

Easy Ways to Cut Fat in Cooking

1. Use nonstick cooking spray instead of butter or oil; or at least choose liquid oils over solid fats (preferably canola oil or olive oil)
2. Choose extra-lean meat and skinless chicken breasts
3. Trim all visible fat from meat
4. Grill, broil, bake, braise, steam, poach, and microwave foods instead of frying them. Sautéing is ok with minimal amounts of oil, or use nonstick spray or broth instead
5. Drain fat from cooked meats and blot them with kitchen paper if necessary
6. Use vegetables, beans or whole grains to replace some of the meat content of burgers or meatloaf
7. Coat chicken and fish in breadcrumbs rather than batter, and bake them instead of frying them
8. Choose chicken or turkey sausages instead of pork or beef sausages
9. Choose Canadian bacon or turkey bacon instead of regular bacon
10. Use one egg and two egg whites per person in your favorite egg dishes or cakes; or cut fat and cholesterol completely by using egg substitute
11. Substitute two meat dishes each week for fish or vegetarian meals
12. Use fat-free chicken broth or fat-free milk in mashed potatoes, soups, gravies and stews
13. Try fat-free evaporated milk in creamy soups and casseroles instead of heavy cream
14. Top your pies or line your tarts with phyllo dough instead of regular pastry
15. Oven-fry potatoes instead of making or buying French fries
16. Use herbs, spices, fruits and salsas to flavor your food
17. Substitute reduced fat cheeses for full-fat ones, and cut the amount you use
18. Choose reduced fat sour cream or yogurt instead of full-fat versions for stews, dips and spreads
19. Use reduced fat or fat-free cream cheese instead of the regular version for cheesecakes
20. Replace some of the fat in baked goods with applesauce, plain nonfat yogurt or low fat buttermilk.