



## LIGHT SUBSTITUTIONS

INSTEAD OF	TRY
<ul style="list-style-type: none"><li>• Butter or regular margarine</li><li>• Shortening</li></ul>	<ul style="list-style-type: none"><li>• Light or fat free margarine (trans fat free)</li><li>• Oil (use 1/4 less) Applesauce or pureed fruits or vegetables</li></ul>
<ul style="list-style-type: none"><li>• Oil</li><li>• Fat for skillet</li><li>• Mayonnaise</li></ul>	<ul style="list-style-type: none"><li>• Applesauce or pureed fruits or vegetables</li><li>• Non-stick spray or small amount of oil</li><li>• Light, low fat or fat free type Whipped salad dressing Ketchup, mustard or salsa</li></ul>
<ul style="list-style-type: none"><li>• Whipped or liquid salad dressings</li><li>• Sour cream or dips</li><li>• Cream cheese</li><li>• High fat cheeses (6-8 gm. fat/oz.)</li><li>• Half &amp; Half</li><li>• Whipped cream</li><li>• Ice cream</li><li>• Cream (in sauces, soups)</li><li>• Whole or 2% milk</li><li>• Egg</li><li>• Baker's chocolate (1 square)</li><li>• Nuts</li><li>• Bacon</li><li>• Ground beef</li></ul>	<ul style="list-style-type: none"><li>• Light or fat free types</li><li>• Light or fat free types</li><li>• Light or fat free types</li><li>• Lower fat cheeses (0-5 gm. fat/oz.)</li><li>• Fat free type</li><li>• Light or fat free whipped topping</li><li>• Light or fat free types or sherbet</li><li>• Skim or 1% milk + 2 Tbsp. flour per cup of milk*</li><li>• Skim or 1% milk</li><li>• Egg whites or egg substitute</li><li>• 3 Tbsp. cocoa powder</li><li>• Toast in oven for extra flavor &amp; use only half</li><li>• Turkey bacon</li><li>• Ground round, turkey, chicken or vegetarian meat</li></ul>
<ul style="list-style-type: none"><li>• Other beef</li><li>• Poultry</li><li>• Pork</li><li>• Hot dog, sausage, etc.</li><li>• Sugar, brown sugar, honey, syrups</li><li>• Crackers &amp; snacks</li><li>• Beverages (sugar-sweetened)</li><li>• Desserts</li></ul>	<ul style="list-style-type: none"><li>• Beef round, sirloin, flank, tenderloin</li><li>• Skinless breast of poultry</li><li>• Loin, tenderloin</li><li>• Low fat types</li><li>• Diet sweeteners to replace part or all, or use less</li><li>• Reduced fat or fat free types</li><li>• Water, tea, coffee, diet-sweetened</li><li>• Use above substitutions or have fruit</li></ul>

\* To mix, begin with 2 Tbsp. flour plus 1/4 c. milk. Mix until smooth (a wire whisk helps dissolve lumps). Then gradually mix in remainder of milk. Heat slowly, while stirring often until thickened.



## MORE TIPS

- Instead of deep-frying foods, bake, grill, broil, boil, microwave, steam, or pan-fry, using non-stick spray.
- When eating high-calorie meals prepared by others, try to include plenty of vegetables & fruits; have only small portions of rich foods, or none at all. Peel breading from deep fried foods. Ask for gravies, sauces & dressings on the side.
- Have plenty of fruits, vegetables, dried beans & whole grains for more successful weight loss.
- Have at least 5 grams of “good” oils with each meal from sources of canola, olive, soybean, corn, sunflower, sesame, safflower, or cottonseed oil (or include ~1 Tbsp. of nuts). This helps your body absorb fat-soluble vitamins & helps meet your body’s need for essential fatty acids.
- Use fat free broth (with milk, if desired) for gravies; thicken with flour (2 Tbsp. flour per cup of liquid). See (\*) at bottom of substitution list for mixing & cooking tips.
- Reduce portion sizes, especially of richer foods, for successful weight loss.
- Gradually increase physical activity & exercise to 30-60 minutes on most days (Exercise need not be done all at one time).
- Have at least three meals daily.
- Drink plenty of water.
- If after following above guidelines, you are unable to lose half of 1% of your current weight per week, try reducing portions a bit further.



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