and deliciously. Below is a list of smart, healthy substitutes. Check the ones that suit your taste. And remember to talk to your doctor before making any changes to your diet.

Instead of...	Try...	Notes
Whole milk	Low-fat (1%), or skim milk	
Coffee cream (half and half) or nondairy creamer	Low-fat (1%) or reduced-fat (2%) milk or non-fat (liquid, powder) dry milk powder	
Cream cheese	Light or fat-free cream cheese	
Cheese	Fat-free or low-calorie cheese	
Whole eggs	Egg whites or egg substitutes	
Pasta with white (alfredo) or cheese sauce	Pasta with red sauce (marinara) or vegetables	
Cold cuts or lunch meats	Low-fat cold cuts (95% to 97%), fat-free lunch meats	
Hot dogs (regular)	Lower-fat hot dogs	
Regular ground beef	Extra-lean ground beef	
Chicken or turkey with skin	Chicken or turkey without skin	
Oil-packed tuna	Water-packed tuna	
Beef (chuck, rib, brisket)	Beef (round, loin)	
Pork (spareribs, untrimmed loin)	Pork tenderloin or trimmed, lean smoked ham	
Donuts, sweet rolls, muffins	English muffins, bagels, reduced-fat or fat-free muffins or scones	
Cake (pound, chocolate, yellow)	Cake (angel food, white, gingerbread)	
Cookies	Low-fat or fat-free cookies	
Ice cream	Sorbet, sherbet, low-fat or frozen yogurt, ice-milk, frozen-fruit, or chocolate pudding bars	
Regular margarine or butter	Light-spread margarines, diet margarine, or whipped butter, tub or squeeze bottle	
Regular mayonnaise	Light or diet mayonnaise or mustard	
Regular salad dressings	Reduced-calorie or fat-free salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar	
Oils, shortening, or lard	Nonstick cooking spray for stir-frying or sautéing	

Adapted from The Practical Guide. Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, NIH Publication No. 00-4084, October 2000

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