

Heart-Healthy Holiday Substitutions



For more healthful cooking through the holidays!

Instead of Dairy:	Portion:	Saturated Fat (g):	Use:	Saturated Fat (g):
DAIRY				
Butter*	1 Tbsp	7.5	Vegetable oil, broth	0.0
Cream	2 Tbsp	7.0	Evaporated skim milk, fat-free half-and-half	0.0
Cream cheese	2 Tbsp	6.5	Light cream cheese	3.5
Eggnog	1/2 cup	5.5	Fat-free eggnog	0.0
Half and half	2 Tbsp	2.0	Fat-free half and half	0.0
Ice cream	1/2 cup	6.0	Frozen yogurt	1.5
Sour cream	2 Tbsp	3.0	Fat-free sour cream	0.0
Whipped cream	2 Tbsp	3.0	Fat-free whipped cream	0.0
Whole milk		5.0	"Skim milk	0.0
TOTALS:		45.5		5.0

**For baking recipes, you should use trans fat-free margarine and reduce the amount by half. Substitute applesauce or baby food prunes. For finishing vegetables, use butter-flavored spray. For mashed potatoes and stuffing, decrease fat by half and use a light, transfat-free margarine.*

MEAT/POULTRY				
Bacon	3 slices	3.0	Turkey bacon*	1.5
Gravy	1/4 cup	14.0	Defatted gravy	1.0
Beef, prime rib**	3 oz	12.0	Beef tenderloin, fat trimmed	3.0
Beef, T-bone	3 oz	7.0	Beef tenderloin, fat trimmed	3.0
Turkey, dark with skin	3 oz	7.0	Turkey breast, no skin	0.7
Sausage	3 oz	9.0	Vegetarian sausage*	0.5
TOTALS:		52.0		9.7

**Read the label, nutrition facts vary by brand*

***Restaurant portions are often triple this amount, so saturated fat could go to 36 ounces per portion!*

Note: For heart-healthier cooking, you should limit animal protein and emphasize more whole grains, beans, soy protein, fish (baked – not fried!), fruits and grains in your meals. Think of meat as a condiment and use less in each serving. A 3-ounce serving of meat is the size of a deck of cards.

MISCELLANEOUS				
Coconut	1 oz	6.5	Toasted pecans or almonds	1.5
Hydrogenated shortening*	1 Tbsp	3.0	Vegetable oil or trans-free margarine	0-2
Whole eggs	2	3.0	Egg white or non-fat egg substitute	0.0
TOTALS		12.5		1.5-3.5

**This product is hydrogenated and contains additional trans fat that might be present.*