



Lighten Up your Recipes

Use these simple substitutions to make your recipes heart healthy! Ingredients high in saturated fat can easily be substituted for light and tasty al-

When a recipe calls for . . .	Use
1 whole egg	<ul style="list-style-type: none"> • ¼ c. egg substitute OR • 2 egg whites
1 c. shortening or butter (baking)	<ul style="list-style-type: none"> • ¾ c. liquid oil OR • 1 c. margarine (2 sticks)
1 Tbsp. oil/butter (sautéing)	<ul style="list-style-type: none"> • 2 Tbsp. broth or wine OR • 1 tsp. oil with vegetable cooking spray and nonstick pan OR • light margarine
1 Tbsp. shortening or butter	<ul style="list-style-type: none"> • 2 tsp. liquid oil OR • 1 Tbsp. margarine/light margarine
1 square chocolate (1 oz.)	<ul style="list-style-type: none"> • 3 Tbsp. dry cocoa powder plus, ½ Tbsp. liquid oil
1 c. whole milk or cream	<ul style="list-style-type: none"> • 1 c. fat-free milk OR • 1 c. fat-free half-n-half
1 c. sour cream	<ul style="list-style-type: none"> • 1 c. nonfat yogurt OR • 1 c. nonfat/light sour cream
1 oz. cream cheese	<ul style="list-style-type: none"> • 1 oz. low-fat cottage cheese (blended) OR • 1 oz. fat-free/light cream cheese
¼ c. oil (in baking mixes, brownies, etc.)	<ul style="list-style-type: none"> • 2 Tbsp. oil plus 2 Tbsp. nonfat yogurt OR • ¼ c. applesauce, mashed banana, strained fruit (baby food), pureed or strained prunes, or nonfat yogurt
1 Tbsp. mayonnaise	<ul style="list-style-type: none"> • 1 Tbsp. fat-free/light mayonnaise OR • 2 Tbsp. nonfat yogurt
Bacon	<ul style="list-style-type: none"> • Canadian bacon OR • Lean ham
Ground Beef	<ul style="list-style-type: none"> • Extra-lean ground beef OR • Lean ground turkey or chicken
Sausage	<ul style="list-style-type: none"> • Lean ground turkey OR • 95% fat-free sausage

Adapted from *The Cooper Clinic Solution to the Diet Revolution* by Georgia G. Kostas, 2001