



How Do I Change Recipes?

Use recipes with ingredients that are low in saturated fat, sodium and added sugar and rework your favorite recipes with healthier substitutions to cook more healthful meals. There's a lot you can do when you cook and bake to control the amount of saturated and trans fats, sodium and added sugar in your diet. In other words, you can have your cake and eat it, too!



How can I substitute healthier ingredients?

- **Whole Milk** (1 cup) = 1 cup low-fat or fat-free milk + 1 tablespoon nontropical liquid vegetable oil.
- **Heavy Cream** (1 cup) — 1 cup fat-free half-and-half will work for most baking recipes. Try subbing in 1 cup of soy, almond or rice milk.
- **Sour Cream** — Use low-fat or fat-free instead. Or, squeeze some fresh lemon juice into low-fat or fat-free plain Greek yogurt, stir and serve instead of sour cream.
- **Butter** (1 tablespoon) = 2 teaspoons of a nontropical vegetable oil, such as canola, corn or olive.
- **Shortening** (1 cup) = 1 cup unsalted soft margarine made with nonhydrogenated vegetable oil and containing no trans fat. For pies, use $\frac{1}{2}$ cup margarine for every 2 cups flour. To reduce your calories and saturated fat when baking muffins or quick breads, substitute 1 cup unsweetened applesauce for 1 cup of butter, margarine, oil or shortening. The muffins and breads will be denser and moister.
- **Sugar** — Using less sugar for baking is possible and much healthier. For cakes, you'll have a tastier finished product if there's a larger amount of sugar to flour. You'll have more room to reduce the sugar slightly. For cookies in

which you've reduced the sugar, chilling the dough for 30 minutes or up to 7 days before baking helps their flavor remain sweeter. Or, lightly roll the cookie in sugar before or after baking so there's sweetness with the first bite. Be cautious with chocolate cakes and cookies. The bitterness of the cocoa needs sugar for balance.

- **White Flour** — Instead of white, processed flour (all-purpose), try to use whole-wheat or whole-grain flour or whole-wheat pastry flour in your baking. But before you swap, be sure to check the recipe, as the ratio may need to be adjusted.
- **Ground Beef** — Try ground turkey breast in place of beef for chilis, pasta sauces, burgers and casseroles.

How can I use nontropical vegetable oils?

Use small amounts of olive, canola, corn or safflower oil:

- To prepare fish and skinless poultry or to brown lean or extra-lean meats.
- To sauté onions and other vegetables for soups, sauces and casseroles.
- For stir-frying.
- To make popcorn.

(continued)



How can I reduce sodium?

For some people, eating too much sodium (salt) can increase the risk of high blood pressure, which can increase the risk of developing heart problems or having a stroke. Most people should aim to consume less than 1,500 milligrams of sodium each day. As a guideline, one teaspoon of table salt has about 2,300 milligrams of sodium.

Here are some tips to help you:

- Use herbs, spices, salt-free seasoning blends, citrus juices and vinegar instead of salt when you cook.
- Avoid flavored salts, such as garlic or onion salt and use garlic or onion powder instead. Choose fresh or frozen vegetables with no added salt or look for low-sodium products.
- Use fat-free, low-sodium broths (either store-bought or homemade) instead of regular. Use 1 packet (which is 1 teaspoon granulated) of salt-free instant bouillon in place of bouillon cubes.
- 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 e-newsletter 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 your doctor or nurse?

Take a few minutes to write down your questions for the next time you see your health care 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.