

# How Do I Change Recipes?

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

Look for American Heart Association cookbooks wherever books are sold.



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## How can I substitute low-saturated-fat ingredients?

Whole Milk (1 cup) = 1 cup fat-free or nonfat milk + 1 Tbsp. unsaturated oil.

Heavy Cream (1 cup) = 1 cup evaporated fat-free milk or ½ cup low-fat yogurt and ½ cup plain low-fat cottage cheese.

Sour Cream = Low-fat cottage cheese plus low-fat or nonfat yogurt. Fat-free sour cream is also available.

Cream Cheese = 4 Tbsp. margarine blended with 1 cup dry low-fat cottage cheese. Add a small amount of fat-free milk if needed.

Butter (1 Tbsp.) = 1 Tbsp. polyunsaturated margarine or ¾ Tbsp. polyunsaturated or monounsaturated oil. Use 1¼ Tbsp. margarine for 1 Tbsp. oil.

Shortening (1 cup) = 2 sticks polyunsaturated margarine (choose margarine low in trans fat or trans fat free).

Eggs (1 egg) = 1 egg white plus 2 tsp. of unsaturated oil, or use a cholesterol-free egg substitute.

Unsweetened Baking Chocolate (1 oz) = 3 Tbsp. unsweetened cocoa powder or carob powder + 1 Tbsp. polyunsaturated oil or margarine. Carob is sweeter than cocoa, so reduce sugar in recipe by ¼.

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## How can I use vegetable oils?

Use liquid vegetable oils that have no more than 2 grams of saturated fat per tablespoon when cooking requires using fat.

For example:

- To brown lean meats and to pan- or oven-fry fish and skinless poultry.
- To sauté onions and other vegetables for soup.

- In sauces and soups made with fat-free milk.
- In whipped or scalloped potatoes.
- For popping corn.
- In casseroles made with dried peas or beans.
- When cooking dehydrated potatoes and other prepared foods.

## How can I reduce sodium?

Eating more sodium (salt) than the body needs can lead to high blood pressure in some people. People with high blood pressure are more likely to develop heart problems or have a stroke.

- Limit salt in cooking.
- Use herbs and spices instead of salt.

- When using canned vegetables, drain the liquid and rinse them in water before cooking.
- Read food labels carefully, watching for sodium in the ingredient list.

## How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721) or visit [americanheart.org](http://americanheart.org) to learn more about heart disease.

3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit [StrokeAssociation.org](http://StrokeAssociation.org).

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so Learn and Live!

## Do you have questions or comments for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your doctor. For example:

What about eating out?

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