

Fat Saver Guide

Use this chart for tasty lowfat substitutes of everyday ingredients. Many small changes can make a big difference. Making lower fat substitutions just twice a week for a year could result in weight loss and health gains! To save calories, reduce the amount of fat and sugar that you eat.

Instead of using: **Try this:** **Fat saved (g):** **Pounds lost per year:**

Butter, margarine and oil substitutes - less is better!

1 Tbsp butter or margarine	apple sauce	11	1¾
1 Tbsp butter or margarine	low sugar jam	11	1½
2 Tbsp oil for cooking	lowfat broth	28	6¾
1 Tbsp butter or margarine	cooking oil spray	14	3½
1 Tbsp butter or margarine	reduced calorie margarine	5	1½

Dairy products - saving fat and sugar is important in this category.

½ cup regular ricotta cheese	nonfat ricotta cheese	16	4
2 Tbsp heavy whipping cream	evaporated skim milk	10	2¼
2 Tbsp regular cream cheese	nonfat cream cheese	10	2
1 ounce regular full fat cheese	nonfat cheese	9	2
1 ounce regular full fat cheese	reduced fat cheese	4	1
1 cup whole milk	skim milk	8	1¾
1 cup whole yogurt	nonfat yogurt	7	½
2 Tbsp regular sour cream	nonfat sour cream	5	1¼
½ cup whole milk cottage cheese	nonfat cottage cheese	4	1

Meat and poultry - saving fat really saves calories here!

3 ounces ground beef	ground skinless turkey breast	16	3¾
3 ounces ground beef	extra lean ground beef	7	1½
3 ounces beef, steak	lowfat chicken, turkey or fish	7	1½
2 slices regular bologna	fat free turkey bologna	16	4
1 ounce regular ham	fat free ham	6	2

Sauces and condiments - go for lowfat and low sodium for better health!

2 Tbsp regular salad dressing	nonfat salad dressing	14	3½
1 Tbsp mayonnaise	nonfat mayonnaise	12	2½
1 Tbsp mayonnaise	nonfat yogurt	11	2
1 Tbsp butter or margarine	salsa	11	2¾

TOTAL Saved with all changes

240

54

Baking Fat and Calorie Saver Guide

Instead of using: **Try:** **AND SAVE: g fat** **calories**

Baking - save calories with a few key items

Butter or margarine (1 Tbsp)	Apple sauce (1 Tbsp)	11	50
Sugar (1 cup)	Splenda (1 cup)	0	674
Cream cheese (1 Tbsp)	Nonfat cream cheese (1 Tbsp)	5	37
Whole Egg (1)	Egg whites, egg substitute (¼ cup)	6	54
Heavy cream (1 Tbsp)	Evaporated skim milk (1 Tbsp)	5	39
Milk (whole) (1 cup)	Fat free skim milk (1 cup)	8	52
Ricotta (whole) (2 Tbsp)	Nonfat skim ricotta (2 Tbsp)	5	40
Sour cream (2 Tbsp)	Nonfat sour cream (2 Tbsp)	5	45
Vegetable oil (2 Tbsp)	Apple sauce (2 Tbsp)	28	228

Desserts - you save calories with lowfat ice cream but not with cookies and brownies

Ice cream (½ cup)	Nonfat frozen yogurt (½ cup)	17	190
Brownie* (1)	Fat free chocolate brownie* (1)	6-8	10
Cookie* (1 portion)	Fat free cookie* (1 portion)	6-8	15
Ice cream bar (1)	Frozen fruit bar	15	110

Sources: USDA Handbook 8, Food Values of Portions Commonly Used by Jean Pennington, Manufacturers Data.

Here are easy ways to lower calories, fat, saturated fat and sodium from baking recipes:

1. Use applesauce in place of half or more of the fat in baked goods like muffins and quick breads. Use tub margarine in place of butter or stick margarine.
2. Eliminate salt.
3. Substitute 1/4 cup egg whites or nonfat egg substitute for each whole egg.
4. Use white wholewheat flour in place of all-purpose flour. Find this product in whole-foods markets. It adds the fiber and nutrients from the whole-grain.
5. Use a light sugar for baking such as Sugar Lite or Splenda Sugar Blend for Baking to help lower calories.
6. Use skim milk in place of whole milk.
7. Use just one pie crust on the top.
8. Eliminate frosting or use sparingly on a frozen cake.
9. Bake smaller batches.
10. Cut smaller pieces and make smaller cookies.
11. When buying treats out, remember the hand rule - if an item is as large as your hand it is probably around 400 calories. Keep it the size of a finger and you will have around 100 calories.

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