

# Lowering Fat

## The DASH Eating Plan

### Easy Tips to Lower Fat in Your Meals

1. Use nonstick cookware and a non-fat cooking spray.
2. Use fat-free or 1% milk.
3. Instead of cheddar cheese, use sharp cheddar and use half the amount.
4. 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.
5. Shop from a list to avoid buying tempting “extras.”

### Smart Snacks

1. Make air-popped popcorn or light microwave popcorn.
2. Add low-fat granola to fat-free or lowfat yogurt.
3. Grab a handful of dried fruit.
4. Munch on cold cereal.
5. Have pudding or chocolate milk made with fat-free milk.
6. Buy precut packages of broccoli, carrots, and cauliflower.
7. Put fruits and vegetables out while dinner is being prepared.
8. Put single serving raisin boxes in your cookie jar.
9. Pack an apple for your commute home.

### Breakfast Breakthroughs

1. Make a batch of lowfat muffins and keep them in the freezer. Grab one before heading out the door.
2. Carry a lowfat granola bar or breakfast bar to get you going.
3. Top cereal or yogurt with fresh or dried fruit.
4. Whirl up a fruit shake with your favorite fresh fruit, juice or milk, and yogurt.
5. Stir dried fruit into your muffin mix. Top your pancakes with fruit instead of syrup, or mix the fruit into the batter.
6. Start your day off right by having a glass of 100% juice for breakfast.

### Brown Bagging It

1. Pack leftovers from your healthy dinner.
2. Keep a cup of soup on hand.
3. Keep low-fat frozen entrées in the break room freezer to heat and eat in a rush.
4. Make sandwiches on whole wheat bagels, tortillas, English muffins, or pita pockets. Load up with veggies.
5. Include one fresh fruit and one fresh vegetable in all brown bag lunches.

### Dinner Dilemmas

1. Broil, roast, or stir-fry instead of frying.
2. Choose “choice” cuts of meat instead of “prime.” They have less fat
3. Add frozen veggies to soups, stews, and casseroles.
4. Remove the skin from poultry. Limit red meats to no more than a few times per week.
5. When using ground meats, cook, drain, and rinse under hot water before proceeding with the recipe.

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6. When making gravy, put ice cubes in meat drippings. Fat will cling to the ice cube for easy removal.
7. Cut back or leave the butter/margarine out when preparing most boxed meals.
8. Add vegetables to a can of soup.
9. Top a baked potato with salsa.
10. For a south of the border flavor, make a layered vegetable burrito. Start with rice, beans, cheese and corn. Then bring on the veggies.

## Eating Out

1. Share an entrée 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.
2. Be careful at the salad bar. Limit high-fat toppings such as cheese, meats, creamy dressings, nuts, and seeds.
3. Choose more veggies and fruit.
4. 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.
5. Select foods that are not cooked in creamy sauces.
6. Don't be afraid to make requests and ask for low-fat modifications.
7. 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

1. Use two egg whites in place of one whole egg in most quick breads, cookies, and cakes.
2. Cut most fat in recipes by 1/3 to 1/2 safely. Replace with another ingredient, such as pureed prunes, carrots, or bananas.
3. When using mixes, replace most or all the fat with applesauce, buttermilk, or yogurt.
4. 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.

## Daring Desserts

1. Prepare JELL-O with juice instead of water and add fruit slices.
2. Use two times the amount of pureed canned beans for oil in cake mixes for a low fat treat!
3. Mash or puree fruit, sweeten lightly and serve over ice cream

## Just do it!

Be experimental. Try a new vegetable or fruit (or a different method of preparation) each week!