

Eat Vegetables with Less Fat



Eat Less

Greens cooked with:

Fat back
Salted pork
Bacon fat

Creamed vegetables

Fried vegetables

Fried okra
Tempura

Vegetables flavored with butter

Eat More

Greens cooked with:

Trimmed pork loin chop
Extra lean trimmed ham
Turkey ham
Salt-free bullion

Fresh/frozen vegetables

Steamed
Sautéed in olive oil (1 tsp)

Flavor vegetables with:

A small amount of LIGHT margarine
Non-fat sour cream
Defatted broth
Low-fat or fat-free plain yogurt
Plain or Greek yogurt
Low-fat cottage cheese
Salsa, herbs, mustard, lemon juice
& balsamic vinegar
Mrs. Dash seasoning