

## Protect Your Heart: Cook with Heart-Healthy Foods

### Zaštitite svoje srce: kuhajte hranu zdravu za srce

Toolkit No. 8  
Brošura br. 8

You can protect your heart and blood vessels by eating less saturated fat and by choosing the types of fats that help your cholesterol levels. The ingredients you use and the way you cook can make a big difference. Try these tips:

Srce i krvne sudove možete zaštititi ako jedete manje zasićenih masti i ako birate masti koje vam mogu smanjiti kolesterol. Sastojci koje koristite i načini na koje kuhate mogu značiti puno. Pokušajte ove savjete:

- Cook with less fat.
- Choose lean meats, poultry, and pork.
- Choose low-fat dairy foods.
- Substitute lower-fat ingredients in recipes.
- Kuhajte s manje masnoće.
- Birajte nemasno meso, perad i svinjetinu.
- Birajte malomasne mliječne proizvode.
- Zamijenite sastojke u receptima sastojcima s manje masti.

#### Cook with less fat

#### Kuhajte s manje masnoće

**Use a low-fat or fat-free way to cook.** You can cut down on total fat by broiling, microwaving, baking, roasting, steaming, or grilling foods. Nonstick pans and cooking sprays also work well.

**Kuhajte na nemasne ili malomasne načine.** Masnoću možete smanjiti ako hranu pečete u brojleru ili pećnici, spremate u mikrovalnoj pećnici, kuhate ili spremate na žaru. Neprijanjajuće tave i sprejevi za kuhanje su također djelotvorni.

**Boost the flavor with seasonings and sauces instead of fats.** Look for recipes that use herbs and spices for flavor instead of fat. Try these ways to season food:

**Poboljšajte ukus začinima i umacima umjesto masnoćom.** Tražite recepte u koje se za ukus dodaju ljekovita bilja i začini umjesto masnoće. Pokušajte ovo da začinite hranu:

- Squeeze fresh lemon juice on steamed vegetables, broiled fish, rice, or pasta.
- Try lemon pepper or mesquite seasoning on chicken.
- Use onion and garlic to liven up meats and vegetables.
- Try baking chicken or pork with barbecue sauce or low-fat Italian dressing.
- Iscijedite sok svježeg limuna na obareno povrće, pečenu ribu, rižu ili pastu.
- Dodajte piletini začine s mirisom limuna i bibera ili dima.
- Poboljšajte ukus mesu ili povrću dodatkom crvenog i bijelog luka.

- Pecite piletinu ili svinjetinu u umaku s mirisom dima ili malomasnom italijanskom preljevu.

**Trim the fat when possible.** Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.

**Kad je moguće odstranite svu masnoću.** Izrežite svu vidljivu masnoću s mesa i peradi. Pecite meso na rešetki tako da masnoća može iskapati. Pripremite supu dan ranije da je možete ohladiti i odstraniti masnoću koja se uhvati na vrhu.

### **Choose lean cuts of beef, poultry, and pork** **Birajte nemasno juneće meso, perad i svinjetinu**

To help keep your cholesterol on target, choose lean cuts of meat and poultry. Try some of your favorite recipes with these lean choices:

Da održite kolesterol u normalnim vrijednostima birajte nemasno meso i perad. Spremite neke od svojih omiljenih recepata s ovim nemasnim izborom:



Choosing lean meats with less saturated fat can help lower blood cholesterol.

Biranjem nemasnog mesa s manje zasićenih masti možete smanjiti kolesterol u krvi

- When selecting beef, choose lean cuts such as round, sirloin, and flank steak; tenderloin; rib, chuck, or rump roast; T-bone, porterhouse, or cubed steak.
- Choose poultry such as chicken, turkey, or Cornish hen without the skin. The white breast meat is lower in fat than the darker meat in the thigh and leg pieces.
- Lean types of pork include ham, Canadian bacon, pork loin, and center loin chops.
- Kada birate junetinu, uzmite nemasni odrezak kao što je odrezak sa stomaka, boka ili butine; biftek; vrat, rebra ili leđa za pečenje; T-bone odrezak, porterhouse odrezak ili istucani odrezak.
- Odaberite perad kao što je piletina, puretina ili cijelo malo pile. Bijelo meso s prsa sadrži manje masnoće nego tamnije meso s butine i noge.
- Nemasne vrste svinjskog mesa su šunka, kanadska slanina, hrbat, te krmenadle.

### **Choose low-fat dairy products** **Birajte malomasne mliječne proizvode.**

Dairy products can be part of your meal plan. To cut back on saturated fat, choose items made with non-fat or low-fat milk. Some low-fat choices are listed below.

Mliječni proizvodi mogu biti dio vaše planirane ishrane. Da smanjite unošenje zasićenih masnoća, birajte proizvode napravljene od nemasnog ili malomasnog mlijeka. Neki od malomasnih proizvoda su navedeni ispod.

- Milk: Fat-free (skim), 1/2%, and 1% milk and low-fat buttermilk
- Yogurt: low-fat or fat-free yogurt
- Cheese: cottage cheese, grated Parmesan,

and any cheese with 3 grams of fat or less per ounce

- For a frozen treat, try low-fat ice cream or frozen yogurt instead of ice cream. You can also freeze regular yogurt for a treat.
- Mlijeko: Nemasno (obrano), mlijeko s 1/2% ili 1% mliječne masti i malomasna mlaćenica
- Jogurt: malomasni ili nemasni jogurt
- Sir: mladi sir, ribani parmezan i svaki

drugi sir koji ima 3 grama ili manje masnoće po unci.

- Kao ledeni dezert, probajte malomasni sladoled ili ledeni jogurt umjesto običnog sladoleda. Također možete zamrznuti i obični jogurt.

