Low Fat Cooking Techniques

✓ Use nonstick cooking spray to sauté food in a pan instead of butter, margarine or oil.

✓ Add low fat or fat free condiments to food, such as salad dressing, mayonnaise, margarine, sour cream, cream cheese, peanut butter, gravy, melted cheese, etc.

✓ Substitute applesauce, plain nonfat yogurt or pureed fruit for oil, butter or margarine when preparing baked products.

✓ Trim all visible fat from meat and remove skin from chicken after cooking to keep more moisture in the meat.

✓ Try low fat cheeses when preparing recipes, such as low fat cottage cheese, low fat ricotta cheese, skim milk mozzarella, etc.

✓ Remove the fat beads that form on the top layer of soups, stews and casseroles.

✓ Substitute low fat meats for high fat meat in recipes, such as turkey, fish, skinless chicken breast, pork loin, 93-95% lean ground beef and ham. Select meats with the least amount of visible fat.

✓ Drain fat from cooked meat and blot with a paper towel to remove excess oil.

✓ Replace whole eggs in recipes with ¼ cup egg substitutes or 2 egg whites for every whole egg.

✓ Use 1% or skim milk in place of whole milk in recipes.

✓ Replace some of the meat in burgers, meatloaf, chili and stews with vegetables, beans or whole grains.

✓ Coat chicken or fish in bread crumbs rather than batter to cook.

✓ Use fat free broth or fat free milk in mashed potatoes, soups, gravies and stews.

✓ Season food with herbs, spices, lemon juice, red wine vinegar or salsa rather than butter, creams and sauces.

✓ Use low fat cooking methods, such as broiling, grilling, roasting, baking, microwaving, poaching and steaming.

✓ Try fat free evaporated milk in soups and casseroles instead of heavy cream.

✓ Limit the addition of condiments to food during cooking and preparation. For example: Do not add salad dressing to your salad, rather place dressing in a small container next to your salad and lightly dip your fork in the dressing before eating a bite.

Global Nutrition Services, LLC. – 505.332.8070