

## Low-fat Eating

Too much fat in our diet can cause weight gain and increase our chances for developing certain diseases. The tips below will help you to eat less fat when cooking and eating out.

### Tips to reduce the amount of fat in the foods you cook:

- Use herbs instead of butter or margarine to add flavor to foods.
- Broiling, grilling, roasting, and poaching are low-fat ways to cook meat.
- Trim off the fat you see on meat, turkey, and chicken before you cook it.
- Remove the skin from chicken and turkey.
- Drain the grease from cooked ground meats. To remove more fat, put cooked ground meat in a strainer and rinse with hot water. After rinsing, add the meat and seasonings to your recipe.
- Trim excess fat off of bacon, or use Canadian bacon or ham for a lower fat substitute.
- Buy tuna packed in water, rather than oil.
- Substitute unsweetened applesauce or plain yogurt for oil in most bakery recipes, such as brownies and cakes. See the recipe on the back of this page that uses yogurt or applesauce as a substitute for some of the oil in a muffin recipe.
- Use skim milk instead of whole or 2% milk when cooking.
- Top cakes with fruit instead of a high-fat, butter cream frosting.



### Tips to reduce the amount of fat you eat when dining out:

- Order a salad with the dressing on the side. Put on only as much dressing as you need to add a little flavor to the salad.
- Order a “half-order” or divide your meal in half and take the leftovers home. Be sure to refrigerate your leftovers within 2 hours.
- Watch for high-fat descriptions such as: “golden crispy”, “fried”, “creamy”, “gravy”, and “cheesy”. Choose foods described as “broiled”, “poached”, “grilled”, “seasoned”, and “roasted”. Skip the sour cream and butter, or ask for it on the side.
- Order a veggie pizza. Ask for whole wheat crust and half the cheese.
- Order a smaller burger or grilled chicken sandwich. Add lettuce and tomato and skip the extra sauce and mayo.
- Skip dessert or share with a friend or family member.

**Know how. Know now.**

### Tips to reduce the amount of fat in your daily food choices:

- Select lower fat meats, such as turkey or chicken breast, lean roast beef, cuts of beef or pork with “loin” or “round” in their name or ham instead of bologna, salami, sausages, or hot dogs.
- Top bread or muffins with jam or jelly instead of butter or margarine.
- Enjoy nuts such as peanuts and cashews, in small portions. Limit to ¼ cup portions.
- Read the Nutrition Facts label and choose foods low in total fat and saturated fat.
- Aim for 4½ cups of fruit and vegetables a day. They are naturally low in fat and high in fiber. They will fill you up with less calories and fat than other foods.

Instead of...	Try...
Cheese	Low-fat cheese
Ice cream	Low-fat frozen yogurt or fat-free ice cream
Cream or half & half in coffee	Non-fat half & half
Butter or stick margarine	Tub margarine or oil
Whole milk*	2%, 1%, or skim milk
Whole eggs	Egg substitutes or egg whites

\*Children between 1 and 2 years of age should drink whole milk.

### Basic Muffins Makes 12 servings



- 2 c. flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ⅓ c. sugar
- 1 c. yogurt (plain or vanilla) or applesauce
- 2 T. vegetable oil
- ⅓ c. nonfat or low-fat milk

1. Preheat oven to 350°F. Line muffin tin with baking liners or spray with non-stick cooking spray.
2. In a mixing bowl, combine flour, baking powder, baking soda and sugar. Mix well.
3. Make a well in the center of the dry ingredients. Add yogurt, oil, and milk. Stir together until mixed well.
4. Stir in any additional ingredients (see options below).
5. Place batter into muffin tins.
6. Bake for 20-25 minutes or until knife inserted in center comes out clean.
7. Let cool for 10 minutes then transfer to a cooling rack.

#### Additional ingredient options:

- Raisin: Add 1 cup raisins and ½ teaspoon cinnamon.
- Blueberry: Add 1 cup fresh or frozen blueberries.
- Banana: Add 1 banana, mashed or chopped.
- Banana Nut: Add 1 banana, mashed or chopped and ⅓ cup chopped walnuts.

*Nutrition Facts per Serving: 140 calories, 2.5 g fat (4%DV), 0 g saturated fat (0%DV), 0 mg cholesterol (0%DV), 190 mg sodium (8%DV), 25 g total carbohydrates (8%DV), 0 g fiber (0%DV), 9 g sugar, 3 g protein, vitamin A 0%, vitamin C 0%, calcium 8%, iron 6%*