

How to Lower the Fat in Recipes

Begin slowly. Make one change at a time.

1. Leave out a high-fat food.

- Don't add the cheese topping to a casserole.
- Make spaghetti sauce without the meat.
- Other _____

2. Use less of a high-fat food.

- Use only 1 teaspoon of oil to brown meat or onions.
- Use $\frac{1}{2}$ the amount of cheese.
- Use $\frac{1}{2}$ the amount of mayonnaise.
- Other _____

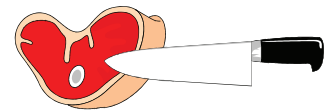


3. Use a lower-fat food instead of a high-fat one.

- Use skim or 1% milk.
- Use low-fat or fat-free cheese.
- Use fat-free sour cream.
- Use two egg whites or egg substitute instead of a whole egg.
- Other _____

4. Use a lower-fat way to cook.

- Trim fat from meat. Take skin off chicken.
- Use a nonstick pan or nonstick vegetable spray.
- Steam or microwave vegetables.
- Cook meat without adding fat.
- Drain and rinse browned ground beef.
- Chill the broth when you make soups or stews until the fat becomes solid. Spoon off the fat before using the broth.
- Other _____



Make changes to add back moisture and flavor, too.

1. Add liquid when you remove $\frac{1}{4}$ cup of fat or more.

- Add water, fruit juice, or skim milk.
- In baked goods, add applesauce, pureed prunes, or skim milk.

2. Add flavor.

- Use wine, lemon juice, flavored vinegars or mustards.
- Use garlic, onions, hot peppers, fresh herbs and spices.

