



## Topping, Oil, Seasoning & Salt Tips

### Try different toppings.

- In recipes that call for sour cream, use buttermilk or plain yogurt instead.
- On baked potatoes, skip the sour cream and gravy—instead, try plain yogurt or a little butter or trans fat-free margarine.
- Plain yogurt makes a great topping for fruit and other desserts.

### Use less gravy.

- Make healthier gravy—pour off the fat, thicken the meat juices, and go easy on the salt.
- Instead of gravy on your meat, try using tomato, barbecue, Worcestershire or steak sauces—Avoid sauces high in salt. Try to buy sauces labeled “no salt added” or “low sodium”.
- Use a little trans fat-free margarine or gravy on brown rice or mashed potatoes.

### Choose trans fat-free margarine.

- When you use margarine, look for tub or squeeze margarines that say transfat-free.
- Don't use regular stick margarines or shortening, which are high in trans fats.
- Stay away from lard (high in saturated fat).

### Use vegetable oil for frying.

- Vegetable oils are better for your heart than bacon grease or shortening.
- When you fry, use vegetable oil—just enough to keep the food from sticking.

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### **Get creative when you bake.**

- Use vegetable oil instead of margarine, lard, butter, or shortening for baking. Two teaspoons of oil can replace one tablespoon of hard shortening.
- For muffins and cakes, replace some of the margarine or butter with buttermilk, applesauce, or pureed prunes.

### **Use healthy seasonings for vegetables and salads.**

- Instead of fatback, side meat, or stick margarine, season your vegetables with these:
  - A small amount of lean ham
  - Onions and garlic with vegetable oil
  - Vinegar or lemon juice
  - Low sodium bouillon
  - Fresh or dried herbs
  - A little transfat-free margarine
- Make your own olive oil and vinegar dressing for tossed salads—stay away from bottled dressings with a lot of salt (sodium) and watch out for dressings with high fructose corn syrup or other sugars.

### **Go the low salt way.**

- Buy foods that say low or reduced salt (sodium) or no salt added.
- Eat out less often at restaurants—even healthy restaurant meals often have a lot of salt.
- Keep the salt shaker away from where you cook and eat.
- Taste your food before salting it. You'll get used to the taste of less salt.
- Use seasonings like pepper, lemon juice, vinegar, herbs, and spices. Mix your favorite herbs or spices in a handy shaker.
- Watch out! Packaged meals with noodles can be high in salt (sodium) and trans fats.