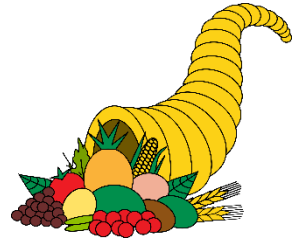


# Healthier Replacement Ingredients

A Longevity Lifestyle is not about dieting, deprivation, or unpalatable food. It is about using portion control and eating quality foods at regular times insofar as possible. If you feel hungry between meals drink a glass of water to avoid dehydration and minimize habitual snacking and grazing. Some foods and recipes you may choose to avoid altogether or use only at a special holiday meal. Many of your favorite recipes can be tweaked, however, by using healthier substitutions for some of the ingredients, which not only can reduce fat, calories, and salt but also can increase the nutritional content. Have fun. You may come up with a healthier replacement that is even tastier than the original recipe!

Remember, little improvements count. Together they can add up to impressive ones. As the old proverb puts it: many drops of water a mighty ocean makes.




## General Examples

- Corn tortillas in place of white flour tortillas; lettuce leaves for tortilla wraps
- Mixed brown-black-red rice, brown-white rice with quinoa or grated steamed cauliflower
- Slices of avocado in place of dairy cheeses
- Lightly steamed veggies in place of fried foods
- Puréed fruit plus lemon juice, lemon juice and olive oil, or balsamic vinegar and olive oil for healthier salad dressings and marinades
- A piece of fresh fruit in place of high-fat high-sugar desserts
- Baked ancient grain crackers or rye sourdough crackers instead of fried crackers and chips
- Rye sourdough bread in place of commercially baked brown and white breads
- Pastas made from ancient grains, Soba buckwheat and yam, edamame and mung beans, black beans and lentils in place of white-flour pasta; spaghetti squash; or ½ healthier pasta and ½ zucchini ribbons (sautéed for a few minutes until soft)
- Coconut oil for spraying in a frying pan for sautéing or on foods that will be baked, broiled, or grilled
- Cold pressed or expeller pressed virgin olive oil for use in salads and in some pesto sauces
- Prune purée for butter in cooking – combine ¾ cup dried pitted prunes and ¼ cup boiling water and purée (replace butter with equal amount of prune purée)

**Specific Examples**

**Baking**



Item	Replacement Item
White flour	<ul style="list-style-type: none"> <li>• Old fashioned oats blended finely</li> <li>• A mixture of flours made from ancient grains, seeds, brown rice, potato or buckwheat flour, etc.</li> <li>• For brownies rinse and drain a can of black beans and use 1 cup black-bean purée for 1 cup of flour</li> </ul>
Wheat flour	<ul style="list-style-type: none"> <li>• Old fashioned oats blended finely</li> <li>• A mixture of flours made from ancient grains, seeds, brown rice, potato or buckwheat flour, etc.</li> <li>• May use almond flour for part of the flour, as well, but it is denser than wheat flour so add ½ tsp baking powder or other raising agent per cup of replacement almond flour</li> </ul>
Salt	<ul style="list-style-type: none"> <li>• Unrefined salt</li> <li>• If the recipe doesn't contain yeast, reduce salt by half</li> <li>• Sodium free salt substitutes are available for those who have difficulty eating sodium</li> </ul>
Refined sugar	<ul style="list-style-type: none"> <li>• Reduce sugar by half and substitute honey or real maple syrup</li> <li>• Reduce sugar by half and add cinnamon or nutmeg</li> <li>• Reduce sugar by half and add 1 tsp of real vanilla extract or almond extract</li> </ul>
Pie crust	<ul style="list-style-type: none"> <li>• A graham-cracker crust is typically healthier than a regular pie crust made with white flour and fat</li> </ul>
Oil in recipes	<ul style="list-style-type: none"> <li>• reduce the oil by half in most recipes and not even miss it</li> <li>• Unsweetened applesauce for half or all of the oil (for every cup of applesauce, reduce liquid in the recipe by ¼ cup)</li> <li>• The equivalent amount of mashed bananas</li> </ul>
Chocolate chips	<ul style="list-style-type: none"> <li>• Dark chocolate chips in half of the called-for amount</li> <li>• Cacao bits or nibs (the roasted pieces of cocoa beans that are ground into chocolate with additives and sugar)</li> </ul>
Butter in recipes  	<ul style="list-style-type: none"> <li>• Unsweetened applesauce for half the butter and keep experimenting – you may be able to eliminate butter</li> <li>• Equal amount of ripe avocado purée, which is nearly flavorless but adds a similar consistency</li> <li>• Equal amount of mashed banana</li> <li>• Equal amount of prune purée</li> <li>• Mix 9 Tbsp water with 1 Tbsp chia seeds, let sit for 15-20 minutes to form a gel, and substitute equal amount of gel for half the butter</li> </ul>



