

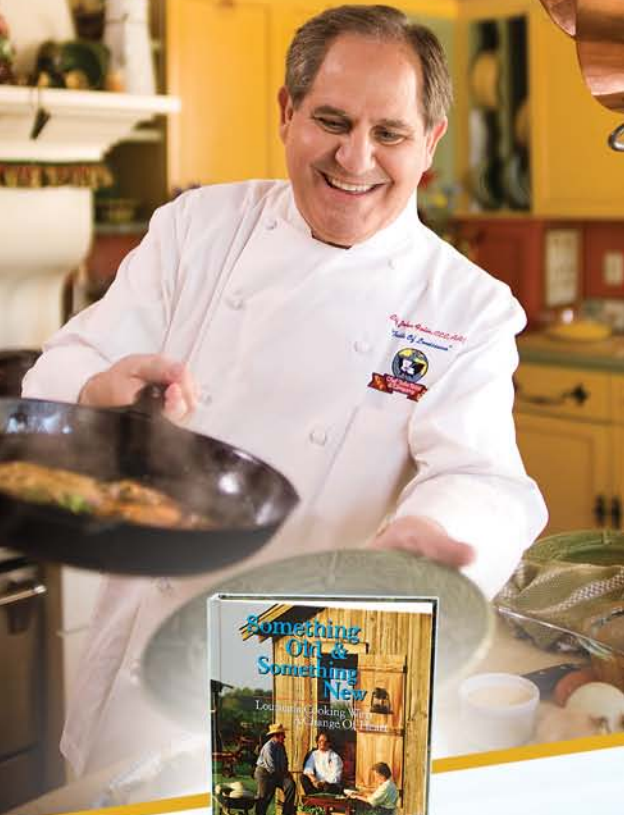


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**Your Health. Our Commitment.**

# Eat Right with **Chef John Folse**



You can eat right too by using his heart-healthy cookbook,  
***Something Old & Something New:  
Louisiana Cooking with a  
Change of Heart.***

Look for healthy cooking tips  
and recipes from Chef Folse at  
[www.Louisiana2Step.com](http://www.Louisiana2Step.com).



# Steps to Change

You can always take small steps to better health.

Try these healthy substitutions in your kitchen to keep the flavor but cut the fat.

<b>INSTEAD OF</b>	<b>TRY</b>
Butter/margarine	Applesauce
Chocolate	Powdered cocoa
Chocolate chips	Chopped dried fruit/nuts
Cream	Evaporated skim milk
Frosting	Powdered sugar (light coating)
Ground beef	Ground turkey or tuna
Half & half	Evaporated skim milk
Mayonnaise	Mustard
Oil marinades	Orange juice
Ricotta cheese	Low-fat cottage cheese
Roux	Oil-less roux (toasted flour)
Salad dressing	Balsamic or red wine vinegar
Salt	Sea salt or lite salt
Sugar	Natural sugar
Sour cream	Non-fat yogurt
Vegetable oil	Non-stick cooking spray
Whole egg	Two egg whites
Whole milk	Skim milk
White flour	Whole wheat flour
White rice	Brown rice