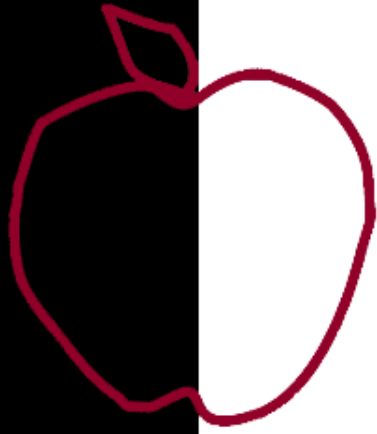


CUT THE FAT



You probably know you need to cut down on the amount of fat you eat. But you may not be sure just why. The fact is, diets high in total fat have been linked to health problems such as obesity and some

kinds of cancer. Too much saturated fat raises blood cholesterol – and high blood cholesterol is associated with an increased risk of heart disease.

Changing the eating habits of a lifetime won't happen overnight. To make a change, it's best to take one step at a time.

LOW-FAT COOKING TECHNIQUES

TRIM VISIBLE FAT FROM MEAT BEFORE COOKING; REMOVE SKIN FROM CHICKEN

- **BRAISE:**

This slow cooking method will tenderize meats, remove fat, and add flavor.

To braise means “to cook in liquid in a covered container.” Braising can be done on top of the stove (low flame in a covered pan) or in a covered dish in a slow oven (350° F). When food is cooked, refrigerate, then remove all fat.

- **ROAST, BAKE, BROIL:**

Place meat on rack so the fat can drip off.

- **LOW-FAT GRILLING:**

Use a cast iron skillet (or other heavy cookware that conducts heat slowly). Wipe the pan with an oiled paper towel. Treating your pan this way turns it into a “nonstick” pan.



FOOD LABELS

FOOD LABELS TELL YOU THE NUMBER OF GRAMS OF FAT IN A FOOD.

- FAT-FREE means less than 0.5 grams of fat per serving.
- LOW-FAT means 3 grams or less of fat per serving.
- REDUCED FAT means 25% less fat than the regular product with 2 grams or less of saturated fat per serving.
- PERCENT FAT-FREE is based on product weight NOT on the percent of calories. This can be misleading. The product must be low-fat or fat-free.

TIPS FOR LOW-FAT FOOD PREPARATION

- When using ground beef in a recipe (chili, spaghetti sauce), cook the meat until well done in a covered pan on a low flame. Drain off all the fat.
- Use mustard as a sandwich spread in place of margarine or mayonnaise.
- In meat salads and slaws, use fat-free mayonnaise or salad dressing in place of mayonnaise.
- Make a low-fat, low-calorie “cream” sauce – mix 1 tablespoon melted fat or oil with 2 tablespoons flour. Add 1 cup of fat-free milk and heat until thick. Flavor with low-fat cheese, parmesan cheese, minced onion, garlic powder, mustard, sherry, etc. *Result: 36 calories per 2 tablespoons.* Use over baked chicken and fish.
- Flavor with a dash of garlic powder, sherry, and/or gravy coloring.
- Use margarine spread, fat-free margarine or jelly on your bread or toast.
- Instead of seasoning vegetables with a “pat” of butter or margarine, use butter flavoring such as Butter Buds® or Molly McButter®.
- Use one teaspoon of butter or margarine for 2 – 4 servings of vegetables (for the whole family). Melt into the vegetable cooking liquid and toss.
- Refrigerate soup stocks, broths, and stews, then remove the fat that hardens on top. Use broth to season vegetables and make gravies.