Create a Healthy Heart!

We can’t live without FAT but most of us consume too much of it for our own good. Below are helpful hints to reduce fat in your cooking and in your favorite food choices without feeling deprived.

If you use: Substitute with:

Lard or Shortening Olive oil or canola oil

Oil Applesauce or fruit purees

Butter Non-stick cooking spray

Yogurt or Sour Cream Low-fat or fat free

Whole or 2% Milk Skim Milk

Baking Chocolate Square Cocoa Powder

Whipping Cream Half & Half, low-fat milk

Cottage Cheese Ricotta or Fat-free Cottage Cheese

Cheese Low-fat Mozzarella or Less amount of Sharp Cheese

Cream Cheese Neufchatel Cheese, Low Fat, Whipped

Egg 2 Egg Whites or Egg Substitute

Salt Herbs – Imitation Salt

Salad Dressings Vinegars, Low or Fat-free Dressings, On Side

Mayonnaise Light, Yogurt or None

Luncheon Meats – Ham, beef Turkey, Chicken Breast

Chips and Fries Pretzels or Air-popped Popcorn

Crackers and Cookies Rice Cakes, Graham Crackers Fried Doughnuts Baked doughnuts

Ice Cream Sorbet, Low-fat Frozen Yogurt

Steak and Pork Chops Trim Fat, Grill, Bake

Greasy Foods Pat with a Paper Towel, Rinse

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_

Use alternatives or substitutes listed on your “Create a Healthy Heart” Information Sheet on the back to cut the fat in the following recipes. Write the substitutes in the “Heart Healthy Version” column:

**Cream Cheese Chocolate Brownies**

Regular Recipe Heart Healthy Version

¼ cup oil

¾ cup chocolate chips

2 (1 oz.) Unsweetened chocolate squares

4 oz. cream cheese

1 ½ cups sugar

1 cup flour

½ tsp. baking powder

½ tsp. vanilla

4 eggs

¾ cups chopped walnuts

**Creamy Princess Pasta**

Regular Recipe Heart Healthy Version

2 T. Butter

1 T. Minced Onion

4 oz. Mushrooms

1/8 Tsp. Salt

4 oz. Ham cut in thin strips

1 T. fresh Parsley

1 Lb. Penne Pasta

½ pt. Whipping Cream

1 C. grated Parmesan Cheese

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_

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