Healthy Food Substitutions

You can make many of your favorite recipes healthier by using lower-fat or no-fat ingredients. These healthy substitutions can help you cut down on saturated fats, trans fats and cholesterol.

Whole milk (1 cup) = 1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil.

Heavy cream (1 cup) = 1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese.

Sour cream = use low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream.

Cream cheese = 4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed.

Butter (1 tablespoon) = 1 tablespoon soft margarine or 3/4 tablespoon liquid vegetable oil.

One whole egg = 2 egg whites; or choose a commercially made, cholesterol-free egg substitute (1/4 cup).

Unsweetened baking chocolate (1 ounce) = 3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%.

You can snack healthier by substituting snacks that are high in saturated fats and/or trans fats with these sensible snacks:

Fried tortilla chips = baked tortilla chips (reduced sodium version).

Regular potato or corn chips = pretzels or low-fat potato chips (reduced sodium version).

High-fat cookies and crackers = cookies, crackers such as graham crackers, rice cakes, fig and other fruit bars, ginger snaps and molasses cookies.

Regular baked goods = Cookies, cakes and pies, and pie crusts made with unsaturated oil or soft margarines, egg whites or egg substitutes, and fat-free milk.

Devil’s food cake = angel food cake.

Ice cream and bars = sherbet, ice milk or frozen, fat-free or low-fat yogurt and frozen fruit bars.

Pudding made with whole milk = made with fat-free or low-fat milk.

Ice cream = Doughnut = small bagel or slice of toast.
For High-Fat Items at Restaurant
You can eat sensibly when you eat out by choosing lower-fat foods instead of "the usual."

- Cream-based soups = broth-based soups with lots of vegetables
- Quiche and salad = soup and salad.
- Buffalo chicken wings = peel-and-eat shrimp.
- Bread, muffins, or croissants = melba toast, pita bread, or whole-grain rolls.
- Fried chicken sandwich = grilled chicken sandwich.
- Chicken fried steak = veggie burger.
- French fries = baked potato, brown rice, or steamed vegetables.
- Potatoes and gravy = potatoes without gravy or a baked potato.
- Creamy coleslaw = sautéed vegetables, steamed vegetables or a tossed salad.
- Hot fudge sundae or ice cream = nonfat yogurt, sherbet or fruit ice.

For Fast-Food Restaurants
You can eat sensibly at fast-food restaurants by choosing lower-fat foods instead of "the usual."

- Danish = small bagel.
- Jumbo cheeseburger = grilled chicken sandwich, a sliced meat sandwich or a regular hamburger on a bun with lettuce, tomato and onion.
- Fried chicken = grilled chicken and a side salad.

Source: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/HealthyCooking/Smart-Substitutions_UCM_302052_Article.jsp#.WCoF0lIrKpo

Attention Senior Citizens:
Have a nutritional question or concern? If you are participating in services offered by Schenectady County’s Senior and Long Term Care services, you are eligible to have free consultations with Lester Rosenzweig, Registered Dietitian. Call Cornell Cooperative Extension, at 372-1622, ext. 269. Leave a message, if necessary, for Les to call you back.

Consumer-centered access for long-term care information, referrals and assessments. For information, call 382-8481, #9, ext.304

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