**Beverages** – Drinks can add a tremendous amount of sugar and calories; or continue to contribute to weight gain even when sweetened with artificial sweeteners. If you drink coffee, know that the decaffeination process tends to add undesirable chemicals to the brew. Read labels: bottled sports drinks, fruit juices, and teas typically have high amounts of sugar or artificial sweeteners. Unsweetened iced tea for juice or bottled teas

Item	Replacement Item
Bottled beverages	<ul style="list-style-type: none"> <li>• Water, plain or with citrus or cucumber slices</li> <li>• Sparkling or seltzer water with citrus slices</li> <li>• Unsweetened iced herbal tea brewed at home</li> </ul>
Coffee	<ul style="list-style-type: none"> <li>• Sprinkle cinnamon on top in place of adding cream and/or sugar</li> </ul>
Latte	<ul style="list-style-type: none"> <li>• Make it with hot water or nondairy milk and sprinkle cinnamon on top</li> </ul>
Sodas	<ul style="list-style-type: none"> <li>• Water, plain or with citrus or cucumber slices</li> <li>• Sparkling or seltzer water with citrus slices</li> </ul>
Tonic water	<ul style="list-style-type: none"> <li>• Soda water with a dash of citrus (e.g., lime)</li> </ul>



**Bread and Crackers,**

Item	Replacement Item
Commercial yeast white or brown breads	<ul style="list-style-type: none"> <li>• Rye or mixed grains and seeds sourdough made only with wild yeast sourdough starter</li> </ul>
Bread crumbs	<ul style="list-style-type: none"> <li>• Old fashioned rolled oats blended coarsely</li> <li>• Crushed multi-grain cereal flakes (low sugar)</li> </ul>
Crackers, deep fried	<ul style="list-style-type: none"> <li>• Baked instead of fried</li> </ul>
Chips (e.g., corn) deep fried	<ul style="list-style-type: none"> <li>• Baked instead of fried</li> </ul>
Croutons	<ul style="list-style-type: none"> <li>• Roasted sliced or slivered almonds</li> <li>• Tiny squares of toasted rye sourdough bread</li> </ul>

**Cereal, Hot** – hot cereal can provide a good start for the day. Some types are more nutritious than others, however, and people often like variety. Here are some suggestions.

Item	Replacement Item
Oatmeal or porridge	<ul style="list-style-type: none"> <li>• Steel-cut or old fashioned in place of quick or instant varieties (chewy and crunchy with more fiber, vitamins, and protein, and no added sugar)</li> <li>• A mix of ½ steel-cut oats and ½ quinoa or cream of buckwheat</li> </ul>
Red River cereal	<ul style="list-style-type: none"> <li>• ½ Red River and ½ cream of buckwheat or quinoa</li> <li>• ½ Red River and ½ millet</li> </ul>
Cream of white rice	<ul style="list-style-type: none"> <li>• Cream of brown rice</li> <li>• Cream of buckwheat</li> <li>• ½ cream of buckwheat or brown rice or black sticky rice</li> </ul>

**Couscous**




Item	Replacement Item
Wheat couscous	<ul style="list-style-type: none"> <li>• Substitute quinoa</li> </ul>