## Substitute lower-fat ingredients in your favorite recipes Zamijenite sastojke u svojim omiljenim receptima sastojcima s manje masnoća

Try extra-lean ground beef or ground turkey instead of ground beef. Use low-fat mayonnaise and salad dressings instead of the regular types. Try plain yogurt in place of sour cream or mayonnaise. You can substitute up to half the margarine or butter in some recipes with applesauce.

Pokušajte uzimati super-nemasno mljeveno juneće meso ili mljeveno pureće mesto umjesto običnog mljevenog mesa. Koristite malomasnu majonezu i preljev za salatu umjesto običnih punomasnih varijanti. Zamijenite kiselo vrhnje ili majonezu običnim jogurtom. U nekim receptima gotovo polovinu margarina ili putera možete zamijeniti s kašom od jabuka.

Wise food choices: What to try and why		
Instead of...	Try this...	Why?
whole milk or 2% milk	1% milk or skim milk	less total fat, less saturated fat, and less cholesterol
regular cheese	low-fat cheese	
snack foods with hydrogenated oil, palm oil, or coconut oil	fat-free or low-fat snack foods	less total fat, less saturated fat
regular mayonnaise	non-fat plain yogurt or low-fat mayonnaise in dips and recipes or mustard on sandwiches	less total fat
sour cream	non-fat sour cream	less total fat, less saturated fat
regular stick margarine	special cholesterol-lowering margarine or soft tub margarine	lowers cholesterol, fewer <i>trans</i> fats
fried chicken	baked chicken	less total fat, less saturated fat
bologna, salami, or pastrami	sliced turkey, lean ham, or low-fat cold cuts	less total fat, less saturated fat
cookies with hydrogenated oil, palm oil, or coconut oil	an orange, an apple, a pear, or some prunes	more fiber, no fat
pork chop	pork loin	less total fat, less saturated fat
short ribs	grilled or baked salmon or tuna, grilled T-bone steak	less total fat, less saturated fat; fish is a source of omega-3 fatty acids

### Mudar izbor hrane: Šta probati i zašto

Umjesto..	Probajte...	Zašto?
punomasnog ili mlijeka s 2% mliječne masti	mlijeko s 1% mliječne masti ili obrano mlijeko	manje ukupne masnoće, naročito zasićenih masti i manje kolesterola
običnog punomasnog sira	malomasni sir	
snekova koji sadrže hidrogenizirano ulje palmino ulje i ulje palminih koštica	malomasne ili nemasne snekove	manje ukupne masnoće, manje zasićenih masti
obične punomasne majoneze	nemasni jogurt ili malomasnu majonezu u umacima i receptima, ili senf u sendvičima	manje ukupne masnoće
kiselog vrhnja – punomasnog	nemasno kiselo vrhnje	manje ukupne masnoće, manje zasićenih masti
običnog čvrstog margarina	specijalni margarin za snižavanje kolesterola ili mekani margarin za mazanje	snižava kolesterol, manje <i>trans</i> masti
pržene piletine	pečenu piletinu	manje ukupne masnoće, manje zasićenih masti
bologna, salami ili pastrami salame	narezanu puretinu, nemasnu šunku ili malomasno hladno pečenje	manje ukupne masnoće, manje zasićenih masti
keksa s hidrogeniziranim uljem, palminim uljem ili kokosovim uljem	naranču, jabuku, krušku ili malo šljiva	više vlakana, bez masnoća
svinjskih kotleta	svinjska leđa	manje ukupne masnoće, manje zasićenih masti
kratkih rebara	losos, tuna, T-bone odrezak pečeni na žaru ili u pećnici	manje ukupne masnoće, manje zasićenih masti; riba je izvor omega-3 masnih kiselina

### A day of heart-healthy meals

Breakfast	Lunch	Dinner	Between-meal snacks
bran cereal with skim milk and sliced banana	split pea soup	grilled chicken breast without skin marinated in low-fat Italian dressing	raw vegetables with low-fat dip
rye toast with cholesterol-lowering margarine	tuna salad made with low-fat mayonnaise	Rice	fresh fruit
orange juice	whole-grain crackers	steamed broccoli	oat bran muffin
coffee with skim milk	celery and carrot sticks	tossed salad with low-fat salad dressing	whole-grain crackers with low-fat cheese
	fresh orange	fresh pear	
		oatmeal cookie	

Dan obroka zdravih za srce			
Doručak	Ručak	Večera	Užina između obroka
integralne cerealije s nemasnim mlijekom i narezanom bananom	supa od graška	pileća prsa bez kože marinirana u nemasnom italijanskom salatnom preljevu i pečena na žaru riža	svježe povrće s malomasni umakom
prepečeni raževi hljeb margarin koji snižava kolesterol đus od naranče	tuna salata s malomasnom majonezom integralni krekeri	obareni brokuli	svježe voće mufini od zobnih mekinja
kafa s obranim mlijekom	štapići celera i mrkve svježa naranča	miješana salata s malomasnim salatnim preljevom svježa kruška keks od zobnih pahuljica	integralni krekeri s malomasnim sirom

For more help, ask your health care team for copies of these brochures:  
 Za više informacija zatražite od svog liječnika primjerke ovih brošura:

- Toolkit No. 6: *Protect Your Heart: Make Wise Food Choices*
- Toolkit No. 7: *Protect Your Heart: Choose Fats Wisely*
- Toolkit No. 9: *Protect Your Heart: Check Food Labels to Make Heart-Healthy Choices*
  
- Brošura br. 6 *Zaštite svoje srce: Birajte hranu mudro*
- Brošura br. 7 *Zaštite svoje srce: Birajte masnoće mudro*
- Brošura br. 9 *Zaštite svoje srce: Čitajte etikete da biste odabrali proizvode zdrave za srce*



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