

Recipe Smart Stand-Ins for Heart Healthy Cooking



Use the following tips to trim fat, cholesterol, and excess calories from your favorite recipes. Try adding spices to recipes instead of salt for added flavor.

If your recipe uses:

Try this instead:

Whole milk	Skim, ½%, or 1% milk
Cream	Evaporated fat-free (skim) milk, fat-free half-and-half
Whipped cream	Whip chilled evaporated skim milk or use low fat or fat free whipped topping.
Sour cream	Fat free sour cream, low fat yogurt, or blend 1 cup low fat cottage cheese with 1 Tablespoon skim milk and 2 Tablespoons of lemon juice (for tartness)
Mayonnaise	Low fat or fat free mayonnaise, fat free plain yogurt
Cream cheese	Reduced fat or fat free versions (do not use fat free for baking)
Ricotta cheese	1% cottage cheese, skim or nonfat ricotta
Whole-milk cheese (regular cheese)	Skim milk mozzarella or low fat cheese or reduced fat cheese
Butter, lard, shortening	Depending on the recipe, use canola or olive oil or margarine.
Stick margarine	Soft, tub, squeeze, or whipped margarine Reduced fat and fat free margarine are available. Whipped margarine cannot be used in baking. Reduced-fat and fat-free margarine cannot be used in baking or frying.
Oil (in baking)	Equal amount of applesauce or double the amount of plain yogurt



If your recipe uses:**Try this instead:**

1 whole egg	2 egg whites or equivalent egg substitute or 1 egg white and 2 teaspoons of oil
1 egg yolk	1 egg white
1 egg (as thickener)	1 Tablespoon flour
1 ounce of baking chocolate	3 Tablespoons of cocoa powder and (if fat is needed) 1 Tablespoon canola oil
Fudge sauce	Chocolate syrup
Nuts, coconut	Use fewer nuts and toast to enhance flavor. Dried fruit, such as raisins, dried cranberries, chopped dried apricot, can be a substitution for nuts or coconut.
Frosting	Meringue, lowfat or fat-free whipped topping, sifted confectioner's sugar, sifted cocoa powder, cream cheese icing made with confectioner's sugar and low fat cream cheese, fruit or jam
High fat cuts of meat labeled "choice" or "prime" grades	Leaner cuts of meat labeled as "select" grade, such as round, sirloin, top loin
Ground meat (all types)	Select ground meats with 10% or less "fat by weight"
Luncheon meats	Lowfat varieties, such as skinless turkey, chicken, or lean ham
Sausage	Ground turkey with 10% or less "fat by weight", veggie sausage
Bacon	Canadian bacon, turkey bacon, lean ham (use low fat varieties)
Avocado, olives, coconut, etc. for salad garnishes	Fruits and vegetables that are lower in fat, such as cucumber slices, orange slices, carrot curls, tomato roses
Salad dressings	Lowfat or fat-free commercial dressings or make dressing from oil, water, and vinegar or lemon juice
Cream soups	Defatted broths, broth-based or fat-free (skim) milk-based soups

