

Quick Tips for Heart-Healthy Cooking

To help reduce Total and Saturated fats:

- Avoid fried foods or battered deep-fried foods. Bake, grill, broil, steam, stir-fry or sauté more often, which are lower fat versions.
- Try low-sodium chicken broth for sauteing or stir-frying instead of oil. Add low-sodium chicken broth to mashed potatoes for extra flavor without added butter or milk fat, both of which are high in Saturated fat.
- Use no-stick cooking sprays for cooking eggs or sautéing.
- Avoid cooking or baking with shortening, regular margarine or butter; use olive oil, canola oil, less butter or trans fat-free shortening or margarine instead.
- Avoid cooking with lard or bacon grease, and trim visible fat from meats such as steak and pork chops to help keep your meals low in Saturated fat.
- Try light butter (which is half the fat and saturated fat of regular butter) as a butter flavored spread for toast, baked potatoes or vegetables.
- Try spray margarines or low-sodium Molly McButter to add flavor to air-popped pop corn.
- Try trans fat-free margarines that contain plant sterols, an added ingredient that reduces cholesterol by interfering with cholesterol absorption in the intestine.
- Cook meats so that the fat drips away from the meat such as with grilling or broiling - a cooking rack helps with this. Avoid cooking methods for meat that would allow the fat to be re-absorbed as the meat cooks.
- Use 90-95% lean ground meat for chili, pasta sauce, tacos or sloppy joes. Drain any fat after browning ground meat. Place browned meat between paper towels to remove additional fat. Place browned meat in a colander and rinse with hot water as another method to remove additional fat from ground meat.
- You can cook chicken or turkey with the skin on, but take the skin off before eating. **Avoid eating chicken or turkey skin.** Poultry does not absorb significant amounts of fat from the skin as it is cooking.
- Refrigerate homemade soups and broths and remove hardened fat from the top before reheating or freezing.

To help increase heart healthy Monounsaturated and Polyunsaturated fats:

- Use olive oil for medium and low heat cooking and canola oil for high heat cooking - these are both heart healthy Monounsaturated fats. Olive oil has a low smoke point and would smoke and burn with the high heat required for stir-frying.
- Use a small amount of olive or canola oil for sautéing and stir-frying (2 tablespoons or less) to help limit the amount of fat calories you add to the dish.

-
- Use natural peanut butter instead of regular peanut butter. Natural peanut butter has oil floating at the top of the jar. Don't pour off the oil, as it is heart healthy Monounsaturated fat, but mix it into the peanut butter. Natural peanut butter is a nice alternative to butter or margarine on toast.
 - For more variety, try other natural nut butters such as almond butter, cashew butter or soy nut butter.
 - Use avocados, guacamole and olives as condiments instead of other condiments high in saturated fat to add flavor to foods as the fats in these items are Monounsaturated. For example, use diced avocados or guacamole on a burrito instead of full fat cheese or sour cream - items high in Saturated fat.
 - Make your own vinegar and oil salad dressings with 1 part oil and 2-3 parts vinegar or 1 part oil, 1 part vinegar, and 1 part water. Use different vinegars for a variety of flavors. Add garlic or onion powder (not onion or garlic salt) dried herbs, black pepper, lemon juice, or Dijon mustard for additional flavors. Mix ingredients in a glass jar with a tight fitting lid and shake vigorously to blend.

To help reduce Sodium:

- Make your own low-sodium chicken broth by boiling boneless, skinless chicken breasts or bones from a whole chicken. Refrigerate cooled broth and remove any fat that has hardened on top. Freeze in labeled plastic containers for larger portions or in ice cube trays for when you need just a small amount of chicken broth for seasoning.
- Try fresh or dried herbs, vinegars and citrus juices for added flavor to foods instead of salt.
- Low-sodium canned beans are a quick, convenient alternative to dry beans, which require time for soaking and cooking.
- Drain and rinse canned vegetables to remove excess salt then cook vegetables in fresh water.

To help increase fiber:

- To increase fiber, choose foods with 5gm fiber or more per serving. Aim for at least 2 higher fiber foods per meal and one per snack - such as beans, produce or whole grains.
 - Add oats to meatloaf or salmon patties instead of breadcrumbs.
 - Add 1-2 cans of unsalted beans or extra vegetables to soups, casseroles, pasta dishes and sauces.
-



Expertise in Matters of the Heart