



## *Healthy Substitutions For Fats And Oils*

<u>Ingredient</u>	<u>Substitution</u>
1/2 cup oil for baking	1/2 cup applesauce OR 1/4 cup applesauce + 1/4 cup buttermilk
1/2 cup oil for marinades or salad dressings	1/2 cup low fat or non fat chicken broth OR 1/2 cup unsweetened pineapple juice
1/2 cup margarine, shortening, or butter for baking	1/2 cup reduced calorie margarine OR 1/2 cup applesauce OR 1/4 cup applesauce + 1/4 cup buttermilk
1/2 cup margarine or butter for icing	1/2 cup marshmallow crème
2 tablespoons oil for sautéing	2 tablespoons low fat or non fat broth OR 2 tablespoons unsweetened pineapple juice OR 2 tablespoons dry wine
1 tablespoon mayonnaise	1 tablespoon fat free plain yogurt

