



Trimming the Fat from Our Diets

1. Choose meat with the least amount of fat.
2. Remove fat.
 - Trim off the fat you can see from meat and poultry.
 - Remove the skin from poultry.
 - Remove fat from canned meats.
 - Buy tuna packed in water.
 - Chill soups and stews and remove the solid fat layer from the top.

A deck of cards is about the size of 3 ounces of meat, poultry or fish. Three ounces, cooked and boneless, is a serving for one adult.

3. Cook meats by:
 - ◆ baking
 - ◆ broiling
 - ◆ boiling
 - ◆ microwaving
 - ◆ grilling
 - ◆ stir-frying

Cook with little or no added fat. Use non-stick pans, or spray with cooking spray.

4. Drain off fat after browning ground meat. To remove even more fat, rinse the browned ground meat crumbles with hot (not boiling) water. Then blot with paper towel.
5. Eat meat in moderation. Add more grains, fruits and vegetables to your meal.
6. Cook with less fat.
 - ◆ Replace whole milk in recipes with low-fat or nonfat milk.
 - ◆ Replace cream in recipes with evaporated milk.
 - ◆ Use smaller amounts of full-fat cheese, such as cheddar, or use lower fat cheese, such as part skim mozzarella.
 - ◆ Decrease the amount of fat in recipes. Do not decrease fat if the recipe has already been reduced in fat. Start by decreasing the fat by 1/4. For example, if a cake recipe calls for 1 cup of margarine, use 3/4 cup of margarine. The fat in recipes for quick bread, muffins, and some soft cookies can be decreased by 1/2. For example, if a muffin recipe calls for 1 cup oil, use 1/2 cup oil.
 - ◆ Replace chocolate and nuts with raisins or chopped fresh fruits or canned fruits.
 - ◆ Replace sour cream with nonfat or low-fat sour cream or low-fat yogurt.
 - ◆ Decrease the amount of oil in homemade salad dressings. Try using one part oil to two parts vinegar.

7. Use nonfat milk or low-fat milk in place of whole milk. It may be easier to take one step at a time. Start by switching from whole milk to 2% low-fat milk. Later switch to 1% reduced-fat and then to non fat milk.

8. Add less fat to food.

Small amounts of these fatty extras can add a lot of fat. Use these sparingly:

- ◆ butter or margarine
- ◆ sour cream
- ◆ oil or shortening
- ◆ salad dressing
- ◆ non-dairy creamer (liquid or powder)
- ◆ cream cheese
- ◆ mayonnaise
- ◆ bacon grease or bacon
- ◆ tartar sauce

9. Many foods taste good with less fat. Substitute nonfat or low-fat items for high-fat items.

Sandwiches: Use mustard, ketchup, low-fat or nonfat salad dressing, onion, tomato, lettuce, and sprouts.

Vegetables, soups and dried beans: Flavor vegetables with low-fat margarine spreads, onion, garlic, lemon juice, spices, salsa or vinegar. Flavor soups and bean dishes with lean diced ham, smoked turkey, or bouillon instead of fatty cuts of meat like salt pork.

Bread, muffins and rolls: Use jam, jelly, fruit spreads or small amounts of low-fat margarine or low-fat spreads.

Pasta, potatoes, and rice: Use low-fat margarine or low-fat yogurt on potatoes. Rice and pasta do not need fat added to the cooking water.

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