

How to Cook a Better Weigh

You can cook healthier at home without sacrificing flavor. It's easy to make your own recipes a little lower in fat and calories.

Just follow these tips to lower the fat:

Cook With Little Fat

It's great to start with low-fat ingredients, and a little know-how is all that is needed to keep them low in fat by choosing the right cooking method. Clean up is usually easier, too.

- Nonstick skillet usually require very little fat for cooking.
- Bake, broil, microwave, grill, or steam.
- Avoid frying and pan frying. Most recipes can be adapted by baking items instead or by using less fat.
- Defat gravy by using a special cup or chilling so fat rises and hardens at the top

Reduce the Fat: Refined Oil

Use fat-free salad dressing or a small amount of oil and vinegar to dress salads.

Measure, don't pour!

Wherever possible you should use liquid oils instead of shortening, lard, or butter.

Choose Lean Protein

- Lean cuts of meat/poultry:
- Chicken or turkey: white meat, no skin
- Tenderloin of beef
- Pork loin
- Seafood without breading or topping
- Trim excess fat before cooking.
- Use less meat: A 3-ounce serving is about the size of a deck of cards. Think of meat as a condiment. Fill in with more vegetables.



Choose Fat-Free Dairy

There are lots of products on the market to help you make better choices in the dairy case. Consider these:

- Skim milk
- Fat-free sour cream
- Light margarine (look for trans-free)
- Fat-free half-n-half (you can cook with it!)
- Reduced fat cheese (use cheese sparingly)

Use More Fruits and Vegetables

Fruits and vegetables, for the most part, are naturally low in fat and sodium. Add more vegetables to casseroles, soups, stews, and pasta dishes.

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