

Ways to Improve the Fat Content of Your Diet

Kinds of fats:

- Monounsaturated fats (olive oil, canola oil, olives, avocados) are healthy fats and should be eaten.
- Cut down on foods made with polyunsaturated fats (safflower oil, sunflower oil, corn and cottonseed oil).
- Stay away from saturated fats, trans-fat, cholesterol, hydrogenated fats, partially hydrogenated fats, coconut oil, palm oil, palm kernel oil, and butterfat.

Eat foods high in omega-3 fatty acids (to protect your arteries and thin your blood):

- Raw walnuts, pumpkin seeds or pumpkin seed oil, milled flax seeds or flax oil (keep refrigerated).
- Salmon, sardines (packed in water), herring and mackerel
- Soybeans, tofu, soy milk, and soy substitute "meats."
- Pinto beans, butternuts and leeks.

Eat more green vegetables and fruits in place of processed and refined carbohydrates:

- Eat lots of green vegetables at lunch and supper every day.
- Season cooked vegetables with herbs, spices, balsamic or rice vinegar, salsa, orange, lemon or lime juice instead of fat back, lard, cheese, or high fat salad dressings. Do not fry vegetables.

Eat more fish instead of meat (3 to 5 times per week if possible):

- Good choices are: salmon, sardines, mackerel, bluefish, cod, flounder, halibut, herring, lake white fish, sablefish, sole, striped mullet, swordfish, rainbow trout, albacore and blue fin tuna.
- Cut down or cut out shellfish that contain a lot of cholesterol: shrimp, crab, oysters, lobster, caviar; and avoid cod liver oil.
- Buy canned fish packed in spring water instead of oil.

Reduce the fat in meats:

- Eat less red meat and choose lower fat cuts: beef sirloin tip, pork tenderloin, very lean hamburger.
- Trim the fat off beef, pork, and other meats before cooking.
- Remove the skin from chicken and turkey before cooking. Eat the white meat (breast) instead of the dark meat (drum stick). Avoid duck and goose because they are very high in fat.
- Skim the fat from soups, stews, sauces, and broths that are made with meat by refrigerating after cooking. The cold will harden the fat for easy removal. Reheat and serve after skimming this fat.
- Choose low-fat sandwich meats containing less than 1 gram of fat for every 30 calories.
- Cut down or cut out processed meats like bologna, bacon, sausage and hot dogs that are made from beef and pork. Replace with turkey bacon; hot dogs made from chicken, tofu or turkey; and burgers made from soybeans, vegetables, or tofu.

Choose the "low-fat" or "no-fat" alternative:

- Choose low-fat cheeses, made with part-skim milk, with less than 3 grams of fat per ounce.
- Drink skim milk (non-fat) or 1% milk instead of whole or 2% milk. Ease into the taste by watering down whole or 2% milk. Gradually add more water until you're ready for the taste of 1% milk.
- Choose non-fat or low-fat cottage cheese, sour cream, creamer, yogurt, frozen yogurt & ice cream.
- Choose mustard instead of mayonnaise in sandwiches; or use a low fat mayonnaise.

Low fat cooking and baking:

- Bake, broil, roast or grill meats and fish so the oil and grease can drip off. Do not fry meat or fish.
- Steam, bake, broil, roast or grill vegetables. Do not fry vegetables.
- Marinate foods with herbs, spices, vinegar, lemon or tomato juice, salsa, or nonfat yogurt instead of oil.
- Sauté with chicken stock or water instead of oil. If you use oil, choose olive oil.
- Use nonstick pans and cooking sprays to cut down on the need for extra oil and grease.
- Use olive oil (extra virgin is best) or canola oil for cooking, baking, and in salad dressings.
- Substitute soft "silken" tofu in recipes that call for butter, eggs, light cream or mayonnaise.