

## Cooking Tips For a Healthy Heart

- ▶ Cook with heart-healthy oils like canola or olive oil instead of vegetable shortening, lard, or bacon fat.
- ▶ Trim off extra fat from meat before cooking and take the skin off chicken and turkey breast.
- ▶ Cook with low-fat 1% or skim milk instead of whole milk and 2% milk or heavy cream.
- ▶ Try eating healthy dairy products like non-fat yogurt, skim milk, 1% milk, light ice cream, low-fat cheese, and 1% cottage cheese.
- ▶ Try non-fat cooking spray like Pam butter or garlic flavored when pan frying or baking meats or eggs.
- ▶ To keep your meat moist and tasty try marinades or sauces like chicken broth, lemon juice, low-fat salad dressing, and barbeque sauce.
- ▶ Try eating no more than 3 ounces of meat (looks like the size of a deck of cards) at a meal only twice a day. If you eat breakfast meats or eggs then have a meatless meal at lunch or dinner, like vegetables, noodles, and beans (navy, black bean, non-fat refried bean).
- ▶ Try tub or light margarine on your toast or bread instead of butter or stick margarine.
- ▶ Try to have at least one vegetable at lunch and dinner every day (salads, grilled vegetables, stir fry, or steamed veggies). What are your favorite veggies?

