



LOWER CALORIE LOWER FAT COOKING SUBSTITUTIONS FOR CLASSIC HOLIDAY DISHES

SWITCH THIS . . . FOR THIS . . .

Butter

Avocado purée

Sour Cream / Mayo

Greek yogurt

or for mayo, also use avocado purée

Bouillon cubes

Low sodium chicken stock

Sugar

Unsweetened applesauce

Splenda/Truvia (*see package for conversions*)

2Tbsp sugar = ½ teaspoon of vanilla extract

Heavy cream

Evaporated milk or half & half

Oil

Unsweetened applesauce (for baking)

White flour

Whole wheat flour

Chocolate chips

Coco nips or cocoa powder

Breadcrumbs

Rolled oats

White rice

Brown rice

Mashed potatoes

Turnip mash or cauliflower mash

Fried foods

Baked, boiled, grilled



Lake Charles

Memorial Health System

For more information about our wellness program or to find a physician, please contact Jessica Duhon, Employer Health and Wellness Manager, at 494-2992 or jduhon@lcmh.com.