



Low-Fat Cooking Tips

- ❖ Avoid frying foods
- ❖ Microwave or steam vegetables in a small amount of water
- ❖ Cook meats without adding fat – bake, roast, broil, barbecue, or grill
- ❖ Choose extra-lean and skinless meat
- ❖ Trim all visible fat from meat
- ❖ Drain fat from cooked meats and blot with kitchen paper if necessary
- ❖ Use vegetables, beans, or whole grains to replace some of the meat content of burgers, meatloaf, and chili
- ❖ Coat chicken and fish in breadcrumbs rather than batter, and bake them instead of frying
- ❖ Use fat-free broth or fat-free milk in mashed potatoes, soups, gravies, and stews
- ❖ Try fat-free evaporated milk in creamy soups and casseroles instead of heavy cream
- ❖ Choose reduced fat sour cream or yogurt instead of full fat versions for dips, spreads, and dressings
- ❖ Replace some of the fat in baked goods with applesauce, plain nonfat yogurt, or low fat buttermilk

Smart Substitutes for Healthy Cooking

Called for in a recipe:	Use this substitution instead:
Whole milk (1 cup)	1 cup fat-free or low-fat milk plus one tablespoon of liquid vegetable oil
Heavy cream (1 cup)	1 cup evaporated fat-free milk or ½ cup low-fat yogurt and ½ cup plain low-fat unsalted cottage cheese
Sour cream	Low-fat unsalted cottage cheese plus low-fat or fat-free yogurt; or just use fat-free sour cream
Cream cheese	4 tablespoons soft margarine (low in saturated fat & 0 grams trans fat) blended with 1 cup dry, unsalted low-fat cottage cheese – add a small amount of fat-free milk if needed