



DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System

Lower Fat Substitutes

Food/Beverage	Good Substitute	Better Substitute	Best Substitute
Sour cream	Light sour cream	Low-fat plain yogurt	Nonfat plain yogurt
Mayonnaise	Light mayonnaise	Miracle Whip Light	½ nonfat yogurt; ½ MW Light
Fatty meats	Lean cuts of meat	Chicken and turkey breast	Fish (particularly finfish)
Fried foods	Using a cooking spray (e.g. PAM)	Food baked without added fat	Broiled/steamed foods
Ice cream	Ice milk	Sherbert	Low-fat yogurt
Donuts, pastry, cake, pie, cookies	Pudding made with 1 or 2 percent milk	Fig Newton and Ginger Snap cookies	Angel food cake, fruit
Regular potato chips or fried snack foods	Lightly buttered popcorn	Pretzels, unbuttered popcorn	Fruit, raw vegetables
“Supersized” cola or other soft drinks	Medium-sized cola or other soft drink	Diet soda or other diet type drink	Water

Another way to “step-down” is to modify recipes when cooking with ideas such as the following:

- If a recipe like quick breads, muffins or cookies calls of 1 cup of oil, use 2/3 cup instead.
- Use two egg whites or an egg substitute product instead of one whole egg to reduce fat and cholesterol.
- Reduce sugar by one-fourth to one-third in baked goods and desserts to reduce calorie content.
- Stop browning meat in fat because fat will drain from the meat as it cooks. Drain fat from meat before adding it to other ingredients.
- Substitute lower fat dairy products (e.g. low-fat cottage cheese) for those that are higher in fat.
- Use equal amounts of fruit purees or applesauce for all or part of the fat (e.g. oil) in recipes such as quick breads and cookies.

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