Heart Healthy Recipe Modifications

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

<table>
<thead>
<tr>
<th>For this product:</th>
<th>Try this alternative:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>Low fat cheeses (less than 3 grams of fat per ounce) part skim cheeses, nonfat cheeses</td>
</tr>
<tr>
<td>Creamed cottage cheese</td>
<td>Low fat cottage cheese, nonfat cottage cheese</td>
</tr>
<tr>
<td>Mozzarella &amp; ricotta cheese</td>
<td>Part-skim mozzarella and ricotta</td>
</tr>
<tr>
<td>Heavy cream</td>
<td>Evaporated skim milk</td>
</tr>
<tr>
<td>Whipped cream</td>
<td>Low fat whipped topping</td>
</tr>
<tr>
<td>Sour cream</td>
<td>Nonfat sour cream, nonfat yogurt</td>
</tr>
<tr>
<td>Ice cream</td>
<td>Sherbet, Italian ices, nonfat ice cream, nonfat frozen yogurt</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Low fat milk (1 percent) or skim milk</td>
</tr>
<tr>
<td>Butter</td>
<td>Tub or squeeze margarines (trans fat-free)</td>
</tr>
<tr>
<td>1 cup solid shortening</td>
<td>2/3 cup vegetable oil</td>
</tr>
<tr>
<td>Buttering breads and vegetables</td>
<td>Olive or sesame oil used lightly, nonfat margarines or dressings</td>
</tr>
<tr>
<td>Salad dressings</td>
<td>Nonfat salad dressings</td>
</tr>
<tr>
<td>1 egg</td>
<td>2 egg whites, 1/4 cup egg substitute</td>
</tr>
<tr>
<td>Lunch meats</td>
<td>Those with less than 3 grams of fat per ounce or turkey and chicken breast</td>
</tr>
<tr>
<td>Tuna packed in oil</td>
<td>Water-packed tuna</td>
</tr>
<tr>
<td>Self-basting turkey</td>
<td>Regular turkey, baste with nonfat bouillon</td>
</tr>
<tr>
<td>Red meat protein sources</td>
<td>Lean cuts such as sirloin, tenderloin and round or dried beans, split peas or lentils</td>
</tr>
<tr>
<td><strong>For this product:</strong></td>
<td><strong>Try this alternative:</strong></td>
</tr>
<tr>
<td>-----------------------</td>
<td>--------------------------</td>
</tr>
<tr>
<td>Prime or choice grades of meat</td>
<td>Good or standard grades of meat</td>
</tr>
<tr>
<td>Organ meats</td>
<td>Avoid organ meats, choose lean cuts and moderate portions of meats, fish and poultry</td>
</tr>
<tr>
<td>Regular bacon</td>
<td>Canadian bacon or lean ham</td>
</tr>
<tr>
<td>Commercial gravies</td>
<td>Homemade gravies, skimmed off fat</td>
</tr>
<tr>
<td>Preparing gravies</td>
<td>Chill until fat sets and remove, dip a paper towel into warm gravy or use gravy skimmer</td>
</tr>
<tr>
<td>Cooking poultry</td>
<td>Remove skin</td>
</tr>
<tr>
<td>Cooking meats</td>
<td>Trim all visible fat from meat before cooking, cook on a rack, drain fat</td>
</tr>
<tr>
<td>Sautéing foods in fat</td>
<td>Sauté in nonstick skillet without oil or use skillet sprayed with nonstick cooking spray</td>
</tr>
<tr>
<td>Cooking vegetables in butter</td>
<td>Steam vegetable, flavor with herbs</td>
</tr>
<tr>
<td>1 ounce bakers chocolate</td>
<td>3 tablespoons cocoa powder and 1 tablespoon safflower oil</td>
</tr>
<tr>
<td>Chocolate cake</td>
<td>Angel food cake</td>
</tr>
<tr>
<td>Chocolate</td>
<td>Nonfat fudgesicles, nonfat hot cocoa mix, nonfat chocolate pudding</td>
</tr>
<tr>
<td>Pastries</td>
<td>Graham crackers, vanilla wafers</td>
</tr>
<tr>
<td>Biscuits, muffins, croissants</td>
<td>Hard rolls, pita, Italian or French bread, sandwich bread</td>
</tr>
<tr>
<td>Potato chips, corn chips</td>
<td>Pretzels, air-popped popcorn, baked chips</td>
</tr>
<tr>
<td>High fat crackers</td>
<td>Bread sticks, melba toast, soda, oyster or whole-grain crackers</td>
</tr>
</tbody>
</table>

*UCSF Medical Center*