

Heart-Healthy Cooking Tips

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

Making Healthier Carbohydrate Choices

- When baking, choose recipes that use whole grains and flours made from whole grains.
- Reduce the amount of sugar in recipes. It can often be cut in half.
- Instead of sugar, use noncaloric sweeteners in drinks and sucralose (Splenda) when baking.
- When stir-frying, include fiber-rich vegetables, such as peppers, cabbage, broccoli, and carrots.
- When making soups, add dried beans or lentils.

Cutting Back on Fat

- Select lean cuts of beef and pork, such as those labeled “loin” or “round.”
- Take the skin off poultry (such as chicken or turkey) before serving it.
- Bake, broil, roast, stew, or stir-fry lean meats, fish, or poultry.
- Cook ground meat and then drain off the fat.
- When making stews or soups, refrigerate the broth and skim off the fat with a spoon before reheating and serving.
- Eat fish regularly. Try different ways to cook it so that you’ll enjoy it more:
 - Grill salmon on skewers with eggplant, okra, and onions.
 - Dip tilapia in milk and egg white. Next dip it in bread crumbs, and sauté for a short time (about 5 minutes) in a pan sprayed with oil.
 - Bake white fish and vegetables in foil.
 - Poach white fish in milk, tomato juice, or water with lemon juice added.
 - Broil tuna and then squeeze lemon juice on it.
 - Marinate orange roughy for 15 minutes in Italian salad dressing. Then bake.
 - Make a tuna salad with red and green peppers.
- When cooking foods on a griddle or in a frying pan, brush the pan with cooking oil just to coat it. Or use a nonstick spray of vegetable oil or a nonstick pan that requires no greasing.
- To limit saturated fat from milk products:
 - Thicken sauces with evaporated nonfat (skim) milk instead of whole milk.
 - Use a low-fat cheese or feta cheese in pasta dishes, such as lasagna.

Cutting Back on Fat (continued)

- Get protein from plant foods (such as soy or dried beans and legumes) or egg whites instead of meat:
 - Add soy protein crumbles to chili and spaghetti sauce.
 - Use tofu or tempeh in a stir-fry with lots of vegetables.
 - Make soups with edamame (fresh or frozen soybeans), lentils, split peas, or dried beans.
 - Make an egg white omelet with green peppers, tomatoes, and onions.
- When you do cook with fat, choose healthy unsaturated fats:
 - Use healthier oils, such as canola, olive, or soybean oil, in recipes and for sautéing.
 - Make salad dressings with olive, walnut, or pecan oil.
- Cook with lemon juice or herbs. These add flavor to foods, like vegetables, without adding fat or salt.

Cutting Back on Sodium

- Prepare foods at home so you can control the amount of salt and the sodium content.
- Use as little salt in cooking as possible. You can cut at least half of the salt from most recipes.
- Do not salt food at the table.
- Cook without mixes and “instant” products that already contain salt or additives with sodium.
- Select no-sodium or low-sodium canned foods, such as vegetables or tuna.
- Season foods with herbs, spices, garlic, onions, peppers, and lemon or lime juice to add flavor.

Additional Resources

Visit the National Heart, Lung, and Blood Institute Web site (<http://www.nhlbi.nih.gov/health/public/heart>) for more information and recipes, including:

- **Keep the Beat** heart-healthy recipes (http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf)
- **Stay Young at Heart** (<http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>)
- **Heart-Healthy Home Cooking African-American Style** (<http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf>)
- **Delicious Heart Healthy Latino Recipes** (http://www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf)
- **DASH Recipes** (http://hin.nhlbi.nih.gov/nhbpep_kit/recipes.htm)