

Mayo Guide

We use **whipped mayo** (like Great Value Whipped Dressing or Miracle Whip) as it has a texture that is a bit easier to spread/mix and provides a nice nutritional middle ground between traditional mayo and the popular Greek Yogurt swap. It provides a bit of fat and can be combined with another fat source without feeling as dense. However, you can choose another option. Here are a few and how they differ:



Similar Swaps

*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



MAYO

Provides more fat & energy, thicker texture.



GREEK YOGURT

Depending on type may not provide as much/any fat. Thinner & less flavorful. Adds a protein boost.



WHIPPED C.C.

Can provide nice middle ground of fat and protein. A bit thinner than mayo. (blend in blender to whip)

Other Options

*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



AVOCADO MAYO

Slight flavor difference. Can be higher in cost but also MUFAs, antioxidants that promote heart health.



OLIVE MAYO

Slight flavor difference. Can be higher in cost but also MUFAs, antioxidants that promote heart health.



VEGAN MAYO

Eggs are removed, may have a more mild taste and thinner texture depending on variety. Often higher price.

Whipped Mayo Fact Sheet

Per 1 tbsp

Calories	Fat	Protein	Carbs	Fiber	Cost
40	3.5	0	2	0	0.05



- Whipped mayo contains more air, creating a satisfying texture and a product that is **easier to spread**.
- Enhances taste and texture of sandwiches, dips, and dressings, which can make meals more enjoyable and **satisfying**.
- Primarily a fat source (mostly unsaturated if made from vegetable oils), which helps **absorb fat-soluble vitamins** from other foods. Unsaturated fat is “heart-friendlier” than saturated fat.
- The fat content also contributes to **feeling full** and can help **stabilize blood sugar** when paired with carbs or protein.