

**M**any recipes can be made healthier by switching to low or no-fat ingredients. Try to use the substitutions in this brochure next time your in the kitchen.

**Y**ou can improve your snacking by switching to snacks low in trans-fat and/or saturated fat.

**W**hen you go out to eat try to step out of your comfort zone and try something new! Lots of restaurants now have symbols on their menu denoting which foods are healthier choices. If the restaurant you are at does not have this information, don't sweat it! Just remember the following tips to make the healthiest choice when ordering.

**B**usy lives make it hard to always get a home-cooked, balanced meal. Sometimes you will be running behind or in a hurry and will resort to a fast food quick-fix. Just remember you can still make healthier choices in the drive-thru!



298 Memorial Drive  
Seneca, SC 29672  
[www.oconeemed.org](http://www.oconeemed.org)

# Heart Healthy Substitutions

A guide to help you swap recipe ingredients, snack foods, and restaurant items for healthier options to help improve heart health & cut pounds.

**OMC Wellness Center**

Tel: 864.885.7654

## Substitutions for...

Recipes	
When recipes call for...	Use this instead...
Whole milk (1 cup)	1 cup fat-free or low-fat milk, plus one tablespoon of liquid vegetable oil
Heavy cream (1 cup)	1 cup evaporated skim milk or 1/2 cup low-fat yogurt and 1/2 cup plain low-fat unsalted cottage cheese
Sour cream	Low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream
Cream cheese	4 tablespoons soft margarine (low in saturated fat and 0 grams <i>trans</i> fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk if needed
Butter (1 tablespoon)	1 tablespoon soft margarine (low in saturated fat and 0 grams <i>trans</i> fat) or 3/4 tablespoon liquid vegetable oil
Egg (1)	2 egg whites; or choose a commercially made, cholesterol-free egg substitute (1/4 cup)
Unsweetened baking chocolate (1 ounce)	3 tablespoons unsweetened cocoa powder or carob powder plus 1 tablespoon vegetable oil or soft margarine; since carob is sweeter than cocoa, reduce the sugar in the recipe by 25%

Snacking	
Instead of...	Enjoy...
Fried tortilla chips	Baked tortilla chips (reduced sodium version)
Regular potato or corn chips	Pretzels or low-fat potato chips (reduced sodium version)
High-fat cookies and crackers	Fat-free or low-fat cookies, crackers (such as graham crackers, rice cakes, fig and other fruit bars, ginger snaps and molasses cookies)
Regular baked goods	Baked goods, such as cookies, cakes and pies, and pie crusts made with unsaturated oil or soft margarines, egg whites or egg substitutes, and fat-free milk
Devil's food cake	Angel food cake
Ice cream bars	Frozen fruit bars
Pudding made with whole milk	Pudding made with fat-free or low-fat milk
Ice cream	Sherbet, ice milk or frozen, fat-free or low-fat yogurt
Doughnut	Bagel or toast



High-Fat Restaurant Items	
Instead of...	Try...
Cream-based soups	Broth-based soups with lots of vegetables
Quiche and salad	Soup and salad
Buffalo chicken wings	Peel-and-eat shrimp
Bread, muffins, croissants	Melba toast, pita bread, whole-grain rolls
Fried chicken sandwich	Grilled chicken sandwich
Chicken fried steak	Veggie burger
French fries	Baked potato, brown rice, steamed vegetables
Potatoes and gravy	Potatoes without gravy, baked potato
Creamy coleslaw	Sautéed vegetables, steamed vegetables or tossed salad
Hot fudge sundae or ice cream	Nonfat yogurt, sherbet or fruit ice
Fast Food Restaurants	
Danish	Small bagel
Jumbo cheeseburger	Grilled chicken sandwiches, sliced meat sandwiches or even regular hamburger on a bun with lettuce, tomato & onion.
Fried chicken	Grilled chicken & side salad; grilled chicken sandwich
French fries	Bake potato with low-fat sour cream or margarine on side