



How Do I Change Recipes?

Using low-saturated-fat, *trans* fat, low-sodium recipes makes it easier to cook healthy meals. There's a lot you can do with your favorite recipes or everyday meals to control the amount of saturated and *trans* fats, sugar and sodium you eat. It's a great way to have your cake and eat it, too!



How can I substitute healthier ingredients?

- Whole Milk (1 cup) = 1 cup low-fat or non-fat milk + 1 Tbsp. unsaturated liquid vegetable oil.
- Heavy Cream (1 cup) = 1 cup fat-free half and half can be used in place of heavy cream in most baking. You can also use soy, almond and rice milk.
- Sour Cream = Use low-fat or fat-free sour cream instead. Unflavored low-fat Greek yogurt is also an easy, heart-healthy swap. You can squeeze some lemon into the yogurt, stir and serve.
- Butter (1 Tbsp.) = 1 Tbsp. unsalted soft tub or liquid margarine or $\frac{3}{4}$ Tbsp. polyunsaturated or monounsaturated oil. Use $\frac{1}{4}$ Tbsp. margarine for 1 Tbsp. oil.
- Shortening (1 cup) = 1 cup unsalted soft tub or liquid margarine (choose margarine low in saturated fat and trans fat or trans fat free). For pies use $\frac{1}{2}$ cup margarine for every 2 cups flour. To reduce your calories in muffins or quick breads, substitute 1 cup applesauce for a cup of butter, margarine, oil or shortening.

- White Flour = Instead of white, processed flour try to use whole-wheat flour in your baking. But before you swap, be sure to check the recipe, as the amount may need to be adjusted.
- Ground Beef = try lean, ground turkey in place of ground beef for chili, pasta sauce, burgers and in casseroles.

How can I use vegetable oils?

Use olive, canola, corn, or safflower oil as your main kitchen fats when cooking requires using fat.

For example, use small amounts of these oils:

- To prepare fish and skinless poultry or to brown lean meats.
- To sauté onions and other vegetables for soups, sauces, or stir frying.
- For popping corn.
- In casseroles made with dried peas or beans.
- When cooking dehydrated potatoes and other prepared foods.

(continued)



How can I reduce sodium?

Eating too much sodium (salt) can increase the risk of high blood pressure in some people. This can increase the risk of developing heart problems or having a stroke. Most people should aim to consume less than 1,500 mg of sodium each day. One teaspoon of table salt has about 2,300 mg of sodium.

It may seem difficult to reduce the sodium in your diet, but here are some tips to get you started:

- Use herbs, spices, citrus juices, and vinegar instead of salt when you are cooking.
- Choose fresh, frozen or canned vegetables with no added salt or very low sodium. Rinse them before you use them to reduce the amount of sodium even further.
- Read food labels carefully, watching for sodium in the ingredient list. Also, check the Nutrition Facts label, compare the sodium content of similar food products and choose the one with the lowest sodium content.



Substituting herbs, spices, citrus juices, and vinegar for salt is a great way to reduce sodium while spicing up your meals.

HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

What about eating out?

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.