



HOW TO DECREASE FAT IN YOUR RECIPES

Fats and oils can be eliminated or cut back in many recipes with good results.

Learn to cook lean by making low fat ingredients substitutions, changing your cooking methods, and decreasing the amounts of fats and oils in your recipes.

Ingredient Substitutions

Common substitutions for some ingredients are listed in the next column.

See page 3 for an example of a recipe where substitutions have been made.

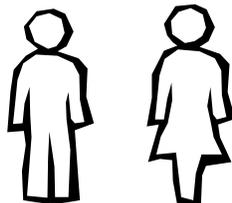
Low-fat Cooking Methods

The best cooking methods are those that allow fat to drain off food and require little or no added fat. See suggestions for lower fat ways to cook meat on page 3.

Amount of fat in recipes

Experiment with decreasing the fat or oil in your recipes. The suggestions on page 2 will get you started.

Note: Cutting down on fat doesn't mean cutting it out entirely. An average size **woman** should limit fat intake to 50-60 grams a day. An average size **man** should limit fat intake to 70-80 grams a day.



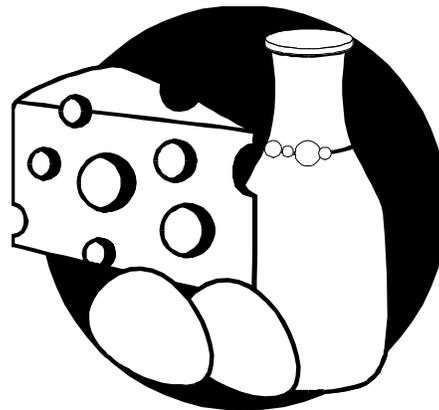
Simple Substitutions

Try these simple substitutions for higher fat ingredients in your recipes. Substitute the entire amount or just a portion.

For:

Try:

Cream	Evaporated skim milk or half and half
Whole milk	Skim or low-fat milk
Sour cream	Plain or low-fat yogurt
Cheese	Reduced fat or part-skim cheese
Cream cheese	Low-fat ricotta or cottage cheese, or low-fat Neufchatel cheese
Whole egg	2 egg whites or low-fat egg substitute



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General Cooking Tips

Meats & Vegetables:

- ✓ Use a bulb baster or fat separator to remove liquid fat.
- ✓ Remove chicken skin before eating. It may be left on during cooking to help retain moisture and add flavor.
- ✓ Brown meats in non-stick pans or use cooking sprays.
- ✓ Drain meats after browning.
- ✓ Sauté onions and garlic in 1 Tablespoon or less olive oil to start and then add water or broth to steam and sauté.
- ✓ Steam or microwave vegetables instead of sautéing.

Sauces, Gravies, and Dressings:

- ✓ To make gravies or sauces with less fat but without lumping, mix the flour or cornstarch with a small amount of cold liquid until smooth. Stir this mixture slowly into the hot liquid you want to thicken and bring to a boil.
- ✓ If a sauce made with yogurt is to be heated, add 1 Tablespoon of cornstarch for each cup of yogurt to prevent separation.
- ✓ For homemade salad dressings, use less oil in proportion to other ingredients. For creamy dressings, add yogurt to replace some of the oil.
- ✓ Try lemon juice or herbed vinegar for fat-free dressings, and reduced-calorie or fat-free salad dressings.

<u>For 1 Tablespoon of:</u>	<u>Fat (grams)</u>
Mayonnaise	11
Reduced calorie mayonnaise	2-7
Italian dressing	9
Low-calorie Italian dressing	2
Fat-free Ranch dressing	0
Lemon juice	0
Vinegar	0

Baking Tips

In baked products, try cutting back the fat or oil by one-fourth to one-third. For example, if the recipe calls for 1 cup of oil or margarine, try using 2/3 to 3/4 cup. Start gradually and keep track of how much you cut down so that you can repeat your successes.

- ✓ Make one-crust or “no crust” pies rather than two crust pies.
- ✓ Nuts are high in fat. Try using only half the nuts called for in your recipe.
- ✓ Substitute dried fruits and raisins for chocolate chips.
- ✓ Use non-stick sprays to grease pans.
- ✓ Substitute 3 to 4 Tablespoon of unsweetened cocoa for each ounce of baking (bitter) chocolate. In some recipes, you may need to add 1 to 2 teaspoons of oil.
- ✓ Use 2 egg whites instead of one whole egg, for half to all the eggs in a recipe.
- ✓ Make angel food cake in place of other cakes. It uses egg whites and has only a trace amount of fat.
- ✓ The minimum amount of fat or oil for muffins, quick breads and biscuits is 1 to 2 Tablespoons.
- ✓ The minimum amount of fat or oil for cakes and drop cookies is 2 Tablespoons per cup of flour.



