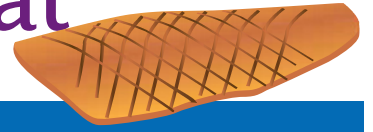


Eat Proteins with Less Fat



Eat Less

Red Meat

Hamburger
Ground beef
Meat loaf
Beef burritos & tacos

Poultry

Fried chicken
Skin from chicken/turkey

Fish

Fried fish
Fried seafood

Processed Meats

Hot dogs
Ground pork
Bologna, salami & other lunch meats
Bacon
Ham
Sausage

All Regular Cheeses

Eat More

Red Meat (Lean)

Round or loin cuts
Trim off all fat
96% lean ground beef

Poultry

Ground turkey (at least 93% lean)
Sliced turkey (low sodium)
Low sodium deli meats
Chicken or turkey without skin
Bake, broil or grill all poultry

Fish

Very low sodium tuna
canned in water
Canned salmon (in water)
Bake, broil, or grill all fish

Pork

Pork tenderloin
Pork loin chops

Low-fat Cheese

2% American cheese slices
Part-skim mozzarella cheese

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

Eat Less Added Fat



Eat Less

Margarine and butter

Sour cream and regular cream cheese

Oil, lard, bacon fat, shortening, fat back

Salad dressing or mayonnaise
(including on sandwiches, in potato salad, tuna salad & coleslaw)

Eat More

Low-fat or fat-free margarine

Fat-free cream cheese or sour cream

Vegetable cooking spray

Low-fat/non-fat salad dressing or low-fat mayonnaise, mustard, catsup