



<i>Ingredient</i>	<i>Substitution</i>	<i>Total Savings</i>
1 pound ground beef	- 1 pound 90% lean ground beef - ¾ pound ground beef (70% lean) Decrease the amount by 25%	266 calories/27.9 grams fat 306 calories/20 grams fat
1 whole egg	- ¼ cup egg substitute - 2 egg whites	44 calories/8.1 grams fat 40 calories/4.8 grams fat
1 cup whole milk	- 1 cup skim milk - 1 cup 2% milk	56 calories/8.1 grams fat 24 calories/3.2 grams fat
½ cup evaporated milk	- ½ cup evaporated skim milk	62 calories/8.1 grams fat
½ cup heavy cream	- ½ cup evaporated skim milk	240 calories/40 grams fat
1 cup sweetened condensed milk	- 1 cup fat free sweetened condensed milk	102 calories/26.6 grams fat
1 cup high fat buttermilk	- 1 cup lowfat buttermilk	72 calories/7.8 grams fat
½ cup sour cream	- ½ cup low fat sour cream - ½ cup low fat, plain yogurt	92 calories/12.2 grams fat 169 calories/22.2 grams fat
½ cup Regular Shredded Cheese	- ½ cup lowfat (2% milk or less) cheese - ½ cup nonfat cheese (nonfat cheese doesn't melt and is not a good choice for cooked meals).	130 calories/14.7 grams fat 144 calories/18.2 grams fat
1 cup oil	- ¾ cup oil - 2/3 cup oil - If making a sweet bread such as Banana bread use ½ cup vegetable oil + ½ cup applesauce	485 calories/54.8 grams fat 660 calories/74.6 grams fat 918 calories/110.3 grams fat
½ cup Mayonnaise	½ cup reduced calorie mayonnaise type salad dressing or reduced-fat mayonnaise	560 calories/64 grams fat
1 cup chopped pecans or nuts	½ cup chopped pecans or nuts, toasted	376 calories/39.3 grams fat
1 cup coconut	½ cup coconut	750 calories/73.2 grams fat

If baking replace half of the eggs with egg whites. (For instance, instead of two whole eggs, use one egg and two egg whites). Total Savings = 40 calories/4.8 grams fat