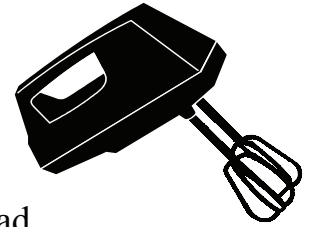
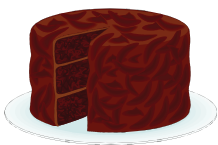


Build a Better Recipe



Look for high-fat foods in your recipes. Use low-fat foods instead.

Instead of...	Use...
Regular ground beef or pork sausage	Ground turkey breast (lean only, no skin)
Regular cheese	Fat-free or low-fat cheese (less than 2 grams of fat per ounce)
Sour cream	Low-fat or nonfat sour cream or plain, nonfat yogurt
Margarine, oil, or butter*	Low-fat or fat-free margarine, vegetable oil spray
Chocolate	Cocoa powder plus a small amount of low-fat margarine (see instructions on cocoa box label)
Pork or bacon fat for seasoning	Small amount of trimmed pork loin chop, extra lean trimmed ham, or turkey ham
Cream soup	Low-fat cream soups or flavored white sauce made without fat
Evaporated milk	Evaporated skim milk
Whole eggs	2 egg whites, egg substitute
Regular mayonnaise or salad dressing	Nonfat or low-fat mayonnaise or salad dressing, plain nonfat or low-fat yogurt
Whole milk or heavy cream	Skim, 1%, or evaporated skim milk



*Tip: In recipes for cakes, cookies, muffins, and quick breads:

- Try cutting the amount of margarine/butter by 1/3 or 1/2.
- Replace with the same amount of unsweetened applesauce, pureed prunes, or skim milk. It works!