

Wellness Culture

February Observance: Heart Health

Key Information: You can make many of your favorite recipes heart healthy, by using lower-fat or no fat ingredients. These healthy substitutions can help you cut down on saturated fats, *trans* fats and cholesterol, while noticing little, if any, difference in taste. It is a great way to have your cake and eat it, too!

When a recipe calls for....

Whole Milk (1 cup)

Use this instead....

1 cup of fat-free or low-fat milk, + 1 Tbsp. of liquid unsaturated oil (i.e. safflower, canola or olive).

Heavy Cream (1 cup)

1 cup evaporated skim milk or $\frac{1}{2}$ cup low-fat yogurt and $\frac{1}{2}$ cup plain low-fat unsalted cottage cheese (puree in food Processor/blender). 1 Tbsp. flour or 1 tsp. of cornstarch whisked into 1 cup of non-fat milk.

Whipping Cream

Evaporated skim milk, chilled 12 hours + 1 Tbsp of lemon juice whip until stiff.

1 Large Egg

2 egg whites or $\frac{1}{4}$ cup of egg substitute per egg.

Butter for Baking

Replace 2/3 of the amount of oil with unsweetened applesauce, pureed fruits, pureed vegetables or plain yogurt. You will need to experiment with each recipe.

Unsweetened Baking
Chocolate (1oz)

3 Tbsp unsweetened cocoa powder or carob powder + 1 Tbsp. unsaturated oil or margarine. Carob is sweeter than cocoa, So reduce sugar in recipe by $\frac{1}{4}$.

Other Tips to Trim the Fat: Cutting Saturated fat & Cholesterol.

- Buy extra-lean ground beef/pork; remove skin from chicken.
- Grill, bake or broil meats.
- Use fresh herbs, and seasonings in place of fat.
- Steam or grill vegetables.
- Substitute regular mayonnaise with fat-free or light or use a combination of both.
- Use a non-stick cooking spray or broth in place of butter when frying.

Action Steps Made Easy:

1. Choose 1-2 of your favorite recipes and prepare them with low-fat substitutions this week. Make sure to note substitutions and review overall taste.
2. Choose 2-3 tips from above to trim the fat from your diet.
3. Check out low fat recipe websites for other suggestions and tips in reducing fat (lowfatweekly.com, recipes.com, cookinglight.com).

Life Impact: Eat to live and not to eat.

Resources: www.americanheart.org; www.lowfatweekly.com; www.recipetips.com



Schools Insurance Authority, Prevention Services
P.O. Box 276710 • Sacramento, CA 95827
(916) 364-1281 • (916) 362-0904 fax • www.sia-jpa.org

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