

LOW CALORIE, LOWER FAT ALTERNATIVE

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	<ul style="list-style-type: none"> • Evaporated whole milk • Whole milk • Ice cream • Whipping cream • Sour cream • Cream cheese • Cheese (cheddar, Swiss, jack) • Regular (4%) cottage cheese • Coffee cream (half and half) or nondairy creamer (liquid, powder) 	<ul style="list-style-type: none"> • Evaporated fat free (skim) or reduced fat (2%) milk • Lowfat (1%), reduced fat (2%), or fat free (skim) milk • Sorbet, sherbet, lowfat or fat free frozen yogurt, or ice milk (check label for calorie content) • Imitation whipped cream (made with fat free [skim] milk) or lowfat vanilla yogurt • Plain lowfat yogurt • Neufchatel or “light” cream cheese or fat free cream cheese • Reduced calorie cheese, low calorie cheeses, etc. • Fat free cheese • Lowfat (1%), or reduced fat (2%) cottage cheese • Lowfat (1%) or reduced fat (2%) milk or nonfat dry milk powder
Cereals, Grains, and	<ul style="list-style-type: none"> • Ramen Noodles • Pasta with white sauce (alfredo) • Pasta with cheese sauce • Granola 	<ul style="list-style-type: none"> • Rice or noodles (spaghetti, macaroni, etc.) • Pasta with red sauce (marinara) • Pasta with vegetables (primavera) • Bran flakes, crispy rice, etc. • Cooked grits or oatmeal • Whole grains (e.g., couscous, barley, bulgur, etc.) • Reduced fat granola
Meat, Fish, and Poultry	<ul style="list-style-type: none"> • Cold cuts or lunch meats (bologna, salami, liverwurst, etc.) • Hot dogs (regular) • Bacon or sausage • Regular ground beef • Chicken or turkey with skin, duck, or goose • Oil-packed tuna • Beef (chuck, rib, brisket) • Pork (spareribs, untrimmed loin) 	<ul style="list-style-type: none"> • Lowfat cold cuts (95% to 97% fat free lunch meats, lowfat pressed meats) • Lower fat hot dogs • Canadian bacon or lean ham • Extra lean ground beef such as ground round or ground turkey (read labels) • Chicken or turkey without skin (white meat) • Water-packed tuna (rinse to reduce sodium content) • Beef (round, loin) (trimmed of external fat) (choose select grades) • Pork tenderloin or trimmed, lean smoked ham

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	Instead of ...	Replace with ...
Meat, Fish, and Poultry (continued)	<ul style="list-style-type: none"> Frozen breaded fish or fried fish (homemade or commercial) Whole eggs Frozen TV dinners (containing more than 13 grams of fat per serving) Chorizo sausage 	<ul style="list-style-type: none"> Fish or shellfish, unbreaded (fresh, frozen, canned in water) Egg whites or egg substitutes Frozen TV dinners (containing less than 13 grams of fat per serving and lower in sodium) Turkey sausage, drained well (read labels) Vegetarian sausage (made with tofu)
Baked Goods	<ul style="list-style-type: none"> Croissants, brioches, etc. Donuts, sweet rolls, muffins, scones, or pastries Party crackers Cake (pound, chocolate, yellow) Cookies 	<ul style="list-style-type: none"> Hard French rolls or soft “brown ‘n serve” rolls English muffins, half-bagels, reduced fat or fat free muffins or scones Lowfat crackers (choose lower in sodium) Saltine or soda crackers (choose lower in sodium) Cake (angel food, white, gingerbread) Reduced fat or fat free cookies (graham crackers, ginger snaps, fig bars) (compare calorie level)
Snacks and Sweets	<ul style="list-style-type: none"> Ice cream, e.g., cones or bars Custards or puddings (made with whole milk) 	<ul style="list-style-type: none"> Frozen yogurt, frozen fruit, or chocolate pudding bars Puddings (made with skim milk)
Fats, Oils, and Dressings	<ul style="list-style-type: none"> Regular margarine or butter Regular mayonnaise Regular salad dressings Butter or margarine on toast or bread Oils, shortening, or lard 	<ul style="list-style-type: none"> Light-spread margarines, diet margarine, or whipped butter, tub or squeeze bottle Light or diet mayonnaise or mustard Reduced calorie or fat free salad dressings, lemon juice, or plain, herb-flavored, or wine vinegar Jelly, jam, or honey on bread or toast Nonstick cooking spray for stir-frying or sautéing As a substitute for oil or butter, use applesauce or prune puree in baked goods
Miscellaneous	<ul style="list-style-type: none"> Canned cream soups Canned beans and franks Gravy (homemade with fat and/or milk) Fudge sauce Refried beans with lard 	<ul style="list-style-type: none"> Canned broth-based soups Canned baked beans in tomato sauce Gravy mixes made with water or homemade with the fat skimmed off and fat free milk included Chocolate syrup Salsa

