

5 SIMPLE **HEART-SMART** SUBSTITUTIONS

Making heart-healthy food choices doesn't mean you have to sacrifice flavor. The key is to include more fresh produce, whole grains, beans, lean meats, fish and low-fat dairy.

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1 Choose lean meats – or go meatless

Lean meats and meat substitutes have less fat and are better for your heart.

When selecting and cooking lean meats:

- Remove the skin from chicken and turkey before serving.
- Choose lean cuts of pork, such as tenderloin or loin chops.
- Look for beef cuts labeled "choice" or "select."
- Avoid marbled cuts of beef, or cuts marked "prime."
- Cut off visible fat before cooking.
- Instead of frying, bake, roast, broil or stir fry meat.
- If excess fat pools in the pan, pour it off before serving the meat.

Try meat substitutes with your meals:

- Beans are great in soups, salads and over rice.
- Nuts liven up salads, stir-fried meals and vegetables.
- Eggs make great dinners, as omelets and frittatas.
- Mushrooms add a meaty texture to sauces, casseroles and stroganoffs.
- Tofu goes well with curries and stir-fried dishes.
- Eat more fish, especially fish that are high in omega-3 fatty acids. This includes herring, sardines, salmon, tuna, trout and mackerel.

Tip: Prepare meat as just a part of the meal, rather than the main attraction. For example, stir fry chicken with broccoli and serve over brown rice. Along with the meat, you get a serving of vegetables and a whole grain.

2 Replace saturated fats

Whole-fat dairy products are high in saturated fat, but there are simple ways to reduce the amount of fat in your dairy:

- **Instead of butter, cook with olive, canola, corn or safflower oils.**
- **Replace heavy cream with evaporated skim milk.**
- **Replace whole-milk cheese, yogurt and milk with low-fat versions.**

Tip: If a recipe calls for whole milk, you can usually replace most or all of the volume with skim or low-fat milk with no reduction in final quality.



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3 Cook with whole grains

White flour, white rice and other refined grains have been stripped of their nutrients. You often find them in foods that are high in sugar, sodium and fat.

On the other hand, whole grains are loaded with fiber and nutrition. They can help lower cholesterol in your blood and make you feel full longer. As you shop for food, read labels for fat and sugar content. Be on the lookout for:

- Whole grain breads, cereals and crackers that list whole wheat as the first ingredient on their labels
- Whole wheat flour instead of white flour
- Brown or wild rice instead of white rice
- Whole wheat barley
- Oatmeal
- Other grains such as quinoa, amaranth, buckwheat and millet



4 Prepare foods with little or no salt

To cut back on salt, stock your kitchen with low- or no-salt prepared sauces, soups, canned foods or mixes. Instead of salt, season your food with:

- Orange, lemon or lime juice
- Spices and herbs
- Vinegar
- Salt-free herb blends



5 Cut back on sugar

Too much sugar in your diet typically means many calories without many nutrients. To keep your weight in check and your heart healthy, limit the sugar you eat:

- Cut sugar in recipes by one third or more. You often will not notice a difference.
- In recipes, use unsweetened applesauce in equal amounts in place of sugar.
- Use ginger, allspice or cinnamon in oatmeal.
- Limit consumption of sugar-added beverages such as sweet teas, sports drinks and sodas.

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