

16 TIPS

TO AVOID TOO MUCH FAT, SATURATED FAT, CHOLESTEROL

1. Steam, boil, or bake vegetables; or for a change, stirfry in a small amount of vegetable oil.
2. Season vegetables with herbs and spices rather than with sauces, butter, or margarine.
3. Try lemon juice on salads or use limited amounts of oil-based salad dressing.
4. To reduce saturated fat, use margarine instead of butter in baked products and, when possible, use oil instead of shortening.
5. Try whole-grain flours to enhance flavors of baked goods made with less fat and cholesterol-containing ingredients.
6. Replace whole milk with skim or lowfat milk in puddings, soups, and baked products.
7. Substitute plain lowfat yogurt, blender-whipped lowfat cottage cheese, or buttermilk in recipes that call for sour cream or mayonnaise.
8. Choose lean cuts of meat.
9. Trim fat from meat before and/or after cooling.
10. Roast, bake, broil, or simmer meat, poultry, or fish.
11. Remove skin from poultry before cooking.
12. Cook meat or poultry on a rack so the fat will drain off. Use a nonstick pan for cooking so added fat will be unnecessary.
13. Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.
14. Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites for larger servings. Use "egg substitutes" for baking or for scrambled eggs.
15. Try substituting egg whites in recipes calling for whole eggs. For example, use two egg whites in place of each whole egg in muffins, cookies, and puddings.
16. Substitute 1/2 c. plain non-fat yogurt for the same amount of mayonnaise and save 736 calories and 89 grams of fat.