



Heart-Healthy Tips: Food Substitutions

Use these lower-calorie alternatives for old favorites to help you eat right while still enjoying a variety of foods. When making a food choice, remember to consider all the information on the food label. Some foods provide most of their calories from sugar and fat but give you few, if any, vitamins and minerals.

	Instead of:	Try this:
Diary	Whole milk	Low-fat (1%), reduced fat (2%), or fat-free milk
	Ice cream	Sorbet, sherbet, low-fat or fat-free frozen yogurt
	Whipping cream	Imitation whipped cream (made with skim milk)
	Sour cream	Plain low-fat yogurt
	Cream cheese	Neufchatel or “light” or fat-free cream cheese
Cereal, Grains, Pastas	Ramen noodles	Rice or whole-grain pasta
	Pasta with white sauce	Pasta with red sauce
	Pasta with cheese	Pasta with vegetables
	Granola	Cooked grits or oatmeal, low-fat granola, bran
Meat, Fish, Poultry	Bacon or sausage	Canadian bacon or lean ham
	Ground beef	Extra lean ground beef or ground turkey
	Duck, goose, or skin-on chicken or turkey	Skinless, white meat chicken or turkey
	Oil-packed tuna	Water-packed tuna (rinse to reduce sodium)
	Beef (chuck, rib, brisket)	Beef (round, loin), trimmed
	Pork (spareribs)	Pork tenderloin or trimmed, lean smoked ham
	Frozen breaded or fried fish	Fish or shellfish, unbreaded
	Whole eggs	Egg whites or egg substitutes
	Chorizo sausage	Turkey or vegetarian sausage
Baked Goods	Croissants	Hard French rolls or soft rolls
	Donuts, sweet rolls, muffins, scones, or pastries	English muffins, bagels, reduced-fat or fat-free muffins or scones
	Cake (pound, chocolate)	Cake (angel food, white, gingerbread)
Fats, Oils, Salad Dressings	Margarine or butter	Light spread margarine, whipped butter
	Mayonnaise	Light or diet mayonnaise or mustard
	Salad dressing	Reduced-calorie or fat-free dressings, lemon juice
	Oils, shortening, or lard	Nonstick cooking spray; when baking, use applesauce or prune puree as a substitute for oil or butter
Miscellaneous	Canned cream soups	Canned broth-based soups (low-sodium)
	Gravy (homemade with fat)	Gravy mixes made with water or homemade with the fat skimmed off and fat-free milk
	Fudge sauce	Chocolate syrup
	Guacamole dip	Salsa

Source: National Heart, Lung and Blood Institute

Find more health and wellness tips and resources for first responders at www.healthy-firefighter.org.