

# Lower-Fat Cooking Tips

Client Name \_\_\_\_\_ Date \_\_\_\_\_

Dietitian / Dietetic Technician \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- Select lean cuts of beef and pork, such as those labeled “loin” or “round.”
- Take the skin off poultry (such as chicken or turkey) before serving it.
- Bake, broil, roast, stew, or stir-fry lean meats, fish, or poultry.
- Cook ground meat and then drain off the fat.
- When making stews or soups, refrigerate the broth and skim off the fat with a spoon before reheating and serving.
- Eat fish regularly. Try different ways to cook it so that you’ll enjoy it more:
  - Grill salmon on skewers with eggplant, okra, and onions.
  - Dip tilapia in milk and egg white. Next dip it in bread crumbs, and sauté for a short time (about 5 minutes) in a pan sprayed with oil.
  - Bake white fish and vegetables in foil.
  - Poach white fish in milk, tomato juice, or water with lemon juice added.
  - Broil tuna and then squeeze lemon juice on it.
  - Marinate orange roughy for 15 minutes in Italian salad dressing. Then bake.
  - Make a tuna salad with red and green peppers.
- When cooking foods on a griddle or in a frying pan, brush the pan with cooking oil just to coat it. Or use a nonstick spray of vegetable oil or a nonstick pan that requires no greasing.
- To limit saturated fat from milk products:
  - Thicken sauces with evaporated nonfat (skim) milk instead of whole milk.
  - Use a low-fat cheese or feta cheese in pasta dishes, such as lasagna.
- Get protein from plant foods (such as soy or dried beans and legumes) or egg whites instead of meat:
  - Add soy protein crumbles to chili and spaghetti sauce.
  - Use tofu or tempeh in a stir-fry with lots of vegetables.
  - Make soups with edamame (fresh or frozen soybeans), lentils, split peas, or dried beans.
  - Make an egg white omelet with green peppers, tomatoes, and onions.
- When you do cook with fat, choose healthy unsaturated fats:
  - Use healthier oils, such as canola, olive, or soybean oil, in recipes and for sautéing.
  - Make salad dressings with olive, walnut, or pecan oil.
- Cook with lemon juice or herbs. These add flavor to foods, like vegetables, without adding fat or salt.



*This handout may be duplicated for client education.*