**Dairy** – If you choose to use dairy, this is one time when selecting low-fat or non-fat products may be a good idea.

Item	Replacement Item
Milk	<ul style="list-style-type: none"> <li>• Low- or non-fat milk</li> <li>• Non-dairy milk (e.g., almond, coconut, rice, soy)</li> </ul>
Half and half	<ul style="list-style-type: none"> <li>• Almond milk, coconut milk</li> </ul>
Cream	<ul style="list-style-type: none"> <li>• Low- or non-fat evaporated milk</li> <li>• Almond milk, almond-coconut milk, or coconut milk</li> </ul>
Cream cheese	<ul style="list-style-type: none"> <li>• Low- or non-fat cottage cheese pureed until smooth</li> </ul>
Cheese, grated or crumbled	<ul style="list-style-type: none"> <li>• Use ½ or ¼ of the amount suggested and opt for low- or non-fat white cheeses</li> <li>• Thin slices of ripe avocado (in the mouth it provides a similar sensation to that of cheese)</li> <li>• Sprinkle nutritional yeast flakes on tacos</li> </ul>
Cheese on pizza	<ul style="list-style-type: none"> <li>• Sliced avocado added after pizza is baked, or non-dairy cheese replacement</li> </ul>
Creamed soups	<ul style="list-style-type: none"> <li>• Low- or non-fat evaporated milk</li> <li>• Almond milk slightly thickened with organic corn starch, potato flakes</li> </ul>
Butter on bread	<ul style="list-style-type: none"> <li>• Edamame-white bean hummus or nut butter</li> </ul>
Butter in cooking	<ul style="list-style-type: none"> <li>• Applesauce, prune purée, avocado, or mashed banana (avoid replacing butter with oil to avoid sogginess)</li> <li>• One-half of the butter called for with coconut oil and often that is plenty</li> </ul>
Sour cream	<ul style="list-style-type: none"> <li>• Non-fat Greek yogurt, puréed low- or non-fat cottage cheese</li> </ul>
Ice Cream	<ul style="list-style-type: none"> <li>• Purée frozen slices of ripe bananas</li> <li>• Purée frozen mango with a little almond milk or coconut milk</li> </ul>



**Eggs**

Item	Replacement Item
Regular hens eggs 	<ul style="list-style-type: none"> <li>• Free range eggs, no antibiotics, no offal in feed</li> <li>• Free range egg whites or egg beaters</li> <li>• Two egg whites or ¼ cup egg substitute for each whole egg, or egg replacer made per directions – in cooking</li> <li>• ½ scrambled tofu with scrambled egg whites (and ¼ - ½ tsp turmeric for color)</li> </ul>

**Hummus** – This can be made without garbanzos, which lowers the fat and calorie content.

Item	Replacement Item
Garbanzo hummus	<ul style="list-style-type: none"> <li>• Edamame and small white beans</li> </ul>

**Mayonnaise**

Item	Replacement Item
Mayonnaise on sandwiches	<ul style="list-style-type: none"> <li>• Mashed avocado</li> </ul>



**Meats – if you choose to use animal products**

Item	Replacement Item
Bacon	<ul style="list-style-type: none"> <li>• Turkey bacon</li> </ul>
Chicken	<ul style="list-style-type: none"> <li>• Skinless white chicken and baked</li> </ul>
Ground beef	<ul style="list-style-type: none"> <li>• Ground skinless white chicken breast</li> </ul>
Meat on pizza	<ul style="list-style-type: none"> <li>• 3-4 times as many veggies as meat</li> </ul>
Meat in soups/stews	<ul style="list-style-type: none"> <li>• 4-5 times as many veggies and beans (or tofu) as meat</li> </ul>
Meat-stuffed peppers	<ul style="list-style-type: none"> <li>• Diced skinless white chicken and brown rice-quinoa mix</li> </ul>
Deep fried	<ul style="list-style-type: none"> <li>• Spray coconut oil in a heavy skillet and bake or ‘pan fry’</li> </ul>


**Oils** - Oils are often extracted using industrial processes that involve high heat and chemicals such as the toxic solvent hexane and/or that contain high levels of Omega-6 fatty acids. The smoke point of an oil likely is not the determinant of whether or not it should be used for cooking; rather the number of double bonds it contains in the fatty acid molecules. Polyunsaturated fats are said to contain many double bonds that tend to form free radicals and other harmful chemicals when heated.

Item	Replacement Item
Oils	<ul style="list-style-type: none"> <li>• Coconut for food that will be heated</li> <li>• Cold pressed or expeller pressed virgin olive oil for salads and food that will not be cooked</li> </ul>

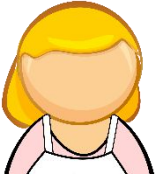
**Peanut Butter** – low-fat styles of peanut butter, specialty combinations, or ‘don’t need to stir’ types may contain artificial additives, oils or hydrogenated oils, sugars, and sometimes even high fructose corn syrup. Yes, you will likely need to stir it to begin with, but be sure to refrigerate it and alternate storing the container it right-side up with up-side down to help the oil stay mixed.

