



Heart Healthy Recipe Ingredient Substitutions

Original Ingredient	Heart Healthy Substitute
1 large whole egg	2 large egg whites or ¼ cup egg whites or egg substitute
Whole Milk or 2% Milk	Skim milk or 1% milk
Heavy cream	Evaporated skim milk for soups, casseroles or Light cream for baking
Buttermilk	2% buttermilk
Evaporated whole milk	Evaporated skim milk
Sweetened condensed whole milk	Lowfat sweetened condensed milk
Sour cream & yogurt	Lowfat or nonfat sour cream & yogurt
Cream cheese	Light cream cheese
Cottage cheese & ricotta cheese	Lowfat cottage cheese & ricotta cheese
Butter	Margarine or Olive Oil
Regular cheese	Lowfat or nonfat cheese
1 cup chocolate chips	½ cup mini chocolate chips
1 cup oil	applesauce
Regular peanut butter	Reduced fat peanut butter
1 cup shredded coconut	½ cup toasted coconut and ½ tsp coconut extract
Mayonnaise & salad dressing	Light or non fat mayonnaise & salad dressing



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