



Health conditions such as heart disease, cancer and obesity have been linked to high fat diets.

Do you need to trim the fat in your diet?

-  Use lean cuts of meats.
-  Marinate meats in marinades with little or no fat.
-  Remove the fat from soups and stews.
-  Use cooking methods that use little or no fat.
-  Use lean ham or Canadian bacon instead of bacon to add a smoky flavor to dishes.
-  Oven-fry fish or chicken. Dip the meat in egg whites, coat with seasoned bread crumbs and bake on a baking sheet that has been coated with vegetable oil spray.

Extra tips for less fat ✓

- Try butter-flavor spray and granules to add butter flavor without the fat.
- Use sharp shredded Cheddar cheese for topping. Less goes a long way.
- Stretch your ground meat with starchy fillers such as dry-quick cooking oats, cooked rice, finely chopped/shredded vegetables, or bread crumbs.



Lean Meats

Beef: round, sirloin and tenderloin
steak and chuck arm pot
roast

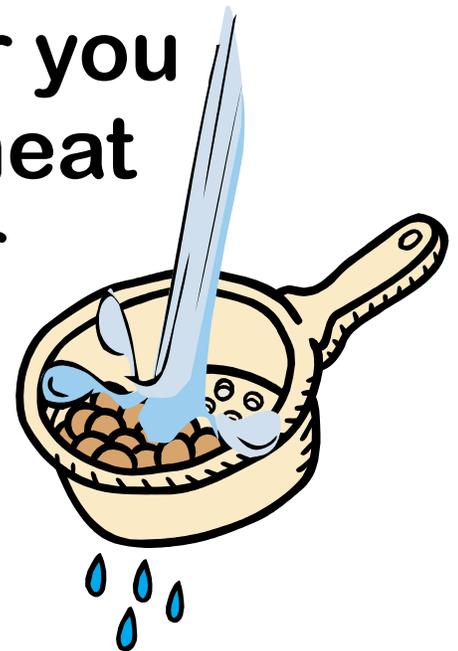
Veal: cutlet, loin chop, rib roast

Pork: tenderloin, center loin chops,
sirloin roast, and shoulder
blade steak



Get the fat off your food!

- Place soups and stews in the refrigerator. Fat hardens when chilled and can be easily removed with a spoon.
- Drain off fat from ground meat just after cooking. Or you can put the cooked meat in a strainer and pour hot water over it to rinse off the fat.





Cooking without all that fat

- **Dry heat:** good for cooking lean cuts of pork, beef loin and tenderloin, poultry, and fish.

- Roast
- Broil
- Stir fry
- Grill



- **Moist heat:** good for cooking round beef and pork roast.

- Braise
- Stew

- **Liquids** such as water, juice, wine or broth are used for moist heat cooking.

Marinades



- Orange, lime or lemon juice
- De-fatted broth
- Wine
- Tomato juice
- Low fat buttermilk



Add fresh herbs to spice up the marinade.

Credits



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