



Adapting & Changing Recipes

Using low-saturated fat, low-cholesterol recipes makes it easier to cook healthy 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 put in them.

High-Fat Food	Serving Size	Replacement Low-Fat Food(s)
Whole Milk	1 Cup	1 cup fat-free or non-fat milk + 1 Tbsp. unsaturated oil.
Heavy Cream	1 Cup	1 cup evaporated fat-free milk or ½ cup low-fat yogurt and ½ cup low-fat cottage cheese.
Sour Cream	—	Low-fat cottage cheese + low-fat-non-fat yogurt or fat-free sour cream.
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 Tablespoon (Tbsp)	1 Tbsp. polyunsaturated margarine or ¾ Tbsp. polyunsaturated or monounsaturated oil. Use ¼ 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 + 2 tsp. of unsaturated oil, or use a cholesterol-free egg substitute.
Unsweetened Baking Chocolate	1 Ounce	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.

Using 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.

Reducing Sodium

- Eating more sodium (salt) than the body needs can lead to high blood pressure in some people. Individuals with high blood pressure are more likely to develop heart problems or have a stroke.
- Limit salt during 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 and look for sodium listed as the first ingredient (if so, it's high in sodium).

Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
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	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Reading Food Labels

Always read the food labels and make sure that you aren't bringing home foods high in saturated fat and cholesterol! A general rule of thumb when grocery shopping is to spend more time in the outer aisles of the store where fresh foods are kept and spend less time in the middle aisles where packaged foods, snacks, and soft drinks are stocked.

Now days, most foods in grocery stores must have a nutrition label and list of ingredients. Claims like "low cholesterol" and "fat-free" can be used only if a food meets legal standards set by the government. The "Nutrition Facts" label contains this information.

Label Item	Facts
Serving Size	Most important part of the label! If you eat double the serving size listed, you need to double the calories, fat, and nutrients. If you eat half the serving size shown, cut them in half.
Calories	Mostly helpful to know if you're cutting calories to lose weight.
Total Fat	Most people need to cut back on fat! Too much fat may contribute to heart disease and cancer. The label gives you the number of grams of fat per serving (so you can track your daily intake) and the number of calories from fat. If you are overweight or trying to lose weight, your goal is an overall intake of no more than 25 to 35 percent of your total calories from fat, with less than 7 percent as saturated fat and less than 1 percent as trans fat.
Saturated Fat	This is one part of the total fat in food. It's a key nutrient for raising your blood cholesterol and your risk of heart disease and stroke. Eat less saturated fat!
Cholesterol	Too much of it in your diet may lead to too much of it in your blood and too much cholesterol in your blood can lead to heart disease and stroke. It's best to eat less than 300 mg each day. People with heart disease, high LDL cholesterol levels or who are taking cholesterol medication should consume less than 200 mg of cholesterol per day.
Sodium	Watch out for both natural and added sodium. Ordinary table salt is sodium chloride—40 percent sodium by weight. Healthy adults should take in less than 2,300 mg of sodium each day, which is equal to about 1 tsp. of salt. African Americans, middle-aged and older adults, and people with high blood pressure—need less than 1,500 mg per day.
Total Carbohydrate	Emphasize fruits and vegetables, and whole-grain breads and cereals.
Dietary Fiber	Fruits, vegetables, whole grains, peas, and beans are good sources of fiber and can help reduce the risk of heart disease.
Protein	Where there's animal protein, there's also fat and cholesterol. Eat small portions.
Vitamins and Minerals	Eating a variety of foods will help you reach your daily goal of 100 percent of Vitamin A, Vitamin C, Calcium and Iron.
Daily Value	The daily values are guides for people who eat 2,000 calories each day. If you eat more or less than that, your daily value may be higher or lower. Choose foods with a low % daily value of fat, saturated fat, cholesterol, and sodium. Try to reach 100 percent of the daily fiber, vitamins, and minerals.