

NUTRITION INFORMATION FROM YOUR DIETITIAN

Heart Health and the Cardiac Eating Plan: *Eat less cholesterol, fat, and sodium*

Eating large amounts of cholesterol, saturated fat, trans fat, and salt can raise your blood pressure and plug your arteries. This blocks the supply of red blood cells that carry oxygen to your heart and the rest of your body, and could lead to heart disease, heart failure, or death. Following these eating guidelines can help prevent these problems.

Weight loss and weight control

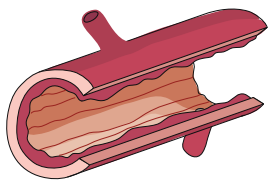
People who are overweight tend to have higher risk of heart disease and stroke. The cardiac eating plan can also help lower the number of calories you eat, which may help you lose weight.

Blood cholesterol

Cholesterol [koh-LESS-ter-awl] is a soft, waxy substance that carries digested fat from your liver to parts of your body. It helps build healthy cells that your body needs to work normally. Your liver makes all the cholesterol your body needs. This is called **blood cholesterol**.

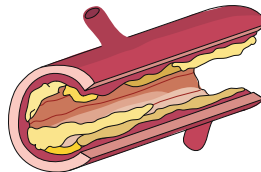
Dietary cholesterol is in many of the foods you eat, including red meat, chicken, turkey, seafood, milk, and eggs. Eating foods that are high in dietary cholesterol, saturated fats, and trans fats also can raise your blood cholesterol.

When you have too much blood cholesterol, it builds up in your arteries. This buildup, called **atherosclerosis** [ath-er-oh-skleh-ROH-sis], makes it harder for blood to move easily through the arteries. Eating foods low in cholesterol and saturated and trans fats can help prevent this buildup in your arteries. Check food labels to see how much cholesterol, saturated and trans fats are in each item. Aim to eat 200 milligrams or less of cholesterol, 15 grams or less of saturated fat, and zero grams of trans fats **per day**.



Healthy artery

A smooth, flexible artery carries blood easily from your heart to the rest of your body.



Unhealthy artery

Cholesterol, fat, and other materials narrow the artery and limit blood flow. This puts you at risk of heart attack, stroke, or other health

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Lipids

Cholesterol and fat travel through your bloodstream in packages called **lipoproteins** [lip-poh-PRO-teenz]. When your health care provider checks your lipid levels, you'll get information about low density lipoprotein, high density lipoprotein, and triglycerides [try-GLISS-ur-eye-dz]. Each of these types of lipoproteins affect your body differently.

- **Low density Lipoprotein (LDL)**, often called **bad cholesterol**, is a dense type of cholesterol that tends to stick to the walls of arteries. High levels of LDL increase your risk of heart disease, so you want your levels to be as low as possible.
- **High Density Lipoprotein (HDL)**, often called **good cholesterol**, carries LDL cholesterol from the arteries back to your liver. This prevents or slows the buildup of dangerous plaque. A high HDL level can lower your risk of heart disease. You want your HDL to be as high as possible
- **Triglycerides** are the most common form of fat in your blood. Triglycerides store unused calories and give you energy. Too many triglycerides in your bloodstream can cause heart disease, which increases your risk for heart failure and stroke.

LDL is affected by your diet, lifestyle, and family health history (heredity).

HDL is affected by heredity, diet and lifestyle — especially exercise and weight reduction if overweight or obese.

Triglycerides are greatly affected by your diet, lifestyle, and heredity.

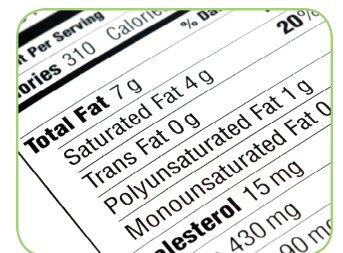
Fats

Your body needs some fat to run smoothly. But fat can also affect your cholesterol levels. Controlling how much fat you eat — as well as the types of fat you eat — can improve your cholesterol levels. Replacing cholesterol, saturated fat, and trans fats in your diet with polyunsaturated and monounsaturated fats will help lower your cholesterol and triglyceride levels, and risk of heart disease.

