



Cooking Tips for a Healthy Heart



Preparing meat, poultry, and pork:

- Cut off all visible fat before cooking
- Broil, Grill, or bake on a cooling rack to prevent the meat, poultry, and pork from sitting in its own fat juices
- Remove skin before cooking (you can use low sodium chicken or vegetable broth to prevent the poultry from drying out)

Limiting Sodium:

- Use herbs and spices
- Avoid sea salt, spices that end with salt, BBQ sauce, ketchup, steak sauce, soy sauce, MSG, and meat tenderizers
- Avoid using canned/jar foods

Baking:

- Use whole wheat flour
- 2 egg whites or ¼ cup egg substitute instead of 1 egg
- Use apple sauce or fruit puree instead of oil (often able to cut back on sugar when making this substitution)
- Use cooking spray vs. butter when coating the pan

