

SIMPLE MENU CHANGES

Even small changes can make a BIG difference...it doesn't take much to manage the fat in your diet. The following dinners show how four simple changes can cut the fat in half.

BEFORE

DINNER		FAT GRAMS
6 oz.	sirloin steak	20
1 cup	broccoli	0
1	baked potato	0
2	dinner rolls	6
2 tsp.	butter	10
1 slice	chocolate cake	10
1 cup	2% milk	5
	Total % Fat	51%

AFTER

DINNER		FAT GRAMS
3 oz.	sirloin steak - broiled	8
1 cup	broccoli	0
1	baked potato	0
1	dinner roll	3
1 tsp.	butter	5
1 slice	angel food cake	0
1 cup	1% milk	3
	Total % Fat	19%