Types of fat

There are 4 types of fat — 2 healthy fats and 2 unhealthy fats.

- **Saturated fats** are an **unhealthy** type of fat. They are mostly found in foods that come from animals, such as meat, milk, butter, and cheese. They are also found in some tropical fruits and oils, such as coconut, palm, and palm kernel oils. An easy way to know if a fat is a saturated fat is to see **if it stays solid even at room temperature. Eating foods high in saturated fats increases bad (LDL) cholesterol and triglycerides.** Check all food labels and don't eat more than to 12 to 15 grams of saturated fat per day.
- **Unsaturated fats are the healthiest type of fats.** They remain liquid at room temperature. Eating foods high in unsaturated fats can help lower bad (LDL) cholesterol levels and your risk of heart disease. There are 2 basic types of unsaturated fat: **monounsaturated** and **polyunsaturated**.



Amount Per Serving	Calories	% Daily Value
Total Fat	7 g	14%
Saturated Fat	4 g	8%
Trans Fat	0 g	0%
Polyunsaturated Fat	1 g	2%
Monounsaturated Fat	0 g	0%
Cholesterol	15 mg	30%
	430 mg	86%
	90 mg	18%



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Types of Fat (continued):

- **Monounsaturated fats** come mostly from plants. Examples include olive, canola, and peanut oils.
- **Polyunsaturated fats** also come mostly from plants but are also found in some fish like salmon and tuna. They **can also help lower your blood cholesterol** but should only account for 10% of your daily calories.
- **Omega-3 fatty acids** are a specific type of polyunsaturated fat that can help lower blood cholesterol and your risk of heart disease, as well as reduce inflammation. In high doses they may help lower your levels of triglycerides. Omega-3 fatty acids are found mostly in fatty fish, such as tuna, salmon, and trout as well as some plants, such as walnuts and flax seeds. Ask your doctor if you should take a supplement with Omega-3 fatty acids. Many food products have added Omega-3 fatty acids. Some examples include eggs, milk, chicken, and juice.



To lower triglycerides

Triglycerides are the most common form of fat in your blood. They store unused calories and provide you with energy. However, high levels of triglycerides can increase your risk of heart disease and stroke. The amount of triglycerides in your blood is mostly determined by the kinds of foods you eat, your lifestyle, and heredity. To lower triglycerides:

- Eat less saturated and trans fats and eat more polyunsaturated and monounsaturated fat instead.
- Choose whole grains, such as brown rice, whole wheat pasta, and whole wheat bread instead of white refined grains such as white rice, white pasta, and white bread.
- Avoid eating foods with added sugars, such as sodas, sugar-sweetened drinks, sweets, and desserts.
- Eat oily fish, such as salmon, trout, albacore tuna, sardines, or herring once or twice each week.
- Drink alcohol only in moderation. This means no more than 1 drink per day for women, and 2 drinks per day for men (see picture below).

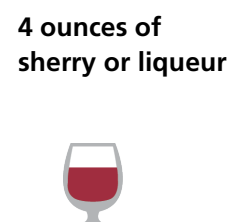
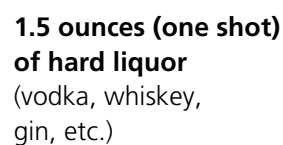
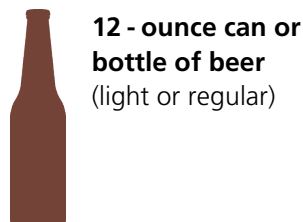
Do you have Diabetes?

People with poorly controlled diabetes tend to have higher levels of triglycerides. If you have diabetes, you can lower your triglyceride levels by sticking to your diabetic diet more closely.

Your body uses triglycerides for energy, so eating fewer calories and exercising more will also help lower your triglyceride levels.

Have no more than 1 drink a day for a woman or 2 drinks a day for a man.

