

## Moving Toward Low Fat Cooking. . . . .



Many of us eat diets that are too high in fat. High fat diets increase our risk of getting chronic diseases such as coronary heart disease, certain cancers, obesity, diabetes mellitus, and stroke.

### Moving Away from Fat. . . . .

- Choose leaner cuts of meat.
- Select the lower-fat options of foods (ex. roasted chicken instead of fried chicken).
- Include more fruits and vegetables in your diet.
- Use low fat preparation methods. Remove skin and trim fat before cooking.

### Low Fat Cooking. . . . .

- 1 Stir fry, broil, roast or steam foods instead of frying.
- 2 Use water or broth to steam vegetables.
- 3 Season foods **WITHOUT** using butter or margarine.
  - Use low fat sauces or dressings.
  - Use cooking sprays for pans.
  - Season with herbs and spices.
- 4 Choose low fat or nonfat ingredients when cooking (Ex. skim milk, low fat yogurt, low fat mayonnaise).
- 5 Chill broth or soups and remove visible hardened fat.
- 6 Remove all visible fat from meats before cooking.
- 7 Substitute plain low fat yogurt, cottage cheese or buttermilk in recipes that call for sour cream or mayonnaise.

### Moves That Fit You (Goal Setting). . . . .

- ❖ Set small goals that will add up to big changes in lowering the fat in your diet.
- ❖ Choose one way you will reduce the fat in your diet. Make that change to your diet for several weeks before you choose another way to reduce the fat.
- ❖ Find a friend or family member who also wants to lower the fat in their diet. Share ideas and recipes. Eat several low fat meals with friends or family each week.

- ❖ Read food labels to check for the fat content.
- ❖ Learn to change recipes or food preparation methods to make your meals lower in fat.

**Set two goals for yourself:**

1. \_\_\_\_\_

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2. \_\_\_\_\_

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