

# Healthy Substitutes

Use the following ingredient substitutes in your favourite recipes:

Usual Ingredient	Low Fat Substitute
Full Cream Milk	<ul style="list-style-type: none"> <li>• Reduced fat or skim milk</li> <li>• Light and Creamy carnation milk</li> </ul>
Cream	<ul style="list-style-type: none"> <li>• Ricotta or cottage cheese</li> <li>• Lite Fruche or low fat natural yoghurt</li> <li>• 80% less fat cream philly</li> </ul>
Sour Cream	<ul style="list-style-type: none"> <li>• Low fat sour cream</li> <li>• Low fat natural yoghurt or Tzatziki</li> <li>• Buttermilk</li> </ul>
Cream Cheese	<ul style="list-style-type: none"> <li>• 80% less fat cream philly</li> <li>• Blend equal amounts of cottage cheese and ricotta cheese</li> </ul>
Cheese Toppings	<ul style="list-style-type: none"> <li>• Low fat cheddar cheese</li> <li>• Low fat Mozzarella grated cheese</li> </ul>
Mayonnaise	<ul style="list-style-type: none"> <li>• 98% fat free mayonnaise</li> <li>• Low fat natural yoghurt</li> </ul>
Salad Dressing	<ul style="list-style-type: none"> <li>• 'No oil', 'Free' dressings, lemon juice, herbs and balsamic vinegar</li> </ul>
White Sauce	<ul style="list-style-type: none"> <li>• Omit the butter and thicken low fat milk with cornflour</li> </ul>
Butter/Margarine/Oil	<ul style="list-style-type: none"> <li>• Use oil or canola oil spray. Try to cut the quantity that you use in half. Use a spray or pastry brush to limit the amount</li> </ul>
Cakes/Biscuits	<ul style="list-style-type: none"> <li>• Use margarine spread or oil (canola, olive or sunflower oil)</li> <li>• Two tablespoons per cup of flour is the maximum amount of fat required to retain crispness</li> </ul>
Coconut cream/Coconut milk	<ul style="list-style-type: none"> <li>• Use Light and Creamy carnation milk with coconut essence or coconut flavouring</li> </ul>
Meat/Poultry	<ul style="list-style-type: none"> <li>• Choose lean meats and remove visible fat and skin prior to cooking.</li> <li>• Marinate or add flavour with wine, vinegar, soy sauce and herbs.</li> </ul>

**FURTHER INFORMATION:** Our outpatient Dietitian is located within the hospital and can also help you with maintaining a healthy weight (increasing or decreasing) and provide a full dietary analysis to measure dietary adequacy. Please call to make an appointment (02) 9487 9581.

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