What is 1 drink? Each of these counts as 1 drink:



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Sodium

Sodium (salt) helps your body balance fluid levels, but **too much sodium can increase your blood pressure**. High blood pressure can lead to heart disease or stroke, but the risk is greater in combination with high cholesterol. Less sodium means less fluid in your body, and a lighter workload for your heart. A low-sodium diet, along with lowering your cholesterol and triglycerides, will help lower your risk of heart disease and stroke. This means eating no more than 2300 milligrams (mg) of sodium per day if you have high blood pressure or 1500 mg per day if your blood pressure is not well-controlled or if you have heart failure.

Avoid adding salt to your food at the table, and don't eat highly-salted foods or food preserved in salt (cured). Many convenience, fast food, and restaurant meals are very high in sodium. Strictly limit eating all fast foods and restaurant meals and choose low-sodium options when available. Skip the salt and try seasoning your food with spices, herbs, lemon, lime, or orange juices, and specialty vinegars instead.




General guidelines

- **Limit red meats (beef, pork, and lamb)** to 3 to 6-ounce portions, and only once a week. Substitute white meats like turkey or chicken, or meatless alternatives, such as soy, lentils, and **legumes** [lay-GOOMZ].
- **Eat 4 ounces of fish at least twice each week.** Fish, especially oily fish such as salmon and tuna, contain omega-3 fatty acids, which can lower the risk of heart disease.
- **Eat shellfish and marine animals.** They are low in fat and have little or no effect on the blood cholesterol. Don't deep fry them and avoid eating them with butter or cream sauce.
- **Eggs.** If you have high cholesterol, diabetes, had a stroke or have heart disease, limit whole eggs to 2 to 3 per week.
- **Limit the salt in your food.** Avoid "lite" salt, which still contains salt. You can add a small amount of salt to your food while cooking but limit it to $\frac{1}{4}$ teaspoon per pound of meat and up to $\frac{1}{8}$ teaspoon per serving. Salt substitutes may be a good alternative but limit the amount you use because they can cause food to taste bitter. Check with your doctor before using salt substitutes because they contain potassium.
- **To lower your salt intake,** experiment with other herbs and spices to add flavor to your meals.
- **Limit sweets,** such as candy, desserts, bakery items, sugar sweeteners for coffee or tea, and sugar-sweetened beverages to 3 to 5 servings or less per week.
- **Include generous portions of vegetables** (raw, cooked, and salads).
- **Choose fresh fruits, dried fruits with no added sugar, canned fruit packed in its own juice,** and limit juice to 4 ounces ($\frac{1}{2}$ cup) of 100% fruit juice daily.
- **Choose whole grain and high-fiber foods.**
- **Include nonfat or low-fat dairy products** (milk, yogurt, and cheese).
- **Include a variety of healthy, unsaturated fats** such as those found in unsalted peanuts, nuts, and seeds, natural peanut butter or other nut butters, black olives, avocados, and liquid oils. Choose soft, tub margarines, low-fat mayonnaise, and light salad dressings.


