



Fat-Friendly Cooking Substitutions

With diabetes, the most important dietary changes you can make are to reduce your intake of carbohydrates and decrease your consumption of “bad” fats. Use this chart as a handy kitchen reference.

To reduce saturated (and trans) fat in your cooking:

Instead of ...	A healthier choice is ...	When making things like ...
Whole eggs	Two egg whites or 1/4 cup egg substitute (for each whole egg)	Breakfast egg dishes, baked goods
Bacon	Canadian bacon, turkey bacon, or quick-fried turkey or lean ham	BLT, salad with bacon bits, omelets
Butter or margarine	A trans-fat free spread made from plant oils	Toast, steamed veggies, sautéed chicken or fish, cakes, cookies
Chicken or beef stock	Reduced-fat, reduced-sodium versions or vegetable stock	Soups and stews
Cream	Cornstarch and skim milk (1 tablespoon for each ½ cup), pureed tofu, or evaporated skim milk	Creamy sauces or dressing
Cream cheese (full-fat)	Neufchatel cheese or pureed low fat cottage cheese	Bagels, dips, spreads
Ground beef	Ground turkey or chicken	Burgers, meat sauce, tacos/burritos
Sour cream (full-fat)	Low fat, plain yogurt or blended, low fat cottage cheese	Dips, spreads, tacos/burritos
Vegetable oil	Applesauce (cup for cup, in baking) or grapeseed oil (for sautéing)	Brownies, cookies, cakes, etc.; sautéed chicken, fish, or vegetables