

Tips for Healthier Choices

These alternatives provide new ideas for old favorites. Don't forget to check food labels to compare calories, solid fats (saturated and *trans* fat), and sodium in products.

If you usually buy:	Try these:
Milk and Milk Products	
<ul style="list-style-type: none"> Whole milk (regular, evaporated, or sweetened condensed) 	<ul style="list-style-type: none"> Fat-free (skim), low-fat (1%) milk, evaporated milk, or sweetened condensed milk
<ul style="list-style-type: none"> Ice cream 	<ul style="list-style-type: none"> Sorbet and ices, sherbet, or low-fat or fat-free frozen yogurt
<ul style="list-style-type: none"> Sour cream 	<ul style="list-style-type: none"> Plain fat-free or low-fat Greek yogurt or fat-free sour cream
<ul style="list-style-type: none"> Cream cheese 	<ul style="list-style-type: none"> Neufchatel "light" cream cheese or fat-free cream cheese
<ul style="list-style-type: none"> Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.) 	<ul style="list-style-type: none"> Reduced-calorie or fat-free cheese, part-skim, low-calorie processed cheeses, etc.
<ul style="list-style-type: none"> Regular (4%) cottage cheese 	<ul style="list-style-type: none"> Fat-free or low-fat (1%) cottage cheese
<ul style="list-style-type: none"> Whole-milk ricotta cheese 	<ul style="list-style-type: none"> Part-skim milk ricotta cheese
<ul style="list-style-type: none"> Coffee cream (½ and ½) or nondairy creamer 	<ul style="list-style-type: none"> Low-fat (1%) or nonfat dry milk powder
Cereals, Grains, and Pastas	
<ul style="list-style-type: none"> Pasta with white sauce (Alfredo) 	<ul style="list-style-type: none"> Whole grain pasta with red sauce (marinara)
<ul style="list-style-type: none"> Pasta with cheese sauce 	<ul style="list-style-type: none"> Whole grain pasta with vegetables (primavera)
<ul style="list-style-type: none"> White rice or pasta 	<ul style="list-style-type: none"> Brown rice or whole grain pasta
Meats, Fish, and Poultry	
<ul style="list-style-type: none"> Cold cuts or lunch meats (bologna, salami, liverwurst, etc.) 	<ul style="list-style-type: none"> Low-fat/reduced sodium cold cuts (turkey, chicken)
<ul style="list-style-type: none"> Bacon or sausage 	<ul style="list-style-type: none"> Canadian bacon or lean ham
<ul style="list-style-type: none"> Regular ground beef 	<ul style="list-style-type: none"> Extra-lean ground beef or lean ground turkey
<ul style="list-style-type: none"> Beef chuck, rib, brisket 	<ul style="list-style-type: none"> Beef round or loin (trimmed of external fat)
<ul style="list-style-type: none"> Frozen breaded fish or fried fish (homemade or commercial) 	<ul style="list-style-type: none"> Fish or shellfish, unbreaded (fresh, frozen, or canned in water)
<ul style="list-style-type: none"> Chorizo sausage 	<ul style="list-style-type: none"> Turkey sausage or vegetarian sausage (made with tofu)



If you usually buy:	Try these:
Baked Goods	
<ul style="list-style-type: none"> • Croissants or brioches 	<ul style="list-style-type: none"> • Whole grain rolls
<ul style="list-style-type: none"> • Doughnuts, sweet rolls, muffins, scones, or pastries 	<ul style="list-style-type: none"> • Whole grain English muffins, bagels, reduced-fat or fat-free muffins or scones
<ul style="list-style-type: none"> • Party crackers or cookies 	<ul style="list-style-type: none"> • Saltine or soda crackers, pretzels, whole grain crackers (choose lower in sodium), graham crackers, ginger snaps, or fig bars
<ul style="list-style-type: none"> • Frosted cake or pound cake 	<ul style="list-style-type: none"> • Angel food cake or gingerbread
Fats, Oils, and Salad Dressings	
<ul style="list-style-type: none"> • Regular margarine or butter 	<ul style="list-style-type: none"> • Light margarines or olive oil
<ul style="list-style-type: none"> • Regular mayonnaise 	<ul style="list-style-type: none"> • Mustard or fat-free or reduced-fat mayonnaise
<ul style="list-style-type: none"> • Regular salad dressing 	<ul style="list-style-type: none"> • Fat-free or reduced-fat salad dressings, lemon juice, or wine vinegar
<ul style="list-style-type: none"> • Oils, shortening, or lard for pan cooking 	<ul style="list-style-type: none"> • Nonstick cooking spray for stir-frying or sautéing
Miscellaneous	
<ul style="list-style-type: none"> • Canned cream soups 	<ul style="list-style-type: none"> • Canned broth-based soups (low sodium)
<ul style="list-style-type: none"> • Gravy (homemade with fat and/or milk) 	<ul style="list-style-type: none"> • Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk