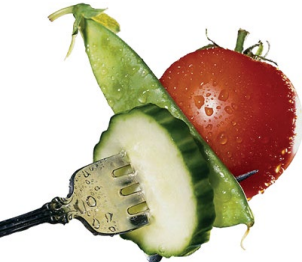

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FOOD GROUPS	FOODS RECOMMENDED	FOODS TO AVOID
<p>Milk and milk products</p> <p>One serving equals:</p> <ul style="list-style-type: none"> • 1 cup • 1 cup plain yogurt • 1.5 ounces of cheese 	<ul style="list-style-type: none"> • Milk: Limit to 2 to 3 cups of milk daily <ul style="list-style-type: none"> – Milk: 1% or skim, nonfat dry, evaporated skim; buttermilk (made from skim and limited to ½ cup per week) – Fat-free half & half – Unsweetened soy, fortified rice, or almond milk – Chocolate milk made with skim and cocoa powder • Yogurt and frozen yogurt: nonfat or low-fat • Cheese: Limit to 1 serving per day as it is high in sodium <ul style="list-style-type: none"> – 1%, 2%, or dry curd cottage cheese, and fat free (label should read 0 grams fat per ounce) – Cheese and milk with 3 to 5 grams of fat per ounce can be substituted for meat (1 ounce cheese = 1 ounce meat) 	<ul style="list-style-type: none"> • Whole and 2% milk, and products made from them • Chocolate, malted, evaporated, or condensed milk, cream, and half & half • Whole-milk yogurt • Regular cottage cheese • Any regular cheese (with more than 3 grams of fat per ounce) like cheddar, Swiss, or American
<p>Breads, cereals, grains, and starchy vegetables</p> <p>4 to 6 servings</p> <p>One serving equals:</p> <ul style="list-style-type: none"> • 1 slice bread • 6 crackers • 1 cup cold cereal • ½ cup hot cereal • 3 cups popped popcorn • 1 roll or muffin • 1 pancake (6-inch) • 1 waffle • 1 small or ½ cup cooked potato or stuffing • ½ cup rice or pasta <p>Avoid refined carbohydrates and look for foods with a higher fiber content (3gm of fiber or more per serving)</p>	<ul style="list-style-type: none"> • Whole grain and cereals including bagels, English muffins, and hard rolls with 3 gm or more of fiber per serving • Unsalted fat-free crackers, rye or rice wafers, Melba toast, and bread sticks • Air popped popcorn, unsalted pretzels • Homemade breads and cereals: muffins, pancakes, French toast, waffles, and quick breads made with whole wheat flour, whole egg or egg whites, skim or 1% milk, and liquid oil. • Quinoa, whole wheat couscous, wheat berries, farro, amaranth, polenta, spelt, kamut • Potatoes or sweet potatoes • Homemade stuffing made with recommended ingredients • Whole grain spaghetti, noodles, and other pastas • Brown, wild or black rice 	<ul style="list-style-type: none"> • Any breads, rolls, or crackers with visibly salted tops • Pretzels, chips, or any • salty snacks • Egg breads, butter rolls, • popovers • Regular snack, cheese, or • butter crackers, or any crackers with fat • Commercial granola cereals, biscuits, muffins, doughnuts, French toast, sweet rolls • Any commercial product containing egg yolks, whole milk, shortening, lard, palm or coconut oil, butter, or cream 



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<p>Fruits</p> <p>3 to 5 servings</p> <p>One serving equals:</p> <ul style="list-style-type: none"> • ½ cup canned fruit or juice • 1 medium-size fruit (size of a tennis ball) • ¾ to 1 cup melon or berries 	<ul style="list-style-type: none"> • All fruits • Dried fruit with no sugar added • Canned fruit packed in its own juice • 100% fruit juices: limit to 4 ounces (½ cup) per day 	<p>None</p>
<p>Vegetables</p> <p>3 to 5 servings</p> <p>One serving equals:</p> <ul style="list-style-type: none"> • 1 cup raw leafy • ½ cup cut raw or cooked • ½ cup low sodium vegetable juice 	<ul style="list-style-type: none"> • Fresh and frozen vegetables • Low-sodium tomato or V-8 juice • Low-sodium canned vegetables, or canned vegetables drained and rinsed to remove most of the sodium 	<ul style="list-style-type: none"> • Vegetables that are fried, creamed, glazed, buttered, or covered in cheese • Vegetables that are salted, pickled, prepared in salt brine, or cooked with salty meat • Regular vegetable juices like V-8 or tomato juice • Sauerkraut
<p>Eggs</p> 	<ul style="list-style-type: none"> • Less than 2 to 3 egg yolks per week, including those used in cooking or baking • Egg whites or egg substitutes can be used as desired 	<p>More than 3 egg yolks per week</p>


