




Low Calorie, Lower Fat Alternatives

These low calorie alternatives provide new ideas for old favorites. When making a food choice, remember to consider vitamins and minerals. Some foods





provide most of their calories from sugar and fat but give you few, if any, vitamins and minerals.

This guide is not meant to be an exhaustive list. We stress reading labels to find out just how many calories are in the specific products you decide to buy.

	Instead of . . .	Replace with . . .	
Dairy Products 	Evaporated whole milk	Evaporated fat-free (skim) or reduced fat (2%) milk	
	Whole milk	Low-fat (1%), reduced fat (2%), or fat-free (skim) milk	
	Ice cream	Sorbet, sherbet, low-fat or fat-free frozen yogurt, or ice milk (check label for calorie content)	
	Whipping cream	Imitation whipped cream (made with fat-free [skim] milk) or low-fat vanilla yogurt	
	Sour cream	Plain low-fat yogurt	
	Cream cheese	Neufchatel or "light" cream cheese or fat-free cream cheese	
	Cheese (cheddar, American, Swiss, jack)	Reduced calorie cheese, low calorie processed cheeses, etc.; fat-free cheese	
	Regular (4%) cottage cheese	Low-fat (1%) or reduced fat (2%) cottage cheese	
	Whole milk mozzarella cheese	Part skim milk, low moisture mozzarella cheese	
	Whole milk ricotta cheese	Part skim milk ricotta cheese	
	Coffee cream (half and half) or nondairy creamer (liquid, powder)	Low-fat (1%) or reduced fat (2%) milk or fat-free dry milk powder	
	Cereals, Grains, and Pasta 	Ramen noodles	Rice or noodles (spaghetti, macaroni, etc.)
		Pasta with white sauce (alfredo)	Pasta with red sauce (marinara)
Pasta with cheese sauce		Pasta with vegetables (primavera)	
Granola		Bran flakes, crispy rice, etc. Cooked grits or oatmeal Whole grains (e.g., couscous, barley, bulgur, etc.) Reduced fat granola	
Meat, Fish, and Poultry 		Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)	Low-fat cold cuts (95% to 97% fat-free lunch meats, low-fat pressed meats)
		Hot dogs (regular)	Lower fat hot dogs
	Bacon or sausage	Canadian bacon or lean ham	
	Regular ground beef	Extra lean ground beef such as ground round or ground turkey (read labels)	
	Chicken or turkey with skin, duck, or goose	Chicken or turkey without skin (white meat)	
	Oil-packed tuna	Water-packed tuna (rinse to reduce sodium content)	
	Beef (chuck, rib, brisket)	Beef (round, loin) trimmed of external fat (choose select grades)	

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	Instead of . . .	Replace with . . .
	Pork (spareribs, untrimmed loin)	Pork tenderloin or trimmed, lean smoked ham
	Frozen breaded fish or fried fish (homemade or commercial)	Fish or shellfish, unbreaded (fresh, frozen, canned in water)
	Whole eggs	Egg whites or egg substitutes
	Frozen TV dinners (containing more than 13 grams of fat per serving)	Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium)
	Chorizo sausage	Turkey sausage, drained well (read label) Vegetarian sausage (made with tofu)
Baked Goods		
	Croissants, brioches, etc.	Hard french rolls or soft "brown 'n serve" rolls
	Donuts, sweet rolls, muffins, scones, or pastries	English muffins, bagels, reduced fat or fat-free muffins or scones
	Party crackers	Low-fat crackers (choose lower in sodium) Saltine or soda crackers (choose lower in sodium)
	Cake (pound, chocolate, yellow)	Cake (angel food, white, gingerbread)
	Cookies	Reduced fat or fat-free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level)
Snacks and Sweets		
	Nuts	Popcorn (air-popped or light microwave), fruits, vegetables
	Ice cream, e.g., cones or bars	Frozen yogurt, frozen fruit, or chocolate pudding bars
	Custards or puddings (made with whole milk)	Puddings (made with skim milk)
Fats, Oils, and Salad Dressings		
	Regular margarine or butter	Light-spread margarines, diet margarine, or whipped butter, tub or squeeze bottle
	Regular mayonnaise	Light or diet mayonnaise or mustard
	Regular salad dressings	Reduced calorie or fat-free salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar
	Butter or margarine on toast or bread	Jelly, jam, or honey on bread or toast
	Oils, shortening, or lard	Nonstick cooking spray for stir-frying or sautéing As a substitute for oil or butter, use applesauce or prune puree in baked goods.
Miscellaneous		
Canned cream soups	Canned broth-based soups	
Canned beans and franks	Canned baked beans in tomato sauce	
Gravy (homemade with fat and/or milk)	Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk included	
Fudge sauce	Chocolate syrup	
Avocado on sandwiches	Cucumber slices or lettuce leaves	
Guacamole dip or refried beans with lard	Salsa	