Sample Recipe

Look at the reduction in fat per serving by making these simple ingredient substitutions.

Fat (grams)	Macaroni and Cheese (6 servings)	Substitute	Fat (grams)
2	1 1/2 c. elbow macaroni		2
42	3 Tbsp butter	2 Tbsp butter	28
--	2 Tbsp all purpose flour		--
16	2 c whole milk	2 c skim milk	1
--	1/4 c finely chopped onion		--
<u>72</u>	8 oz Processed American cheese	8 oz Reduced-fat cheese	<u>32</u>
132	Total Fat		63
22 grams	Fat per serving +		10 1/2 grams

By making three simple changes, the fat content of this recipe was cut in half. This macaroni and cheese was transformed from a high fat entrée into a dish moderate in fat that would easily fit in most healthy diets.

Meats

- ✓ Choose cuts of meat that are lean, with little visible fat and not too much marbling (fat in the lean). Trim off visible fat before cooking.
- ✓ Add more vegetables or starches (rice, pasta, potatoes), and cut down on the amount of meat used per serving.
- ✓ Try ground turkey for a lower fat alternative to ground beef. Read the label—some brands contain about the same amount of fat as lean ground beef.
- ✓ Try fresh ground fish, like ahi, or soy-based products in recipes.
- ✓ Try these lower-fat cooking methods:
 - ✓ Roasting – Place meat on a rack in the roasting pan so that the fat drips away during cooking.
 - ✓ Braising or Stewing – To get rid of the fat that remains in the cooking liquid, refrigerate overnight and then remove the hardened fat. Longer cooking times helps tenderize tougher cuts of meat.
 - ✓ Broiling – For less tender cuts of meat, tenderize by scoring, pounding, grinding or marinating before cooking.



Using the Nutrition Facts Label

How can you use the serving size information?

The serving size listed on the label is an estimate of the amount people usually eat. It is listed in cups, tablespoons, ounces, or pieces. Similar foods now have similar serving sizes, to make it easier to compare foods.

All of the nutrient values listed on the label are for one serving. You can use the serving size to decide if the nutrient values are correct for the amount you usually eat. For example, if you eat half a cup of the spaghetti sauce shown here, you will take in 120 calories. But if you eat one cup, you will take in two times 120 calories, or 240 calories.

You can use the “serving per container” to figure out how much of a nutrient is in the whole container. For example, this spaghetti sauce has 4 grams of fat per serving, and with 7 servings in the can, 28 grams of fat in the whole can.



What does % Daily Value mean?

The % Daily Value listed next to each nutrient gives a general idea of a food’s contribution to your diet. Daily values are the amounts recommended each day for a healthy diet. They are based on a 2000 calorie diet.

For example, this label lists Total Fat as 7% of the Daily Value. This means eating one serving of this spaghetti sauce will give you 7% of the Total Fat you should have in a day. It does NOT mean that 7% of the calories in a food are from fat.

Nutrition Facts	
Serving Size 1/2 cup (128 g)	
Servings per Container 7	

Amount Per Serving	
Calories 120	Calories from Fat 40

	% Daily Value*
Total Fat 4g	7%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 570mg	24%
Total Carbohydrate 18g	6%
Sugars 12g	
Dietary Fiber 3g	
Protein 2g	

Vitamin A 20%	Calcium 4%
Vitamin C 4%	Iron 8%

* Percent (%) of a Daily Value are based on a 2,000 calorie diet. Your Daily Values may vary higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total fat	Less than 65g 80g
Sat fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g

Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Use % Daily Values to help you choose foods.

Think of the Daily Values as budgets. For all nutrients, your daily budget is \$1.00 (100%). If you eat one serving of this sauce, you have “spent” 24¢ of your sodium budget! If you want to eat less sodium, you might want to look for a sauce that “costs” you less.

If you eat less than an average person, some of your “budgets” may be lower than 100%. People who eat about 1600 calories a day – such as smaller, inactive, or older women – would have a fat “budget” of about 80¢ (80%) instead of \$1.00 (100%).