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<p>Meats and meat substitutes</p> <p>3 to 6 ounces a day</p> <p>Limit red meat (beef, pork, & lamb) to 12 to 18 ounces (3 to 4 servings) per week.</p> 	<ul style="list-style-type: none"> Any lean, well-trimmed cuts of meat Lean beef: round, flank, sirloin tip roast, steak, tenderloin rump, veal; extra-lean ground hamburger or ground round (less than 93% fat) Lean pork: sirloin roast, tenderloin, and loin chops Lean lamb: leg of lamb Wild game: all but the organ meats Poultry: skinless chicken and turkey (remove the skin before cooking) Fish: scale fish (like trout, halibut, salmon, cod), water-packed and low sodium tuna or salmon Any shellfish within the recommended guidelines Luncheon meats or cold cuts with less than 3 grams of fat per ounce Legumes: substitute kidney beans, lentils, chickpeas, pinto beans, and black-eyed peas for meat Natural peanut butter or other nut butters: 2 tablespoons per serving 	<ul style="list-style-type: none"> Any fried meats Corned or chipped beef Beef: brisket, chili meat, kosher meat, prime cuts, marbled steak, pastrami, regular ground beef, rib eye steak Plate, short, spare ribs, or standing rib roast Pork: sausage, bacon, bratwurst, ground Boston (roast or steak), loin back ribs, shoulder arm, shoulder blade, ham (country or dry cure), salt pork, smoked pork hock, or canned deviled ham Any organ meats Veal breast Mutton or ground lamb meat Domestic duck, goose, or any pre-basted or pre-stuffed poultry Fish canned in oil, caviar, anchovies, sardines, or marinated herring Regular cold cuts, hot dogs, sausages, and pickled meats
<p>Soup</p> 	<ul style="list-style-type: none"> Low sodium varieties of: <ul style="list-style-type: none"> Broth, bouillon, or consommé Vegetarian bean, chicken noodle, minestrone, onion, tomato, vegetable, and split pea All homemade soups (fat-skimmed) made with recommended ingredients. 	<ul style="list-style-type: none"> Regular canned or dehydrated soup or bouillon. Soups made with whole or 2% milk or cream

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<p>Fats and oils</p> <p>Limit to 3 to 5 servings a day, including fat used in cooking</p> <ul style="list-style-type: none"> • One serving equals: <ul style="list-style-type: none"> – 1 teaspoon oil or margarine – 2 teaspoons salad dressing – 1 tablespoon gravy or sauce – ¼ cup or 1 tablespoon avocado – 6 to 10 nuts – 1 tablespoon seeds, or nut butter – 1 teaspoon mayo dressing – 1 tablespoon lite mayo or mayo-type dressing – 1 tablespoon oil-based salad dressing – 2 tablespoon lite salad dressing – 1 tablespoon lite cream cheese – 5 black olives 	<ul style="list-style-type: none"> • 1 Polyunsaturated oils: safflower, sunflower, soybean, sesame, and corn • Monounsaturated oils: peanut, olive, or canola • Margarine labeled as trans-fat free with unsaturated oil listed as the first ingredient <ul style="list-style-type: none"> – Some good margarine choices are: Promise, Smart Balance, I Can't Believe it's not Butter, Brummel & Brown Yogurt Spread, and Blue Bonnet Lite Tub • Salad dressings made with recommended oils and ingredients • Cholesterol-free or lite mayonnaise, Miracle Whip, or any other fat-free products (limit to less than 1 tablespoon per serving – they are not calorie free) • Low-fat gravies and sauces made with recommended oils and/or skim milk); avoid packet mixes unless they are low sodium • Unsalted nuts, including walnuts, chestnuts, pine, pecans, almonds, beechnuts, peanuts, Brazil, cashews, pistachios, macadamia, and pumpkin or sunflower seeds <p>Note: All nuts and oils are high in fat and calories; count intake as part of fat servings</p>	<ul style="list-style-type: none"> • Cottonseed, palm oil, cocoa butter, and coconut oil • Lard, salt pork, bacon fat, or products containing animal and meat fat • Any solid shortening, and coconut or palm oil (frequently found in commercially prepared products) • Butter, sour cream, whipping cream, half & half, and regular margarine • Salad dressings with sour cream, cheese, or oil not recommended • Products with regular mayonnaise and Miracle Whip®, like salad dressings and sandwich spreads • Snack dips made with instant soup mixes or processed cheeses • Regular non-dairy creamers and whipped toppings containing coconut and palm oil • Gravies and sauces unless made with recommended ingredients • Coconut

