

Heart Healthy Recipe Substitutions

	INSTEAD OF	CHOOSE
Dairy Products	whole milk	skim milk, low-fat buttermilk (for baking), 1% milk, soy milk
	1 can evaporated whole milk	1 can evaporated skim milk
	heavy cream or half-and-half	evaporated skim milk, fat-free half and half
	1 can sweetened condensed milk	1 can fat-free sweetened condensed milk
	whipping cream	frozen whipped topping
	sour cream	low-fat sour cream, low-fat plain yogurt
	cream cheese	reduced-fat cream cheese, skim-milk ricotta cheese
	regular cheeses	reduced-fat cheeses made with 2% milk or skim milk, soy cheese
	whole-milk cottage cheese	skim-milk cottage cheese, skim-milk ricotta cheese
	whole-milk yogurt	low-fat plain yogurt, low-fat fruit flavored yogurt, low sugar fruit flavored yogurt
	whole-milk ricotta cheese	skim-milk ricotta cheese, skim-milk cottage cheese
Fats and Oils	vegetable oil for baking (works best for quick breads, muffins and some cakes)	less oil than what the recipe calls for, unsweetened applesauce, half unsweetened applesauce and half low-fat buttermilk, half unsweetened applesauce and half plain low-fat yogurt
	butter, shortening or margarine for baking (works best for cookies, pie crust)	less butter than what the recipe calls for, trans fat-free shortening or margarine, less trans fat-free shortening or margarine than what the recipe calls for
	vegetable oil for frying or sautéing	olive or canola oil, less olive or canola oil than what the recipe calls for, no-stick cooking sprays, low-fat, low-sodium chicken broth, wine, fruit juice
	regular mayonnaise	reduced-fat mayonnaise, plain low-fat yogurt
Sugars	white sugar	1/3 to 1/2 less white sugar than what the recipe calls for, Splenda, half white sugar and half Splenda
	brown sugar	1/3 to 1/2 less brown sugar than what the recipe calls for
	sugar	add cinnamon, nutmeg, cloves or allspice to provide a sweet flavor without adding sugar

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Fiber	all white flour	3/4 to 1/2 white flour and 1/4 to 1/2 whole-wheat flour, 3/4 white flour and 1/4 soy flour, whole-wheat pastry flour
	regular pasta, tortillas or white rice	whole-wheat pasta, whole-wheat tortillas or brown rice
		add 1/4 to 1/3 cup ground flaxseed to any baked product
		add 1/4 cup oat or wheat bran to any baked product
Sodium	salt	salt-free herbs and spices
	garlic salt	garlic powder
	soy sauce or ketchup	low-sodium soy sauce or low-sodium ketchup
	canned vegetables	low-sodium canned vegetables, fresh or frozen vegetables
Miscellaneous	nuts	fewer nuts than what the recipe calls for, toasted nuts
	one whole egg	2 egg whites, egg substitute equal to one egg
	chocolate chips	fewer chocolate chips
	regular gelatin and pudding mixes	sugar-free mixes



Expertise in Matters of the Heart