

Ingredient Substitutions That Are Heart-Smart

Handout 1

By making a few substitutions and changes, you can still prepare your favorite recipes and reduce your intake of calories, fat and cholesterol.

Instead of	Try	Best Choice
Butter	60/40 margarine-butter blend	Margarine or reduced calorie margarine
Sour cream	Lite sour cream	Mock sour cream
2 whole eggs	1 whole egg plus 2 egg whites	4 egg whites, commercial egg substitute or homemade egg substitute
Whole milk	2% milk	Skim milk
Cream	Evaporated milk	Evaporated skim milk
Cream cheese	Light cream cheese	Yogurt cheese
Whipped cream or non-dairy whipped topping		Nonfat whipped topping
Cheddar, Colby, Swiss cheese	Cut down on the amount you usually eat	Select part-skim mozzarella, reduced-fat natural cheese, farmer cheese, or low-fat processed cheese
Cottage cheese	Low-fat cottage cheese	Nonfat ricotta or cottage cheese
Baking chocolate (1 ounce)		3 tablespoons powdered cocoa plus 1 tablespoon cooking oil
Mayonnaise	Lite mayonnaise	Half cholesterol-free mayonnaise and half nonfat yogurt
Salad dressing	Reduced-fat dressing	Fat-free dressing
Chicken with skin	Remove skin after cooking	Remove skin before cooking
Regular ground beef	Lean ground beef	Use extra lean ground beef or lean ground turkey