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<p>Beverages</p> <p>Alcohol: One serving equals 12 ounces of regular beer, 5 ounces of wine, 1 ½ ounces of distilled spirits (whiskey, vodka, gin, etc.), 4 ounces sherry or liqueur</p>	<ul style="list-style-type: none"> • Tap or bottled water • Light lemonade or Crystal Light • Decaffeinated coffee, tea, and carbonated beverages (for caffeinated beverages, first check with your doctor). (Follow milk guidelines if you are adding creamer.) • Alcohol in moderation (high amounts can increase triglyceride levels) <ul style="list-style-type: none"> – Women: no more than 1 drink a day – Men: no more than 2 drinks a day 	<ul style="list-style-type: none"> • Water from water softeners (high in sodium) • Seltzer water (high in sodium) • Regular soda beverages, lemonade, KoolAid • Beverages made with whole or 2% milk, cream, or chocolate • Alcoholic beverages mixed with whole milk, cream, or ice cream
<p>Sweets</p> <p>3 to 5 or less per week</p> <p>Limit sweets to your discretionary calorie allowance</p>	<ul style="list-style-type: none"> • Hard candies, gumdrops, mints (not chocolate), licorice, candy corn, marshmallows, corn or maple syrup (avoid if it contains high fructose corn syrup), honey, jam, jelly, preserves (low sugar) granulated or brown sugar, molasses, and sugarless chewing gum 	<ul style="list-style-type: none"> • All sweets that contain high fructose corn syrup • Any chocolate, and candy with coconut, butter and butter syrups, or any other fats
<p>Desserts</p> <p>3 to 5 or less per week</p> <p>Limit desserts to your discretionary calorie allowance</p>	<ul style="list-style-type: none"> • Graham crackers, Fig Newtons®, animal crackers, gingersnaps, and angel food cake • Gelatin, sherbet, fruit ice, non-fat frozen yogurt and ice cream, fruit and juice bars, or popsicles • Pudding or custards made with skim milk and egg substitutes • Occasional homemade desserts made with recommended ingredients • Any dessert that contains 2 grams of fat or less per 100-calorie serving 	<ul style="list-style-type: none"> • Any desserts that contain high fructose corn syrup • Any desserts made with whole milk or eggs: cakes, cookies, pie, ice cream, ice milk, and pudding or custards
<p>Miscellaneous</p>	<ul style="list-style-type: none"> • Pepper, herbs, spices, flavorings, vinegar, lemon juice, or lime juice • Low sodium condiments, and seasoning mixes • Nonstick spray coatings • Unsweetened cocoa powder • Frozen (TV) dinners with less than: 300 calories, 10 grams of fat, and 500 to 650 mg of sodium 	<ul style="list-style-type: none"> • Convenience frozen dinners, meat pies, and frozen entrées • Catsup, chili sauce, BBQ sauce, prepared horseradish, prepared mustard, seasoning salts, and soy sauce • Pickles, relishes, Worcestershire sauce, meat sauces, MSG, and cooking wines

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Lowering fat, cholesterol, and salt in your diet

At the store:

- **Buy whipped or light tub margarine instead of hard stick margarine.** Soft margarine has less saturated fat than butter.
- **Don't buy margarines with partially hydrogenated oil** listed as the first ingredient on the label, and avoid margarines containing trans fats, such as stick margarines.
- **Purchase lean meats.** Most red meat contains fat. A “prime” grade contains the most fat, “choice” grade has less, and “good” grade has the least amount of fat and cholesterol.
- **Try a salad herb mix instead of nonfat salad dressing,** which is usually high in salt. A flavorful alternative is vinegar with lemon or orange juice, fresh basil, oregano, parsley, chives, and a couple of cloves of garlic.
- **Purchase nonfat, fat-free skim milk** products whenever possible.

When eating out:

- Ask to have your meal prepared without salt when possible.
- Consider ordering an appetizer instead of an entrée. Portions are usually smaller and may be lower in unhealthy fat and calories.
- Plan to eat $\frac{1}{2}$ of your main dish and take the other $\frac{1}{2}$ home with you.
- **Ask for your dressing on the side** so that you control the amount you eat.

