

## PRODUCE SUBSTITUTION GUIDE

### Red Apples

Substitute 1 lb (500 g) apples with:

- 1 lb (500 g) pears (generally softer flesh)
- 1 lb (500 g) Asian pears (generally crisper and juicier texture; tart flavor)
- 1 lb (500 g) quinces (best for cooking; tart flavor)



### Banana

Substitute 1 lb (500 g) ripe Cavendish bananas with:

- 1 lb (500 g) very ripe black plantains (larger; less sweet; more starchy; best for baking, mashing, and frying)

### Blackberry

Substitute 1 cup (250 mL) blackberries with:

- 1 cup (250 mL) loganberries (red color)
- 1 cup (250 mL) boysenberries (slightly sweeter)
- 1 cup (250 mL) olallieberries (larger; sweeter)
- 1 cup (250 mL) raspberries (smaller; sweeter)

### Blueberry

Substitute 1 cup (250 mL) blueberries with:

- 1 cup (250 mL) huckleberries (more tart)
- 1 cup (250 mL) red currants (red color; more tart)

- 1 cup (250 mL) raspberries or strawberries (fresh)



### Cantaloupe

Substitute 1 cup (250 mL) chopped cantaloupe with:

- 1 cup (250 mL) chopped Persian melon
- 1 cup (250 mL) chopped Crenshaw melon
- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped honeydew melon
- 1 cup (250 mL) chopped casaba melon

### Grapefruit

Substitute 1 cup (250 mL) grapefruit segments with:

- 1/2 cup (125 mL) pummelo segments + 1/2 cup (125 mL) orange segments
- 1 cup (250 mL) Ugli fruit™ segments
- 1 cup (250 mL) tangelo segments

### Grapes

Substitute 1 cup (250 mL) green table grapes with:

- 1 cup (250 mL) blueberries (purple color; blueberry flavor)

### Honeydew

Substitute 1 cup (250 mL) chopped honeydew melon with:

- 1 cup (250 mL) chopped Ogen melon
- 1 cup (250 mL) chopped Galia melon

- 1 cup (250 mL) chopped Santa Claus melon
- 1 cup (250 mL) chopped cantaloupe
- 1 cup (250 mL) chopped Persian melon

### Lemons

Substitute 1 fresh lemon with:

- 1/2 tsp (2 mL) Meyer lemon (larger; sweeter)
- 1 lime (slightly smaller; sweeter)
- 1 calamondin (hybrid of kumquat and mandarin orange)
- 1/2 tsp (2 mL) orange (larger; sweeter)
- 1/4 grapefruit (larger; sweeter)
- 1/4 pummelo (larger; sweeter)

To Vary the Flavor

Substitute 1 fresh lemon with:

- 1 tbsp (15 mL) chopped fresh lemon basil, lemon balm, or lemon thyme (for hint of lemon flavor)
- 2 to 3 leaves chopped fresh lemon verbena (stronger lemon flavor)



### Limes

Substitute 1 Persian lime with:

- 1 to 2 Key limes (smaller; more intense lime flavor)
- 1 lemon (slightly larger; lemon flavor)
- 1/2 tsp (2 mL) Meyer lemon (larger; sweeter than familiar Eureka or Lisbon lemon)
- 1 calamondin (hybrid of kumquat and mandarin orange)
- 1/2 tsp (2 mL) orange (larger; sweeter)
- 1/4 grapefruit (larger; sweeter)
- 1/4 pummelo (larger; sweeter)

### Oranges

Substitute 1 sweet orange with:

- 1 large blood orange (sweeter; gain more flesh)
- 2 mandarin oranges (smaller; sweeter)
- 1 to 2 sour oranges (smaller; much more tart)
- 2 calamondin (hybrid of kumquat and mandarin orange; smaller; more tart)
- 1 Meyer lemon (more tart and lemony)
- 4 to 6 kumquats (more tart; best for eating out of hand)
- 1/4 to 1/2 tsp (1 to 2 mL) pummelo (larger; more tart)
- 1/2 tsp (2 mL) grapefruit (larger; more tart)
- 1 to 2 limes (smaller; more tart)
- 1 large lemon (smaller; more tart)

Sweet Orange Varieties

Choose 1 fresh sweet orange from these varieties:

- 1 navel-type orange such as Dream Navel, Cara Cara, or California Navel (often seedless; peels and segments easily; best for eating out-of-hand)
- 1 Valencia-type orange such as Valencia, Rhode Red, Kona, or Hamlin (often seeded; extremely juicy; sweet-tart flavor; best for juicing)



### Papaya

Substitute 1 lb (500 g) papaya with:

- 1 lb (500 g) babaco
- 1 lb (500 g) pepino
- 1 lb (500 g) mango
- 1 lb (500 g) peaches
- 1 lb (500 g) nectarines



**Pears**

Substitute 1 lb (500 g) pears with:

- 1 lb (500 g) apples
- 1 lb (500 g) Asian pears (more crisp)
- 1 lb (500 g) quinces

**Raspberry**

Substitute 1 cup (250 mL) raspberries with:

- 1 cup (250 mL) strawberries
- 1 cup (250 mL) loganberries (hybrid of blackberries and raspberries)
- 1 cup (250 mL) boysenberries (hybrid of blackberries, raspberries, and loganberries)
- 1 cup (250 mL) olallieberries (hybrid of youngberries and loganberries)
- 1 cup (250 mL) tayberries (hybrid of blackberries and raspberries)
- 1 cup (250 mL) blackberries

**Pineapple**

Subs

- 1 ct
- 1 ct
- 1 ct
- 1 ct
- 1 ct



1 pineapple with: **Strawberry**  
apple

Substitute 1 pint strawberries with:

- 1 pint raspberries (red color; slightly more tart)
- 1 pint loganberries (red color; slightly more tart)
- 1 pint tayberries (red color; slightly more tart)
- 1 pint blueberries (purple color; slightly more tart)
- 2 cups (500 mL) guava pulp (pinkish orange color)
- 2 cups (500 mL) peeled kiwifruit (green color; slightly more tart)

**Watermelon**

Substitute 1 cup (250 mL) chopped watermelon with:

- 1 cup (250 mL) chopped honeydew melon (less crisp; less watery)
- 1 cup (250 mL) chopped Galia melon (less crisp; less watery)



Source: The Food Substitution Bible; Robert Rose; Second Edition (September 2, 2010)