

A weekly resource
for your well-being

PARTNERS
FOR HEALTH

WORKING FOR A
HEALTHIER TN

A TIP FOR TENNESSEANS

March 14, 2017

Cut calories with simple swaps.

The saying, "Change is good," is true for a lot of things, especially your healthy eating routine. A few simple substitutions can cut extra calories and fat from your favorite meals, snacks and drinks without sacrificing texture and flavor.

Healthier in a snap

Calories and fat add up quickly in a day. And you can lower them quickly too. This chart compares some common foods we eat every day to leaner options that are easy to swap.

INSTEAD OF...	TRY USING...	CALORIES SAVED	TOTAL FAT G SAVED
Coffee cream (i.e., Half and Half 1 fluid ounce)	Skim milk (1 fluid ounce)	28	3.5 g
Sour cream (1/4 cup)	Greek yogurt (1/4 of a 5.3 ounce container)	95	12 g
Mayonnaise (1 tablespoon)	Mustard (1 tablespoon)	80	9.4 g
Ricotta cheese (1/2 cup)	Fat-free cottage cheese (1/2 cup)	144	16 g
Butter (1/2 cup, salted)*	Applesauce (1/2 cup, unsweetened)*	763	91 g
Chips (1.5 oz.)	Popcorn (3 cups air popped)	67	9 g
Granola (1/2 cup)	Oatmeal (1/2 cup)	50	2.5 g
White pasta (2 ounces)	Spaghetti squash (2 oz.)	74	0.2 g
Mashed potatoes (with whole milk & margarine, 1/2 cup)	Mashed cauliflower (1/2 cup with 1 tablespoon fat-free milk)	100	4 g

* A great substitution for cake, muffin and sweet bread recipes. If a recipe calls for 1/2 cup of butter, you can swap it for 1/2 cup of applesauce. This provides a moister, denser finished product. Or, go halfway with the ingredient substitution by using 1/4 cup butter with 1/4 cup applesauce.



Give your well-being a helping hand.

Watch this short health coaching [video](#) to learn how it can help you reach or stay at a well-being goal.



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References:

"Healthy Recipes: A Guide to Ingredient Substitutions." Mayo Clinic, 26 July 2016. Web. 16 February 2017. | "24 Food Swaps that Slash Calories." Health, Web. 16 February 2017. | "7 Simple Ways to Save 100 Calories." Eating Well, Web. 16 February 2017.



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