When cooking:

The way you prepare foods can have a big impact on how healthy they are. Here are a few guidelines for heart-healthy cooking:

- **Broil meats on a rack rather than frying,** so the fat will drip off.
- **Steam, broil, bake or grill foods** whenever possible.
- **Trim all fat from meat before cooking.** This will prevent the meat from absorbing it. To enhance the flavor of low-fat cuts of meat, rub a salt-free seasoning blend on the meat. Spray a pan with oil and sear the meat on medium heat. Add a bit of water or salt-free broth to the pan until it just touches the meat. Cover the pan, turn the temperature down to low, and finish cooking.
- **When cooking with ground beef,** reduce fat further by using a $\frac{1}{4}$ pound or less of beef per person, and **drain the fat** after cooking. If you brown the ground beef before adding it to a sauce or casserole, you can rinse it in a colander with hot water.
- If you must fry, **use an air fryer,** or nonstick cooking spray and nonstick cookware instead of oil.



Remember: fat-free does not mean calorie-free!

Fat-free products can contain the same number of calories as the regular versions. If you are trying to lose or maintain your weight, be aware of the amount of calories you are eating and of the extra amounts of calories in foods labeled as “fat-free.”

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- **Use liquid oil** instead of butter, margarine, or shortening.
- **Sauté or stir-fry vegetables** in chicken, vegetable, or beef stock that has had the fat removed. Or, use low-salt bouillon or water.
- **Remove the skin from poultry before cooking.** Much of the fat comes from the skin.
- **Refrigerate a soup or stew so the fat will rise to the top and harden.** You can easily scoop off the fat, then reheat the soup before serving. This also works on canned foods. Refrigerate the can before opening, remove the fat, then cook as normal.
- **Add a few ice cubes to gravy.** The fat will cling to the ice, making it easier to remove.
- **Puree cooked vegetables** and use the puree to thicken soups and stews instead of a roux [roo] (a mixture of butter or oil and flour).
- **Make creamy soups using nonfat powdered milk.** Mix with just enough liquids to dissolve the powder.
- **Substitute light mayonnaise, low-fat or nonfat sour cream, or nonfat or plain yogurt for salad dressing** in recipes.



Modifying recipes

With a little creativity and planning, most recipes can be made heart-healthy — often with little or no change in taste or texture. To lower the fat, cholesterol, and sodium in your favorite recipes, check the ingredient list, identify any ingredients you need to avoid or reduce, and apply one of these methods

1. **ELIMINATION.** If the ingredient isn't essential — and it's high in cholesterol, fat, or salt — don't use it. For example, you can leave the salt out of many recipes and still have good results.
2. **REDUCTION.** If possible, use less of an ingredient. Many recipes will still turn out beautifully if you use less sugar, fat, or oil. Aim to reduce sugar in recipes by $\frac{1}{4}$ to $\frac{1}{2}$.
3. **SUBSTITUTION.** Here's your chance to be truly creative: what ingredient substitutions can you make to produce healthier dishes? The tables that follow offer a few tried-and-true food substitutions.

This handout is intended for use during an appointment with a registered dietitian only and is not meant for use by other clinicians.

