

CREATE A HEALTHY HEART

Directions: Select a recipe from a recipe book. Change the recipe to reduce its fat content by substituting ingredients from the following list. Write your new recipe.

If you use:

Lard or solid shortening

Butter

Whole yogurt or sour cream

Whole or 2 percent milk

Non-dairy coffee creamer

Whole milk mozzarella

Whole milk cottage cheese

Cream cheese

Hard cheese (Cheddar, Swiss)

Eggs

Salt

Boiled salad dressings

Mayonnaise

Oil-packed tuna

Bologna, salami, or luncheon meats

Baking chocolate

Potato chips or fried snacks

High-fat crackers

High-fat cookies

Doughnuts

Ice cream

Frosted cake

Substitute:

Non-stick spray, olive or canola oils

Tub margarine, butter-flavored sprinkles, or sprays.

Non-fat yogurt

1 percent or skim milk

Powdered non-fat milk

Part-skim mozzarella

Low-fat ricotta or cottage cheese

Neufchatel cheese

Low-fat versions of hard cheeses

Egg substitutes

Imitation salt or low-sodium herb blend

Reduced-calorie or oil-free salad dressings

Light mayonnaise (or none)

Water-packed tuna

Sliced turkey or chicken

Cocoa powder

Pretzels or air-popped popcorn

Soda crackers, bread sticks, or rice cakes

Graham crackers or gingersnaps

Bagels or English muffins

Ice milk, sherbet, sorbet, or low-fat frozen yogurt

Angel food cake