

## New Year's Resolution: Eat Healthier? Need Help?

Here's some simple substitutions:

2 Eggs= 3 egg whites  
1  $\frac{1}{2}$  T. dry milk  
1-2 drops yellow food coloring

Light olive oil or canola oil for all other oils

Oil for margarine/shortening/lard  
Reduce oil by  $\frac{1}{3}$  (1 cup margarine= $\frac{2}{3}$  cup oil)

Applesauce can be substituted for oil up to equal parts  
(except in candies, gravies/thickeners, some cookies)

Salt can be reduced in most recipes by  $\frac{1}{4}$  without  
noticeable change in taste.

Bake or broil instead of deep fat fry.

Whole wheat vs. white flour  
1 cup stirred whole wheat flour minus 1 T.= white flour

1% or Skim milk for 2% or Whole Milk

No-Fat or Light Sour Cream and Cream Cheeses

2% milk fat shredded cheeses for full fat cheeses

Jean Brookens, Registered Dietician  
Provided by Community of Christ Health Ministries Assoc.

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