

### General Tips

- Use nonstick cookware and a non-fat cooking spray.
- **2** Use fat-free or 1% milk.
- **3** Read labels.
- Instead of cheddar cheese, use sharp cheddar and use 1/2 the amount.
- Use low-fat yogurt on potatoes and in dips, salad dressings, soups, casseroles, desserts, or in any recipe that calls for sour cream or mayonnaise.
- Use a non-fat butter spray or low-fat margarine for breads, potatoes, popcorn, and vegetables.
- Shop from a list to avoid buying tempting "extras".
- Stock up on recipe basics so you have ingredients on hand to cook with instead of going out.

#### Smart Snacks

- **9** Grab fresh veggies with low-fat dip.
- **10** Make air-popped popcorn or lite microwave popcorn.
- Add low-fat granola to fat-free or low-fat yogurt.
- **12** Grab a handful of dried fruit.
- 13 Keep rice cakes, pretzels, or low-fat tortilla chips and salsa on hand.
- **14** Munch on cold cereal.
- 15 Store graham crackers or gingersnaps at your desk.
- **16** Grab a fudgesicle or a popsicle for a sweet treat.
- 17 Try 100% fruit or vegetable juice to quench your thirst.
- Have pudding or chocolate milk made with fat-free milk.

# Breakfast Breakthroughs

- 19 Have hot or cold cereal with fat-free milk.
- Blend up a breakfast shake of low-fat yogurt, 100% juice, and fruit in a blender.
- Make a batch of low-fat muffins and keep them in the freezer. Grab one before heading out the door.
- **22** Top a bagel with jam or lite cream cheese.
- **23** Carry a low-fat granola bar or breakfast bar to get you going.

## Brown Bagging It

- **24** Pack a low-fat pasta salad or vegetable salad with low-fat dressing.
- **25** Pack leftovers from your healthy dinner.
- **26** Try tuna packed in water with crackers or bread.
- **27** Keep a cup-o-soup on hand.
- **28** Keep low-fat frozen entrees in the break room freezer to heat and eat in a rush.
- 29 Make sandwiches on bagels, tortillas, English muffins, or pita pockets. Load up with veggies.

### Dinner Dilemmas

- **30** Broil, roast, or stir-fry instead of frying.
- **31** Choose "choice" cuts of meat instead of "prime". They have less fat.
- **32** Add frozen veggies to soups, stews, and casseroles.
- **33** Remove the skin from poultry. Limit red meats to no more than a few times a week.
- **34** Stir-fry meats in chicken or vegetable broth, water, pineapple juice, or wine.
- **35** When using ground meats, cook, drain, and rinse under hot water before proceeding with the recipe.
- **36** When making gravy, put ice cubes in meat drippings. Fat will cling to the ice cube for easy removal.
- **37** Use lower fat canned soups and dressings in casseroles.
- **38** Cut back or leave the butter/margarine out when preparing most boxed meals.

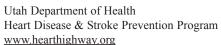
#### Eating Out

- 39 Share an entree or ask for a "take out" box with your order. Put half in the box before you begin eating so you won't be tempted by large portions.
- 40 Ask for substitutions such as a baked potato or fresh fruit for french fries, coleslaw, or other high-fat side dishes.
- 41 Be careful at the salad bar. Limit high-fat toppings such as cheese, meats, creamy dressings, nuts, and seeds. Choose more veggies and fruit.
- 42 Ask for the dressing on the side. Use the "fork method" and dip the tongs of the fork into the dressing and then into your salad.
- 43 Choose foods that are naturally lower in fat (fish, poultry, or seafood), or that have been prepared with low-fat cooking methods, not fried.
- 44 Select foods that aren't cooked in creamy sauces.
- 45 Ask for sour cream, butter, and dressing on the side.
- 46 Share a dessert rather than eating the whole serving.
- 47 Don't be afraid to make requests and ask for low-fat modifications.
- 48 Allow yourself to indulge in high-fat favorites on special occasions only (i.e. your birthday, a special holiday), not every time you go out.



### Baked Goods

- **49** Use two egg whites in place of one whole egg in most quick breads, cookies, and cakes.
- 50 Cut most fat in recipes by 1/3 to 1/2 by replacing with another ingredient, such as pureed prunes, carrots, or bananas.
- 51 When using mixes, replace most or all the fat with applesauce, buttermilk, or yogurt.
- **52** Use three tablespoons cocoa in place of each ounce of baking chocolate.
- 53 Cut back on nuts, chocolate chips, and other high-fat mix-ins. Toast nuts before adding to increase flavor and use mini-chips to spread out the chocolate flavor more.
- 54 Add a small amount of vanilla, cinnamon, or nutmeg to enhance flavor when fat and sugar are reduced
- 55 Use phyllo dough in place of a pie crust. Get new ideas on www.hearthighway.org



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