

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



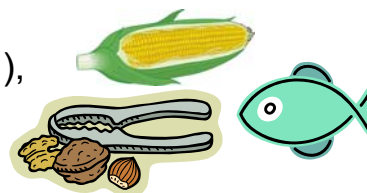
Ideas For Eating Better For Less

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Oils In The Foods You Eat

- Oils come from vegetables (corn, soybean, olive, etc.), nuts, and fish.
- Oils are liquid at room temperature unlike solid fats.



Solid fats come from animal products (butter, lard, beef tallow, etc.) or hydrogenated oils (stick margarine and shortening).

- Most of the fats you eat should come from fish, nuts and vegetable oils. However, limit the amount you eat since there are about 120 calories in 1 Tablespoon of oil and 90 calories in 1/2 ounce of nuts (12 almonds or 7 walnut halves).



Cabbage Coleslaw Serves 10

1 small head of cabbage, shredded
1 small onion, diced
1 cup grated carrot
2 teaspoons celery seed

1/2 cup sugar
1/2 cup vinegar
1/3 cup cooking oil
Salt & pepper, to taste



1. In a medium bowl combine cabbage, onion, carrot and celery seed.
2. Sprinkle sugar over cabbage mixture and mix well.
3. In a small saucepan, combine vinegar and oil. Bring to a boil.
4. Pour hot vinegar and oil over cabbage mixture and mix well.
5. Salt & pepper to taste. Serve immediately or chill.
6. Store in refrigerator.

NUTRITION FACTS (per serving) - Calories 130 - fat 8 g - calories from fat 70 - sodium 35 mg
~ total carbohydrate 16 g ~ fiber 2 g

Ham Stir-fry Serves 6

1 can (12-ounce) ham luncheon meat
1 Tablespoon oil
2 eggs, beaten
2 Tablespoons soy sauce

1 can (15-ounce) mixed vegetables,
drained
2 cups cooked rice

1. Cut meat into small chunks.
2. Add oil to skillet. When oil is hot add canned luncheon meat. Stir until heated through.
3. Add eggs, soy sauce, mixed vegetables and rice.
4. Stir until eggs are cooked and all food is heated through.
5. Serve immediately.

NUTRITION FACTS (per serving) - Calories 283 ~ fat 9 g ~ calories from fat 80 ~ sodium 1229 mg ~ total carbohydrate 35 g ~ fiber 2 g

Cooking with Oils

SAUTÉ - Cook meats and vegetables quickly in a small amount of vegetable oil. Tips for sautéing:

- Cut food into small, similar-sized pieces.
- Preheat skillet/pan over medium to medium-high heat before adding oil and food.
- Choose a pan that will allow you to spread food out so food is not crowded in the pan.



BAKING - Avoid replacing solid fats (butter, stick margarine, shortening) with oils in **baked goods** because this will make cakes, cookies, and pastries greasy and heavy. If you want to try to substitute liquid oils for solid fats in baked goods replace **every** Tablespoon of solid fat with only **3/4** Tablespoon of cooking oil.



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