

Ingredient Substitutions

If your recipe calls for an ingredient you do not have on hand, there are often other ingredients you can substitute in. Here are some common ones:

Tbsp = tablespoon and tsp = teaspoon

Missing Ingredient	Amount	Substitution
All-purpose flour	1 cup	1 cup whole wheat or multigrain flour (denser)
Baking powder	1 tsp	¼ tsp baking soda plus ½ tsp of cream of tartar or ¼ tsp baking soda plus ½ cup buttermilk (reduce liquid in recipe by ½ cup)
Baking soda	1 tsp	4 tsp baking powder
Breadcrumbs	1 cup	1 cup cracker crumbs or 1 cup crushed corn flakes or 1 cup ground oats
Brown sugar	1 cup packed	1 cup white sugar plus ¼ cup molasses (decrease the liquid in recipe by ¼ cup) or 1 cup white sugar or 1 ¼ cups confectioners' sugar
Buttermilk	1 cup	1 cup plain yogurt or 1 tablespoon lemon juice or vinegar plus enough milk to make 1 cup
Canned tomato products	1 can	Canned diced tomatoes, whole tomatoes, crushed tomatoes, tomato passata, or stewed tomatoes can often replace each other
Cornstarch	1 Tbsp	2 Tbsp of flour
Cracker crumbs	1 cup	1 cup breadcrumbs, 1 cup crushed corn flakes or 1 cup ground oats
Cream (half and half)	1 cup	¾ cup of milk plus 1 Tbsp melted butter
Egg	1 whole	¼ cup silken tofu pureed or 3 Tbsp mayonnaise or half a banana mashed with ½ tsp baking powder
Evaporated milk	1 cup	1 cup light cream
Fats for baking	1 cup	1 cup applesauce or 1 cup fruit puree
Garlic	1 clove	⅛ tsp garlic powder or ½ tsp garlic salt (reduce salt in recipe)
Ginger	1 tsp minced	½ tsp ground dried ginger
Green onions	½ cup chopped	½ cup chopped onions or ½ cup chopped shallots
Ground beef	1 pound	1 pound ground chicken, turkey, wild meat* or cooked lentils
Herbs (fresh)	1 Tbsp chopped	1 tsp dried
Honey	1 cup	1 ¼ cup white sugar plus ½ cup water
Lemon juice	1 Tbsp	1 Tbsp of vinegar or ½ Tbsp of lime juice
Margarine	1 cup	¾ cup vegetable oil plus ½ tsp salt
Mayonnaise	1 cup	1 cup sour cream or 1 cup plain yogurt
Milk	1 cup	¼ cup dry milk powder plus 1 cup water or ⅔ cup evaporated milk plus ⅓ cup water
Mustard (prepared)	1 Tbsp	Mix together 1 Tbsp dried mustard, 1 tsp water, 1 tsp vinegar, and 1 tsp sugar
Onion	1 cup chopped	3 Tbsp dried minced onion or 1 cup chopped green onion or 1 cup chopped shallot or leeks or ¼ cup onion powder
Rice (white)	1 cup cooked	1 cup cooked barley or 1 cup cooked brown or 1 cup wild rice

Missing Ingredient	Amount	Substitution
Ricotta	1 cup	1 cup dry cottage cheese or 1 cup silken tofu
Shallots, leek, or green onions	½ cup chopped	½ cup chopped onion
Shortening	1 cup	1 cup margarine minus ½ tsp salt from recipe
Sour cream	1 cup	1 cup plain yogurt or 1 Tbsp lemon juice or vinegar plus enough cream to make 1 cup or ¾ cup buttermilk mixed with ½ cup butter
Sour milk	1 cup	1 Tbsp vinegar or lemon juice mixed with enough milk to make 1 cup: let stand for 5 minutes to thicken
Soy sauce	½ cup	¼ cup Worcestershire sauce mixed with 1 Tbsp water
Stock (beef, chicken, or vegetable)	1 cup	Beef, chicken or vegetable bouillon dissolved in 1 cup water as per package instructions
Vegetable (fresh) for cooking	1 cup	1 cup frozen or canned
Vegetable oil or milk for baking	1 cup	1 cup applesauce or 1 cup fruit puree
Tomato paste	1 Tbsp	2-3 Tbsp of tomato sauce or 1 Tbsp of ketchup
Vinegar	1 tsp	1 tsp lemon or lime juice or 2 tsp of white wine
White sugar	1 cup	1 cup brown sugar or 1 ¼ cups confectioners' sugar or ¾ cup honey or ¾ cup corn syrup
Yogurt	1 cup	1 cup sour cream or 1 cup buttermilk or 1 cup sour milk

Tips to add some additional nutrients:

- You can often use whole grain options instead of white bread, flour, pasta, or rice.
- You can reduce the amount of meat in a recipe by adding beans, lentils, chickpeas, or tofu.
- In most recipes you can increase the amount of vegetables.

If you would like to reduce the saturated fat, sugar or salt content in your cooking or baking here are some tips:

- **Saturated fat** – Look for ways to limit coconut oil, palm oil, and solid fats such as butter, lard, hydrogenated margarine and shortening. Where possible, replace these with olive oil, canola oil, sunflower oil, and other vegetable oils. In some baking, non-hydrogenated margarine may work better than oil for texture.
- **Sugar** – Use ⅔ or ½ of the amount of sugar called for in a baking recipe. Replace it with a small amount of spices such as cinnamon, cloves, allspice, and nutmeg.
- **Salt** – Most of the salt we eat comes from processed foods. If using some processed ingredients in your recipes, look at the nutrition labels to choose items with lower salt or sodium. In addition, you can often reduce the amount of salt called for in the recipe by ½ without changing the flavour.

*If planning to serve wild meat in your programming, check with your local public health inspector for instructions as safety measures are required.