



Healthy Recipe Substitutions

Fats

<i>If a Recipe Calls For...</i>	<i>Substitute This...</i>
Vegetable Oil or Canola Oil	Coconut Oil or Palm Shortening or Olive Oil in equal amounts (Coconut Oil or Palm Shortening are recommended for baking and frying, Olive Oil for cooking.)
Margarine	Real Butter in equal amounts
Butter (but you can't have dairy)	Coconut Oil, Palm Shortening or Olive Oil in equal amounts

Sugars

<i>If a Recipe Calls For...</i>	<i>Substitute This...</i>
White or Brown Sugar	Sucanat in equal or slightly lesser amounts
White or Brown Sugar	Honey, cut by $\frac{1}{2}$ or $\frac{2}{3}$ (example: 1 cup sugar = $\frac{1}{2}$ to $\frac{2}{3}$ cup honey)
White or Brown Sugar	Grade B Real Maple Syrup in equal or slightly lesser amounts (Best used in liquid recipes like milk shakes, smoothies or ice cream)
Sucanat, but you don't have any on hand	Honey or Grade B Maple Syrup as directed above

Flours

<i>If a Recipe Calls For...</i>	<i>Substitute This...</i>
White Flour	Freshly Ground whole wheat flour in equal amounts
White Flour	Store bought whole wheat flour in approximately $\frac{3}{4}$ amounts. Recipes will vary. Generally, you will need less store-bought whole wheat flour than white flour.
Freshly Ground Whole Wheat Flour, but you don't grind your own flour...	Store bought whole wheat flour in approximately $\frac{3}{4}$ amounts. Purchased whole wheat flour made from WHITE wheat is a preferred choice.