



Healthier Ingredient Substitutions You Never Thought To Try

There is a misconception that eating healthy means imposing a lot of restrictions on one's diet.

Fortunately, *Life Gets Better* came up with this substitution guide where you can still indulge in your much-loved dishes by replacing unhealthy ingredients with simpler and healthier alternatives. Check out the infographic below for ideas on how to use healthier ingredient substitutions for our favorite recipes:

Make It Healthy

Make your food healthier with these substitute ingredients for your recipes!

Instead of...

Use this...

Why?



Butter



Pureed Nuts

For a buttery spread or dip with less saturated fat



Bottled Dressing



Fresh Salsa / Lemon /
Vinegar / Juices

Bottled salad dressings are often high in fat or sugar



Ice Cream



Frozen Bananas

Put frozen bananas in a food processor to get a thick and rich consistency like that of ice cream without the extra sugar. Some frozen fruits can also resemble natural popsicles.



Cream Cheese



Unflavored Yogurt

It has less fat, fewer calories, and more protein than cream cheese



Sour Cream



Greek Yogurt

Greek yogurt has half the fat and calories without losing the taste and texture that you like in sour cream



Potatoes for french fries



Light-Skinned
Sweet Potatoes

They are higher in fiber and have a lower glycemic index than white potatoes



Mashed Potato



Cauliflower Mash

Mashed cauliflower only has a fraction of the calories of potatoes



Red Meat



Beans

When making burgers, replace ground meat with beans instead. You get the same meaty texture but healthier and with more nutrients.



Dark Meat Poultry



White Meat,
Skinless Poultry

The white meat is lower in calories and fat, higher in protein and iron

As you can tell, most of these substitutes are healthier alternatives to the ingredients that we often use for our favorite meals. It may take a few tries before we can get the right mix and taste as close to the original recipe, but using these simple alternatives makes these meals healthier and better for our diet. With these healthier alternatives, we can enjoy our favorite meals and nourish our bodies better.

Check out [Del Monte Kitchenomics](#) to see which of these simple and healthy substitutions you can use for your recipe.

© Copyright 2021 Del Monte Philippines, Inc.