

Healthy Cooking Tips

KEEPING THE “HEART” IN YOUR FAVORITE RECIPES

With a few changes, you can keep the heart in family favorites and add the health. Here's how:

Dairy Products

- Cook with lowfat, fat free, nonfat dry, or evaporated fat free milk.
- Bake or cook with 3 egg whites and 1 egg yolk, instead of 2 whole eggs. Or use 2 egg whites or $\frac{1}{4}$ cup of egg substitute, instead of 1 whole egg.

Spices and Flavorings

- Use a variety of herbs and spices in place of salt, and choose low-sodium bouillon and broths.

Oils and Butter

- Use cooking oil spray to lower fat and calories.
- Use a small amount of vegetable oil, instead of lard, butter, or other fats that are hard at room temperature.

Meats and Poultry

- Choose lean cuts of meat and remove any visible fat.
- Remove skin from chicken and other poultry before cooking.

Sandwiches and Salads

- Use fat free or lowfat dressing, yogurt, or mayonnaise.
- For salad dressing, use equal parts water and vinegar, and half the oil.

Soups and Stews

- Remove fat from homemade broths, soups, and stews by preparing them ahead and chilling them. Before reheating, lift the hardened fat off the surface.

Breads

- Make muffins, quick breads, and biscuits by using no more than 1-2 Tbsp of fat for each cup of flour.
- For muffins or quick breads, use 3 ripe, well-mashed bananas, instead of $\frac{1}{2}$ cup butter or oil. Or, substitute a cup of applesauce for a cup of butter, margarine, oil, or shortening.

Desserts

- Make a pie crust with only $\frac{1}{2}$ cup margarine for every 2 cups flour. Use soft margarines (liquid or tub types).
- For chocolate desserts, use 3 Tbsp of cocoa for every ounce of baking chocolate. If you need to replace the fat in chocolate, add up to 1 Tbsp of vegetable oil.
- Make cakes and soft-drop cookies by using no more than 2 Tbsp of fat for each cup of flour.

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