

# Cholesterol-friendly ingredients to stock in your kitchen



Maintaining a heart-healthy diet is an important component of keeping cholesterol in check. Statin treatment and healthy food choices go hand in hand to lower your risk of heart disease.

Try these easy, everyday ingredient swaps in your recipes to reduce saturated fat and replace it with healthy monounsaturated and polyunsaturated fats.

## Smart Substitutions for Cooking

Don't Use	Use Instead
Whole milk (1 cup)	<ul style="list-style-type: none"><li>• 1 cup fat-free or low-fat milk plus 1 tablespoon of liquid vegetable oil</li></ul>
Heavy cream (1 cup)	<ul style="list-style-type: none"><li>• 1 cup evaporated skim milk</li><li>• 1/2 cup low-fat yogurt and 1/2 cup plain, low-fat, unsalted cottage cheese</li></ul>
Sour cream	<ul style="list-style-type: none"><li>• Fat-free sour cream</li><li>• Low-fat, unsalted cottage cheese plus low-fat or fat-free yogurt</li></ul>
Cream cheese	<ul style="list-style-type: none"><li>• 4 tablespoons soft margarine (low in saturated fat and 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese; add a small amount of fat-free milk, if needed</li></ul>
Butter (1 tablespoon)	<ul style="list-style-type: none"><li>• 1 tablespoon soft margarine (low in saturated fat and 0 grams trans fat)</li><li>• 3/4 tablespoon liquid vegetable oil</li></ul>
Unsweetened baking chocolate (1 ounce)	<ul style="list-style-type: none"><li>• 3 tablespoons unsweetened cocoa powder or carob* powder plus 1 tablespoon vegetable oil</li></ul>

\*Carob is sweeter than cocoa, so reduce the sugar in the recipe by 25% when using carob.

Source: American Heart Association. Smart substitutions to eat healthy. <https://www.heart.org/en/healthy-living/healthy-eating/cooking-skills/cooking/smart-substitutions-to-eat-healthy>. Accessed September 8, 2017.

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