



Wish you could trim some of the calories and fat from your favorite sweets?

Make these substitutions when you bake.

No one will know the difference – except maybe your waistline!

## Healthy Baking Substitutes

Instead of:	Substitute:
Butter, margarine, shortening or oil used as ingredient (1 cup)	½ cup of apple butter or applesauce
Butter, margarine, shortening or oil used to prevent sticking	Cooking spray
Buttermilk (full fat)	Low-fat or fat-free buttermilk
Chocolate (milk or white)	Dark chocolate
Cream	Evaporated skim milk
Cream cheese (full fat)	Low-fat or fat-free cream cheese OR pureed low-fat cottage cheese
Eggs (1 egg)	Two egg whites or 1/4-cup egg substitute
Flour, all-purpose	Whole-wheat flour for one-half of the called-for flour AND all-purpose white flour for the other half
Frosting	Pureed fruit or “dust” with powdered sugar
Fruit canned in heavy syrup	Fresh fruit OR fruit canned in water or its own juice
Fudge sauce	Chocolate syrup
Milk, evaporated	Evaporated skim milk
Milk, whole	Skim/fat-free milk
Pastry dough	Graham cracker crumb crust
Sour cream (full fat)	Fat-free sour cream OR unflavored Greek yogurt
Sweetened condensed milk (full fat)	Low-fat or nonfat sweetened condensed milk
Syrup	Applesauce, honey OR reduced calorie, sugar-free syrup
Unsweetened baking chocolate (1 ounce)	3 Tbsp. unsweetened cocoa powder PLUS 1 Tbsp. vegetable oil or margarine

Unless otherwise noted, use the same amount of the substitute as the recipe calls for the original ingredient.

THE UNIVERSITY OF TEXAS  
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