

Cooking the heart healthy way

Simple changes of ingredients and how food is prepared can help cut down on saturated fat, cholesterol, and sodium (salt) in the food you serve.

Meats, poultry (chicken and turkey), and fish

- Before you cook, trim fat you can see from meats; take off the skin and fat from poultry.
- Buy canned fish packed in water. Rinse the fish in a strainer to remove most of the salt.
- Bake, broil, roast, or grill. Roast meats on a rack so that the fat drips away.
- To fry, use a nonstick pan with a cooking spray or a very small amount of oil.
- Use ingredients like low-sodium tomato juice and fat free, low-sodium broth, lemon juice, or wine to brush onto meats and poultry to prevent drying out.
- Try a meatless meal for a change using soy products (such as tofu), or dried peas and beans, (such as split peas or pinto beans), with a whole-grain rice or pasta.



Sauces, soups, and casseroles

- Chill soups and sauces in the refrigerator; skim the hardened fat from the top before eating.
- Use smaller amounts of sharp-flavored, lower fat cheeses when making casseroles.
- Make cream soups or white sauces with fat-free, 1%, or evaporated skim milk.
- Include larger amounts of vegetables, dry beans, whole wheat pasta, or brown rice in main dishes. Add meat, fish, or poultry in small pieces for flavoring.

Side dishes

- Flavor steamed vegetables with herbs, spices, or lemon juice instead of high fat sauces, cheese, and butter.
- Use small amounts of lean meats instead of salt pork or fat to flavor vegetables.
- Use fewer canned sauces, mixes, and “instant” products, flavored rice, pasta, potatoes, and cereal to cut back on sodium.

Many cookbooks can help you find recipes that are lower fat, saturated fat, cholesterol, and sodium (see resource list). Improve your favorite recipes by substituting healthier ingredients. Some recipes may change in texture and thickness when you use a substitution.

Recipe substitutions:

Instead of	Use
Whole milk	Fat-free or 1% milk
Evaporated milk, heavy cream	Evaporated skim milk
Light cream	1% milk + evaporated skim milk
1 cup butter (baking)	1 cup soft margarine or 2/3 cup oil
1 whole egg	1/4 cup egg substitute or 2 egg whites
Sour cream	Fat-free sour cream or yogurt
Fat for greasing pan	Nonstick cooking spray
1 ounce baking chocolate	3 tablespoons cocoa powder + 1 tablespoon vegetable oil
Pork bacon	Turkey bacon, Canadian bacon
Pork sausage	Seasoned, ground skinless turkey
Fatback, ham hocks	Skinless chicken thighs