



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY RECIPE SWAPS

Traditional

Healthier Choice

4 ounces cheddar cheese	455 calories	4 ounces reduced-fat cheese	200 calories
1 cup sour cream	485 calories	1 cup non-fat plain yogurt	140 calories
2 tbsp. vegetable oil (for sautéing)	240 calories	3 second spray cooking oil	20 calories
½ pound ground beef (80% lean)	380 calories	½ pound ground beef (95% lean)	288 calories
½ pound ground beef (80% lean)	380 calories	½ pound ground Turkey (99% lean)	225 calories
3 slices pork bacon	120 calories	3 slices turkey bacon	90 calories
3 oz. roast chicken thigh (w/skin)	200 calories	3 oz. roast chicken thigh (w/o skin)	170 calories
½ cup vegetable oil (for baking)	980 calories	½ cup applesauce	50 calories
½ cup butter (for baking)	815 calories	½ cup mashed banana	100 calories
1 cup whole milk	150 calories	1 cup skim milk	85 calories
1 egg	80 calories	2 egg whites	34 calories
1 - 8 inch flour tortilla	140 calories	2 - 6 inch corn tortillas	100 calories
1 cup regular ice cream	285 calories	1 cup non-fat frozen yogurt	185 calories
½ cup mayonnaise	720 calories	½ cup olive oil mayonnaise	360 calories
1 can tuna in oil (drained)	340 calories	1 can tuna in water (drained)	190 calories