

HEART HEALTHY FOOD SWAPS

What you eat makes a difference to your heart and health! The key to healthy cooking is a kitchen stocked with healthy ingredients.

INSTEAD OF THIS...

Ham hocks and fat back
Pork bacon
Lard, butter, or other hard fats
Pork sausage
Ground beef or pork
Neck bone
Regular bouillions and broths
Whole milk
Cream
Regular cheese
High fat cut of beef *
High fat cut of pork *
High fat cut of lamb *
Creamy salad dressing

TRY THESE!

Turkey thighs
Turkey bacon, lean ham, Canadian bacon
Small amounts of vegetable or olive oil
Ground turkey breast or turkey sausage (10% or less fat), vegetarian sausage
Smoked turkey neck, extra lean ground beef or turkey (10% or less fat)
Skinless chicken thighs
Low sodium bouillon and broths
Fat-free ("skim") or low-fat (1% or 2%) milk
Evaporated fat-free ("skim") milk, or mix equal amounts low-fat (1%) milk and fat-free evaporated milk
Low-fat or "lite" cheese
Top round, eye of round, round steak, rump roast, sirloin tip, chuck arm, pot roast, short loin, extra lean ground beef
Tenderloin, sirloin roast or chop, center cut loin chops
Foreshank, leg roast, leg chop, loin chop
Fat-free or low-fat dressing, flavored vinaigrettes, homemade vinaigrette with olive oil, vinegar, lemon, and black pepper

Look for foods that are lower in **saturated fat**, **added sugars**, **sodium (salt)**, and **calories** per serving. Add herbs and spices to boost flavor!

Check out more heart healthy eating tips and recipes at <https://healthyeating.nhlbi.nih.gov/>