

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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