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INSTEAD OF THIS INGREDIENT	TRY THIS SUBSTITUTE
1 cup butter	<ul style="list-style-type: none"> • ½ to 1 cup margarine with a liquid oil (unsaturated) as the first ingredient • Alternative spreads such as hummus, natural peanut butter or other nut butters, or avocado
1 cup lard	<ul style="list-style-type: none"> • ½ to 1 cup vegetable oil (olive, canola, safflower, corn, soybean or sesame oil)
1 cup shortening	<ul style="list-style-type: none"> • ¾ cup oil, especially for cookies and breads (this will make it crispier) • 1 cup applesauce or pureed pumpkin, avocado, or banana especially for cakes, muffins, and quick breads (food will be moister)
1 cup whole milk or evaporated milk	<ul style="list-style-type: none"> • 1 cup skim or 1% low fat milk • Nonfat powdered milk, reconstituted • 1 cup plain low-fat soy milk or rice milk • 1 cup evaporated skim milk
1 cup cream	<ul style="list-style-type: none"> • 1 cup evaporated skim milk
1 cup shredded cheese or cottage cheese	<ul style="list-style-type: none"> • ½ to 1 cup lower fat cheese products (Alpine Lace®, Free N' Lean®) or low-fat ricotta • ¼ cup very sharp cheese <p>½ cup low fat cottage cheese mixed with ½ cup lower-fat or regular cheese in casseroles</p>
1 tablespoon salad dressing or mayonnaise	<ul style="list-style-type: none"> • ½ to 1 tablespoon low-calorie salad dressing • 1 tablespoon light or low-fat mayonnaise
1 cup whipping cream	<ul style="list-style-type: none"> • Non-fat or low-fat vanilla flavored yogurt • Beat ¼ cup ice water with ¼ cup non-fat milk powder until thick (sprinkle powder into ice water to avoid lumps); then add ¼ teaspoon vanilla, ½ teaspoon lemon juice and ¼ cup sugar for a homemade substitute <p>NOTE: Non-dairy whipped toppings are available with high or low-fat content.</p> <ul style="list-style-type: none"> • Read the labels.

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INGREDIENT	SUBSTITUTION
1 whole egg	<ul style="list-style-type: none"> • 2 tablespoons egg whites • ¼ cup egg substitute
1 cup mayonnaise	<ul style="list-style-type: none"> • 1 cup nonfat or low-fat yogurt • ¾ cup plain low-fat yogurt mixed with ¼ cup or less low-calorie mayonnaise • 1 cup low-calorie imitation, light, or fat-free mayonnaise
1 ounce cream cheese	<ul style="list-style-type: none"> • 1 ounce Neufchatel cheese • 1 ounce lite or fat-free cream cheese • 1 ounce fat free ricotta cheese
1 cup sour cream	<ul style="list-style-type: none"> • 1 cup plain non-fat or low-fat yogurt • 1 cup lower fat or non-fat sour cream • 1 cup homemade mock sour cream: blend 1 cup low fat cottage cheese, 2 tablespoons buttermilk and ½ to 1 teaspoon fresh lemon juice in a blender until smooth
1 ounce baking chocolate	<ul style="list-style-type: none"> • 3 tablespoons cocoa powder plus 1 tablespoon oil
1 pound ground beef	<ul style="list-style-type: none"> • 1 pound or less of extra lean ground beef (93% lean) • 1 pound lean ground chicken or turkey breast • 1 pound tofu • 1 pound vegetables (for lasagna or pasta sauces, try zucchini or mushrooms)
1 teaspoon salt	<ul style="list-style-type: none"> • Allspice: stew, tomatoes, peaches, applesauce, gravies • Basil: fish, lamb, salads, Italian sauces • Cinnamon: fruits, pork, bread, sweet potatoes, squash, plain yogurt • Cumin: chili, stews, beans • Curry: lean meats, chicken, fish, tomatoes, sauces, rice • Dill: fish, chicken, vegetables, potatoes, salads, pasta • Garlic: lean meats, fish, poultry, soups, salads, vegetables, pasta dishes • Lemon or lime juice: fish, poultry, salads, vegetables, sauces • Nutmeg: potatoes, chicken, fish, cauliflower, broccoli, and cabbage dishes • Onion: lean meats, stews, vegetables, salads, soups, legumes • Oregano: sauces, Italian dishes, pizza, salads, vegetables • Paprika: fish, poultry, soups, salads, meats, sauces, baked potatoes, beans, • Rosemary: chicken, fish, lean pork sauces, stuffing, potatoes, peas, lima beans • Sesame seeds: salads, breads, chicken, vegetables, casseroles • Tarragon: sauces, salad dressings, marinades, vegetables, beets, chicken, fish • Thyme: lean meats, poultry, sauces, soups, peas, salads, tomatoes

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