



To reduce fat, cholesterol, and/or calories

When your recipe calls for:

Use:

Butter

Polyunsaturated margarine or oil
1 Tbls. butter= 1 Tbls. margarine
1 Tbls. butter= 3/4 Tbls. oil

Eggs

Two egg whites for each whole egg

Sour cream

Blended low-fat cottage cheese; or
low-fat cottage cheese with low-fat
yogurt; or ricotta cheese; or low-fat
yogurt

Cream cheese

1 cup cottage cheese blended with 4
Tbls. margarine, salt to taste

Whipped cream

Chilled and whipped skim milk

Mayonnaise

Whipped salad dressing; yogurt
blended with low-fat cottage cheese

Buttered breadcrumbs

High-fiber cereal flakes, crushed

You can often reduce the amount of fat needed in a recipe by up to 1/3. For instance, if a recipe calls for 1 cup of oil, you may only need 2/3 cup. However, the quality of baked goods may be lower with the decreased amounts of fat. It is best to lower the amount of fat in your favorite recipes slowly until you have a balance between the fat needed and the quality you want.

This publication is not intended to replace consultation with health-care professionals. Karen Chapman, RD, PhD, Nutrition Specialist.

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