



Healthy Ingredient Swaps



All suggestions use a 1:1 swap by volume (e.g. ½ cup oil replaces ½ cup applesauce)

	Original Ingredient	Try This Instead...	Nutritional Benefit	Comments
Baked Goods (muffins, quick breads, cake, brownies)	Oil	Applesauce	More fiber without flavor change	Try subbing half the oil to avoid an overly dry product
		Canned Pumpkin	More fiber	Imparts mild pumpkin flavor
		Greek Yogurt	More protein	Try subbing half the oil to avoid an overly tangy flavor
	Sugar	Granulated Stevia	Less sugar	Try subbing half the sugar to avoid an overly dry product
	White Flour	Oat Flour	More soluble fiber	Pulse raw/dry oats in food processor until fine powder
		Whole Wheat Flour	More fiber	“White Whole Wheat” produces the most tender product
		Almond Flour	More fiber, more protein	Try subbing ¼ of the flour and titrate up as texture allows
Savory Dishes	Ground Beef	Cooked Lentils	More fiber, less saturated fat	Try in meatloaf, casseroles, taco meat, chili, stuffed peppers, or spaghetti sauce
		Minced Mushrooms		
		Crumbled Extra Firm Tofu	Similar protein content, less sat. fat	
		Vegetarian Ground “Beef”		
	Parmesan cheese	Nutritional Yeast	More fiber, less sat. fat	Rich, yellow-colored flakes; usually in health food or spice section of the store
	Bread crumbs	Crushed Grape Nuts cereal	More fiber and iron	Mix crushed cereal with herbs/seasonings to mimic flavored bread crumbs
Condiments	Ranch dressing	Plain Greek Yogurt	More protein, less sat. fat	Mix with dried herbs or Ranch salad dressing packet
	Salt	Vinegar or lemon/lime juice	Less sodium	Acidic ingredients add a sharp “bite” without sodium. Be sure it’s vinegar, not vinaigrette
Boxed Cake Mix	Mix any flavor cake mix (apprx 16-18oz) + a 12-oz can of diet/sugar-free soda. The soda replaces the oil, eggs, and water.			
Boxed Brownie Mix	Mix brownie mix (apprx 18oz) + 1 can rinsed black beans blended w/half a can’s worth of water/milk. Make sure bean mixture is very smooth before combining with mix. The pureed beans replace the oil, eggs, and water.			