

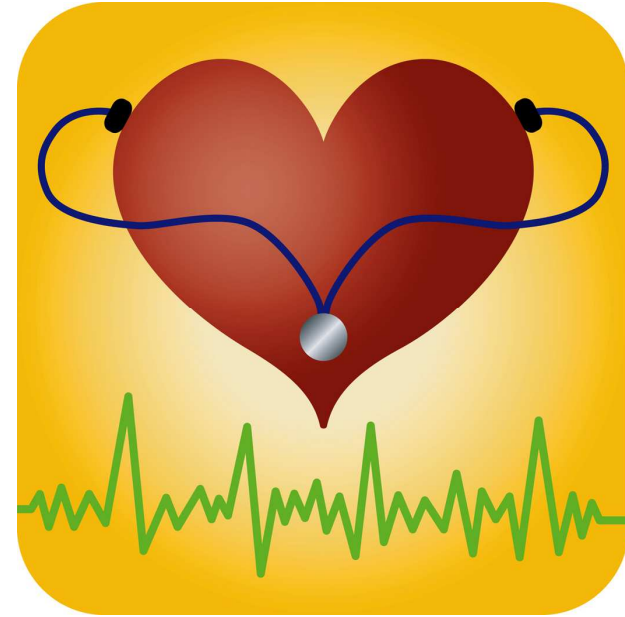


Healthy Substitutions

Instead of:	Use:
Cream	Evaporated Skim Milk
Whole Milk	Skim or 1 % milk
Sour Cream	Fat-free plain yogurt Fat-free sour cream
Whole Egg	2 egg whites 1/4 cup egg substitute (egg beaters)
Cheese	Fat-free cheese Feta
Ground Beef	Lean or Extra lean ground beef Lean or Extra lean white meat ground turkey or chicken
Sausage	Lean or Extra lean white meat ground turkey or chicken 95% fat-free sausage
Mayonnaise & Salad Dressing	Low-fat or fat-free mayonnaise Olive oil or canola oil mayonnaise Plain fat-free yogurt mixed with fat-free cottage cheese Low-fat or fat-free salad dressing
Cream Soups	Broth-based soup
Butter Lard	Soft-tub margarine (first ingredient listed as liquid vegetable oil) Olive or canola oil 1/2 olive or canola oil and 1/2 unsweetened applesauce Decrease oil by 1/3 in recipe
Sugar	Non-calorie sweetener (Splenda, Sweet 'n low, Equal, Stevia)
Salt	Mrs. DASH or other Salt -free alternatives Herbs/Spices



Jump Start for



a Healthy Heart



The Pediatric Healthy Life Center
1504 Springhill Ave, Suite 1365
Mobile, AL 36604
(251) 434-5038

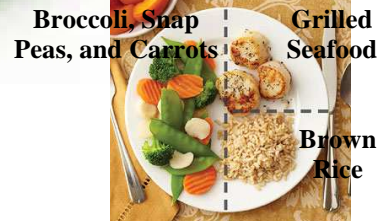
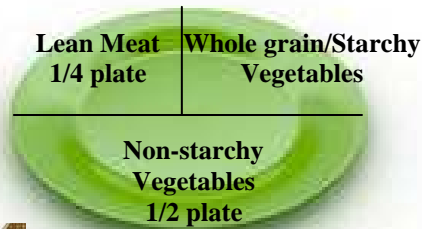
www.thepediatrichealthylifecenter.com



Heart Healthy Foods ✓

Food Group	Foods Recommended
Grains/Starchy Vegetables	Whole wheat bread Whole wheat pasta Brown rice/Barley/Whole wheat couscous Oatmeal Sweet Potato, Potato, Beans, Corn, Peas
Vegetables	Fresh, Frozen or No salt added canned vegetables without added sauces or fat
Fruits	Fresh, Frozen or Canned fruit in own juice/light syrup
Milk	1% or skim (fat-free) milk Fat-free plain or fat-free/no sugar added flavored yogurt 1% or Fat-free cottage cheese Fat-free cheese
Meat	Lean (90/10) or extra-lean (97/3) ground hamburger Skinless chicken/turkey Fish Egg Whites or Egg Substitute (Egg Beaters)
Fats and Oils	Olive, Vegetable, or Canola oil Soft tub margarine (Country Crock light, Smart balance light, Brummell and Brown) Fat-free/Reduced fat salad dressing Nuts and Seeds Avocado

What should my plate look like?



Heart Hurting Foods

Food Group	Foods to Avoid
Grains/Starchy Vegetables	High Calorie Bakery Items: Doughnuts, Honey Buns, Pies, Cookies, Pastries, Cakes White Bread, Biscuits, Croissants, Grits, Cornbread Snacks foods: Chips, Cheese curls/cheese puffs, Snack mixes (Chex mix), Crackers, Butter flavored popcorn French Fries
Vegetables	Fried Vegetables Vegetables prepared with butter, cream sauces, or cheese
Fruits	Fried Fruits Canned fruit in heavy syrup Fruits with butter or cream
Milk	Whole or 2% milk Cheese Whole milk or 2% sugary flavored yogurt Ice Cream Sour Cream Cream cheese Half and half
Meat	High fat meats (ribs, fried meats, t-bone steak, regular hamburger) Bacon, Sausage, Salami, Bologna, Pepperoni, Hotdogs Chicken or Turkey with skin Fried Meats Organ Meats (liver, brains, sweetbreads)
Fats and Oils	Butter, Stick Margarine, Lard, Shortening, Gravies, Partially hydrogenated oil (found in ingredient label)

