

# Substitute Your Way to Lower Cholesterol



## Baked Goods

- Choose oatmeal or another whole grain cereal instead of baked goods. Top your oatmeal with fruit and skim milk.
- You can also try 100% whole wheat breads instead of sugary baked goods. After all, MyPlate does insist that people should make at least half of all the grains they eat whole grains, every day.

## Butter

- Try trans-fat-free light tub margarine instead of butter.

## Cheese

- Substitute fat-free ricotta for regular or reduced-fat ricotta.
- Use a little bit of cheese that has a strong flavor instead of a lot of cheese that has a mild flavor. For example, try Swiss, Parmesan, or cheddar cheese as flavoring agents and keep the amount you use in the dish on the small side.

## Egg Yolks

- Use egg whites instead of whole eggs.
- Try a nonfat egg substitute.

## Fried Foods

- Instead of getting foods that are fried, try options that are grilled, roasted, or poached.
- Choose foods that are cooked with only a little fat, or, better yet, none at all.

## Frozen Foods

- Do not rely too heavily on frozen foods.
- Become familiar with a few simple, fresh dishes that you can prepare quickly from scratch.

## Ice Cream

- Try sorbet or fat-free frozen yogurt instead of ice cream.
- Practice portion control and keep servings small.
- Add fresh fruit to your bowl for a fiber and nutrient boost!

## Meat and Poultry

- When selecting a healthful poultry option, choose breast meat without the skin. It is very low in saturated fat.
- If you're looking for lean beef and pork, try round and loin cuts. It is also smart to trim any excess fat and keep portions small.
- Remember, MyPlate asserts that people should keep meat and poultry items low in fat.

## Whole Milk

- Replace whole milk with skim milk.
- You can also try fortified soy milk.
- Focus on getting calcium and reducing fat. Whole milk contains a lot of saturated fat, which can raise cholesterol.

*By Judy Doherty, PC II*

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