



Low-Calorie, Lower Fat ALTERNATIVES

Low-calorie, low-fat alternatives provide new ideas for old favorites. It is important to consider vitamins and minerals when making a food choice. Some give you few, if any, vitamins and minerals while providing the majority of their calories from sugar and saturated or trans fats.

Reading labels will help you to make informed food choices. Shopping the perimeter of your grocery store is another way to help you make healthy food choices with little indecision.

	Higher Fat Foods	Lower Fat Alternative	
X	Evaporated whole milk	Evaporated skim or 2% milk	✓
X	Whole milk	1%, 2%, or skim milk	✓
X	Ice cream	Sorbet, sherbet, or low-fat yogurt	✓
X	Sour cream	Plain low-fat yogurt	✓
X	Cream cheese	Light™ or fat-free cream cheese	✓
X	Cheese (cheddar, swiss, jack)	Reduced-calorie cheese	✓
X	Regular (4%) cottage cheese	1% or 2% cottage cheese	✓
X	Whole milk mozzarella cheese	Skim milk mozzarella cheese	✓
X	Coffee cream or nondairy creamer	1% or 2% milk	✓
X	Ramen noodles	Rice or noodles	✓
X	Pasta with white sauce (alfredo)	Pasta with red sauce (marinara)	✓
X	Pasta with cheese sauce	Pasta with vegetables (primavera)	✓
X	Granola	Bran flakes, crispy rice, etc.	✓
X	Coldcuts or lunch meats	Low-fat coldcuts	✓
X	Hot dogs (regular)	Lower fat hot dogs	✓
X	Bacon or sausage	Canadian bacon or lean ham	✓
X	Regular ground beef	Extra-lean ground beef or turkey	✓
X	Whole eggs	Egg whites or egg substitutes	✓
X	Chorizo sausage	Turkey sausage	✓
X	Canned cream soups	Canned broth-based soups	✓
X	Fudge sauce	Chocolate syrup	✓

Source: National Heart, Lung, and Blood Institute. "Low-Calorie, Lower Fat Alternative Foods"