



Fat Saver Guide for Baking and Desserts

	Instead of using:	Try:	AND SAVE:	
	High Fat Ingredient	Lowfat Ingredient	Fat (g)	Cal.
Baking	Butter or margarine (1 Tbsp)	Apple sauce, prune puree or Lighter Bake® (1 Tbsp)	11	50
	Chocolate chips (1 Tbsp)	Reduced Fat Baking Chips (1 Tbsp)	2	20
	Chocolate (1 oz)	1 Tbsp cocoa powder + 1 Tbsp prune puree	12	60
	Cream cheese (1 Tbsp)	Nonfat cream cheese (1 Tbsp)	5	37
	Whole Egg (1)	Egg whites (2) or egg substitute (¼ cup)	6	54
	Heavy cream (1 Tbsp)	Evaporated skim milk (1 Tbsp)	5	39
	Milk (whole) (1 cup)	Fat free skim milk (1 cup)	8	52
	Ricotta (whole) (2 Tbsp)	Nonfat skim ricotta (2 Tbsp)	5	40
	Sour cream (2 Tbsp)	Nonfat sour cream (2 Tbsp)	5	45
	Vegetable oil (2 Tbsp)	Apple sauce (2 Tbsp)	28	228
Desserts	Brownie* (1)	Fat free chocolate brownie* (1)	6-8	10
	Cookie* (1 portion)	Fat free cookie* (1 portion)	6-8	15
	Danish* (1)	Entenmann's® Fat Free Twist (1/6th)	12	90
	Ice cream (½ cup)	Nonfat frozen yogurt (½ cup)	17	190
	Ice cream bar (1)	Frozen fruit bar, nonfat yogurt bar, sorbet bar	15	110

*Represents an average of popular brands available in grocery stores.

Sources: USDA Handbook 8, Food Values of Portions Commonly Used by Jean Pennington, Manufacturers Data and Nutritionist IV Database version 4.



Fat Saver Guide

Use this chart for tasty lowfat substitutes of everyday ingredients. Many small changes can make a big difference. Making lower fat substitutions just twice a week for a year could result in weight loss and health gains!

Sources: Manufacturer's Data, USDA Handbook 8, Nutritionist IV Database. ©1998 by Food & Health Communications, Inc. (602-314-0423).

	Instead of:	Try This:	Fat grams saved per serving	Pounds you would lose in a year
Butter, Margarine and Oil Substitutes	1 Tbsp butter or margarine	1 Tbsp apple sauce or pureed prunes	11	1¾
	1 Tbsp butter or margarine	1 Tbsp all fruit preserves	11	1½
	2 Tbsp oil for sauteeing	2 Tbsp broth for sauteeing	28	6¾
	1 Tbsp butter or margarine	2 seconds of cooking oil spray	14	3½
	1 Tbsp butter or margarine	1 Tbsp reduced calorie margarine	5	1½
Sauces & Condiments	2 Tbsp regular salad dressing	2 Tbsp nonfat salad dressing	14	3½
	1 Tbsp mayonnaise	1 Tbsp nonfat mayonnaise	12	2½
	1 Tbsp mayonnaise	1 Tbsp nonfat yogurt	11	2
	1 Tbsp butter or margarine	1 Tbsp salsa	11	2¾
	Dairy Products	½ cup regular ricotta cheese	½ cup nonfat ricotta cheese	16
2 Tbsp heavy whipping cream		2 Tbsp evaporated skim milk	10	2¾
2 Tbsp regular cream cheese		2 Tbsp nonfat cream cheese	10	2
1 ounce regular full fat cheese		1 ounce nonfat cheese	9	2
1 ounce regular full fat cheese		1 ounce reduced fat cheese	4	1
1 cup whole milk		1 cup fat free skim milk	8	1¾
1 cup whole milk yogurt		1 cup nonfat yogurt	7	½
2 Tbsp regular sour cream		2 Tbsp nonfat sour cream	5	1¼
½ cup whole milk cottage cheese		½ cup nonfat cottage cheese	4	1
Meat & Poultry		3 ounces ground beef	3 ounces ground skinless turkey breast	16
	3 ounces ground beef	3 ounces veggie burger crumbles	14	4½
	1 regular hot dog	1 fat free vegetarian hot dog	16	4
	2 slices regular bologna	2 slices fat free turkey bologna	16	4
	1 ounce regular ham	1 ounce fat free ham	6	2