

Heart Healthy Food Substitutions

Eating healthy doesn't mean you can't enjoy your favorite foods. With a just few changes, you can make many recipes healthier without losing flavor. Try the ideas below for heart-smart eating.



Instead of this:

Whole or 2% milk and cream

Fried foods

White pasta

Lard, butter, palm and coconut oils

Fatty cuts of meat

One whole egg in a recipe

Creamy or butter-based sauces, salt

Hard cheeses, processed cheeses

Salted potato chips

Sour cream and mayonnaise

Cheese sauce on pasta

Try this:

1% or skim milk

Baked, steamed, broiled, grilled preparations

Whole wheat pasta

Unsaturated vegetable oils like corn, olive, canola, safflower, sesame, soybean, sunflower or peanut oil

Leaner cuts of meat like poultry, fish, pork and beef with extra visible fat trimmed off

Two egg whites

Season foods with herbs and spices

Reduced fat cheeses with lower salt per serving

Low-fat, unsalted tortilla and potato chips, unsalted pretzels and popcorn

Plain low-fat Greek yogurt, low-fat cottage cheese or low-fat sour cream

Pureed cauliflower



Sources
United States Department of Health and Human Services: mypyramid.gov
United States Department of Health and Human Services: healthfinder.gov
United States Department of Agriculture, Food and Nutrition Information Center (July 6, 2012): <http://www.nal.usda.gov/fnic>
United States Department of Agriculture: nutrition.gov

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