

Heart Healthy Recipe Modifications

By using the following substitutions, you can significantly lower the cholesterol, saturated fat and trans fat content of standard recipes.

| For this product: | Try this alternative: |
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| Cheese | Low fat cheeses (less than 3 grams of fat per ounce) part skim cheeses, nonfat cheeses |
| Creamed cottage cheese | Low fat cottage cheese, nonfat cottage cheese |
| Mozzarella & ricotta cheese | Part-skim mozzarella and ricotta |
| Heavy cream | Evaporated skim milk |
| Whipped cream | Low fat whipped topping |
| Sour cream | Nonfat sour cream, nonfat yogurt |
| Ice cream | Sherbet, Italian ices, nonfat ice cream, nonfat frozen yogurt |
| Whole milk | Low fat milk (1 percent) or skim milk |
| Butter | Tub or squeeze margarines (trans fat-free) |
| 1 cup solid shortening | 2/3 cup vegetable oil |
| Buttering breads and vegetables | Olive or sesame oil used lightly, nonfat margarines or dressings |
| Salad dressings | Nonfat salad dressings |
| 1 egg | 2 egg whites, 1/4 cup egg substitute |
| Lunch meats | Those with less than 3 grams of fat per ounce or turkey and chicken breast |
| Tuna packed in oil | Water-packed tuna |
| Self-basting turkey | Regular turkey, baste with nonfat bouillon |
| Red meat protein sources | Lean cuts such as sirloin, tenderloin and round or dried beans, split peas or lentils |

| For this product: | Try this alternative: |
|--------------------------------|--|
| Prime or choice grades of meat | Good or standard grades of meat |
| Organ meats | Avoid organ meats, choose lean cuts and moderate portions of meats, fish and poultry |
| Regular bacon | Canadian bacon or lean ham |
| Commercial gravies | Homemade gravies, skimmed off fat |
| Preparing gravies | Chill until fat sets and remove, dip a paper towel into warm gravy or use gravy skimmer |
| Cooking poultry | Remove skin |
| Cooking meats | Trim all visible fat from meat before cooking, cook on a rack, drain fat |
| Sautéing foods in fat | Sauté in nonstick skillet without oil or use skillet sprayed with nonstick cooking spray |
| Cooking vegetables in butter | Steam vegetable, flavor with herbs |
| 1 ounce bakers chocolate | 3 tablespoons cocoa powder and 1 tablespoon safflower oil |
| Chocolate cake | Angel food cake |
| Chocolate | Nonfat fudgesicles, nonfat hot cocoa mix, nonfat chocolate pudding |
| Pastries | Graham crackers, vanilla wafers |
| Biscuits, muffins, croissants | Hard rolls, pita, Italian or French bread, sandwich bread |
| Potato chips, corn chips | Pretzels, air-popped popcorn, baked chips |
| High fat crackers | Bread sticks, melba toast, soda, oyster or whole-grain crackers |