

# Healthy Thanksgiving Recipe Tips



**Are you looking to lighten up your Thanksgiving menu this year?**

**Try some of the following substitutions to cut fat & calories.**

If The Recipe Calls For :	Substitute With :
Whole Egg	2 Egg Whites
Sour Cream	Low Fat Yogurt or Low Fat Sour Cream
Milk	Skim or 1%
Ice Cream	Frozen Yogurt
Heavy Cream (Not for Whipping)	1:1 ratio of flour whisked into non-fat milk (e.g. 1 cup of flour + 1 cup of non fat milk)
Whipped Cream	Chilled evaporated skim milk or other low fat whipped products such as Nutriwhip
Cheese	Low-fat cheese (please note: non-fat cheese does not melt well if use in cooking or baking)
Butter	Light Butter
Cream of Mushroom	Fat-free Cream of Mushroom



**Have a Happy & Healthy Thanksgiving!!**