Item	Replacement Item
Low-fat peanut butter	<ul style="list-style-type: none"> <li>• Natural unsalted styles or peanut butter</li> <li>• Natural unsalted almond or cashew butter</li> </ul>

**Potatoes**

Item	Replacement Item
White potatoes	<ul style="list-style-type: none"> <li>• Sweet potatoes or yams</li> </ul>
Mashed potatoes	<ul style="list-style-type: none"> <li>• Mashed cauliflower for half the potatoes with almond milk</li> <li>• Mashed sweet potatoes or yams</li> <li>• Mashed turnips</li> </ul>
Potato fries 	<ul style="list-style-type: none"> <li>• Cut regular potatoes into the shape of fries or into thin slices, place on a cookie sheet sprayed with coconut oil, spray fries with coconut oil, sprinkle with seasonings, and bake in the oven</li> <li>• Cut sweet potatoes into the shape of fries, place on a cookie sheet sprayed with coconut oil, spray fries with coconut oil, sprinkle with seasonings, and bake in the oven</li> </ul>
Potato chips	<ul style="list-style-type: none"> <li>• Spray kale with coconut oil, season with chili powder, paprika, or pepper and bake in the oven until crisp</li> <li>• Air-popped popcorn seasoned with your choice (e.g. light amount of unrefined sea salt, chili powder, Adobo seasoning, cinnamon, or nutritional flakes)</li> </ul>


**Salt** – The body needs some salt. Unrefined salt is preferable because it contains trace minerals.

Item	Replacement Item
Salt for cooking	<ul style="list-style-type: none"> <li>• Unrefined salt</li> </ul>
Refined seasoned salt	<ul style="list-style-type: none"> <li>• Unrefined salt to grind at the table</li> <li>• Finely chopped dried garlic, celery, and onion or almost any combination of herbal powders mixed half- and-half with unrefined salt</li> <li>• Salt-free seasonings</li> <li>• Herbal blends</li> <li>• Tamari soy cause</li> <li>• Lemon, lime, or orange juice</li> <li>• Rice vinegar or balsamic vinegar</li> </ul> 
Soy sauce	<ul style="list-style-type: none"> <li>• Low salt soy sauce</li> <li>• Bragg Liquid Aminos</li> <li>• Tamari gluten-free reduced sodium soy sauce</li> </ul>

**Smoothies** – They can be delicious and healthy or tasty but unhealthy.

Item	Replacement Item
Typical fruit smoothies	<ul style="list-style-type: none"> <li>• 8-10 ounces of coconut water (with pulp if you can find it). Add ½ frozen banana, ¼ ripe avocado, 1-2 Tbsp pea protein, and ½ cup frozen berries or frozen mango. Blend until smooth.</li> </ul>

**Toppings** – Many syrups contain large amounts of sugar and / or high fructose corn syrup. Others use artificial sweeteners that may be toxic to the brain. There are some healthier alternatives.

Item	Replacement Item
Typical syrups 	<ul style="list-style-type: none"> <li>• Drizzle honey or real maple syrup</li> <li>• Purée your choice of fresh or frozen berries, warm over medium heat, and add 1 Tbsp honey or real maple syrup</li> <li>• Heat two cups of fruit juice (containing the pulp and no added sugar) over medium heat. When hot, stir in 1-2 Tbsp of organic no-GMO corn starch dissolved in a 1/4<sup>th</sup> cup of cold or room-temperature juice. Stir until thickened and serve.</li> </ul>

**Trail Mix** – Typically the benefits are outweighed by added sugar, oils, and milk chocolate. You can often make a healthier version at home.

Item	Replacement Item
Typical trail mix	<ul style="list-style-type: none"> <li>• Unsalted raw or toasted nuts, your choice; dark chocolate or cocoa bits; a few dried raisins or dried fruit pieces (e.g., chopped black figs or dates, mango pieces)</li> </ul>

**Wine** – The American Cancer Association has indicated that alcohol in any amount increases one's risk for cancer. Many wineries are now producing non-alcoholic 'wines' that you may want to consider.

Item	Replacement Item
Wine	<ul style="list-style-type: none"> <li>• Non-alcoholic 'wine' in any number of varietal flavors</li> <li>• White or red grape juice</li> </ul>

