

Common Substitutions

Note: Ingredients labeled below in **teal** are *usually* WIC foods. Check your State's WIC Food List to make sure the WIC Approved Ingredients above are correct.

Oils and dairy

½ cup butter = ½ cup **unsweetened applesauce** or ¾ cup vegetable oil or 6 tablespoons **yogurt** or ½ cup whipped **avocado**

Oil = **yogurt**

1 slice cheese = 2 tablespoons avocado

1 cup sour cream = 1 cup plain **yogurt** or 1 cup whipped **avocado**

1 cup cream cheese = 1 cup **yogurt**

1 cup mayonnaise = 1 cup **yogurt** or 1 cup **avocado**

1 cup whole milk = 1 cup reconstituted **nonfat dry milk** + 2 tablespoons melted butter

1 cup evaporated milk = 1 cup **whole milk**

1 cup buttermilk = Add 1 tablespoon freshly squeezed **lemon** or vinegar to a 1 cup measuring cup. Add **milk** to fill the cup. Let stand for 5 minutes before using.

1 cup cream = ⅓ cup butter + ¾ cup **whole milk**

Grains

Rice = quinoa, bulgur, barley, **cauliflower** or **broccoli** “rice”

Pasta noodles = **zucchini** noodles

¼ cup fine, dried breadcrumbs = ¾ cup soft bread crumbs, ¼ cup unsalted cracker crumbs, ¼ cup **cornflake** crumbs, or ⅔ cup rolled oats, or ¼ cup unsalted crushed nuts

Common Substitutions (continued)

Dry ingredients

1 cup all-purpose flour = 1 cup pureed **black beans** or 1 cup of cake flour + 2 tablespoons all-purpose flour

1 cup self-rising flour = 1 cup all-purpose flour + 1 teaspoon baking powder + $\frac{1}{4}$ teaspoon salt

1 cup cake flour, sifted = Fill a 1 cup measuring tool with all-purpose flour, then remove 2 tablespoons. Now add 2 tablespoons cornstarch, sift well.

1 tablespoon cornstarch = 2 tablespoons all-purpose flour

1 teaspoon baking powder = $\frac{1}{4}$ teaspoon baking soda + $\frac{1}{2}$ teaspoon cream of tartar

1 teaspoon baking soda = 3 teaspoons baking powder (this works because there is baking soda in baking powder.)

Wet ingredients

$\frac{1}{2}$ cup soy sauce = 4 tablespoons Worcestershire sauce + 1 tablespoon water

1 cup tomato juice = $\frac{1}{2}$ cup tomato sauce + $\frac{1}{2}$ cup water

2 cups tomato sauce = $\frac{3}{4}$ cup tomato paste + 1 cup water

1 egg = $\frac{1}{2}$ of a **banana**, or $\frac{1}{4}$ cup mashed **prunes**, or $\frac{1}{4}$ cup mashed **potatoes**, or $\frac{1}{4}$ cup canned pumpkin

Other

1 teaspoon fresh squeezed lemon juice = $\frac{1}{2}$ teaspoon vinegar

$\frac{1}{2}$ teaspoon vinegar = 1 teaspoon fresh squeezed **lemon** juice

$\frac{1}{2}$ teaspoon salt = $\frac{1}{2}$ teaspoon fresh squeezed **lemon** juice

1 tablespoon fresh herb = $\frac{1}{3}$ to $\frac{1}{2}$ teaspoon dried herb (of the same kind)

Common Substitutions (continued)

Sweeteners

1 cup granulated sugar = 1 $\frac{3}{4}$ cup powdered sugar

1 cup corn syrup = 1 cup granulated sugar + $\frac{1}{4}$ cup water

1 cup brown sugar = 1 cup white sugar, **or** 1 cup coconut sugar, **or** 1 cup date sugar or substitute up to half of the sugar with agave nectar in baking

1 $\frac{3}{4}$ cup confectioners sugar = In a blender, grind 1 cup granulated sugar + 1 teaspoon cornstarch

Chocolates

1 ounce semisweet chocolate = 3 tablespoons semisweet chocolate pieces **or** 1 ounce unsweetened chocolate + 1 tablespoon sugar

4 ounces sweet baking chocolate = $\frac{1}{4}$ cup unsweetened cocoa powder + $\frac{1}{3}$ cup sugar + 1 tablespoon cooking oil **or** shortening, melted

1 ounce unsweetened chocolate = 3 tablespoons unsweetened cocoa powder + 1 tablespoon cooking oil **or** shortening, melted