Reduce Your Sodium (Salt) Intake

- Read the Nutrition Facts Labels to choose foods lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and few processed foods that are high in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower sodium options, if available.

Tips for Using Herbs and Spices (Instead of Salt)	
Basil:	Use in soups, salads, vegetables, fish, and meats.
Cinnamon:	Use in salads, vegetables, breads, and snacks.
Chili Powder:	Use in soups, salads, vegetables, and fish.
Cloves:	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed:	Use in fish, soups, salads, and vegetables.
Ginger:	Use in soups, salads, vegetables, and meats.
Garlic:	Use in soups, vegetables, meats, and chicken.
Marjoram:	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg:	Use in vegetables, meats, and snacks.
Oregano:	Use in soups, salads, vegetables, meats, and chicken.
Parsley:	Use in salads, vegetables, fish, and meats.
Rosemary:	Use in salads, vegetables, fish, and meats.
Sage:	Use in soups, salads, vegetables, meats, and chicken.
Thyme:	Use in salads, vegetables, fish, and chicken.

Note: To start, use small amounts of these herbs and spices to see whether you like them.



Modifying a Recipe

The left column shows the original recipe, and the right column shows healthy changes you can make.

Lasagna	
Original Ingredients:	Substitutions:
1 box lasagna noodles	1 box whole-wheat lasagna noodles
1 pound ground beef	1 pound extra-lean ground beef or lean ground turkey
½ cup chopped onion	
8 ounces sliced mushrooms, optional	12 ounces sliced mushrooms, optional
1 jar (about 16 ounces) spaghetti sauce	Tip: Look for vegetable-based sauces without added cheese or meat. Compare brands and choose a sauce with a lower sodium content.
1 teaspoon garlic powder	
½ teaspoon salt	Omit salt
1 teaspoon dried leaf oregano, crumbled	
½ teaspoon dried leaf basil, crumbled	
1½ cups ricotta cheese	1½ cups part-skim ricotta cheese
2 cups shredded Monterey Jack cheese	1 cup reduced-fat Monterey Jack cheese
¾ cup grated Parmesan cheese	½ cup reduced-fat Parmesan cheese
<ul style="list-style-type: none"> • Cook lasagna noodles according to package directions; drain and set aside. • In a large skillet, brown beef, onion, and mushrooms. <i>Note:</i> Don't forget to drain the fat from the meat after you brown it. • Stir in spaghetti sauce, garlic powder, salt, oregano, and basil. • In a 2-quart baking dish (about 11×7×2 inches) sprayed with cooking spray, layer ⅓ of the lasagna noodles, ⅓ of the sauce, ⅓ of the ricotta cheese and Monterey Jack cheese. • Repeat layers twice. • Sprinkle Parmesan cheese on top. • Bake lasagna for 30 minutes or until thoroughly heated and bubbly in a 350°F oven. • Let stand for 8 to 10 minutes before cutting and serving. • Serves 6 to 8. 	





Recipe Makeover

Take one of your favorite family recipes and revise it to make it lower in solid fats (saturated and *trans* fat), sodium, and added sugars and include more vegetables, fruits, and whole grains. Use the space provided to record your new recipe.

Recipe makeover for <input type="text"/>	
Recipe ingredients:	Substitutions I can make:
Cooking instructions:	New cooking instructions (if needed):

