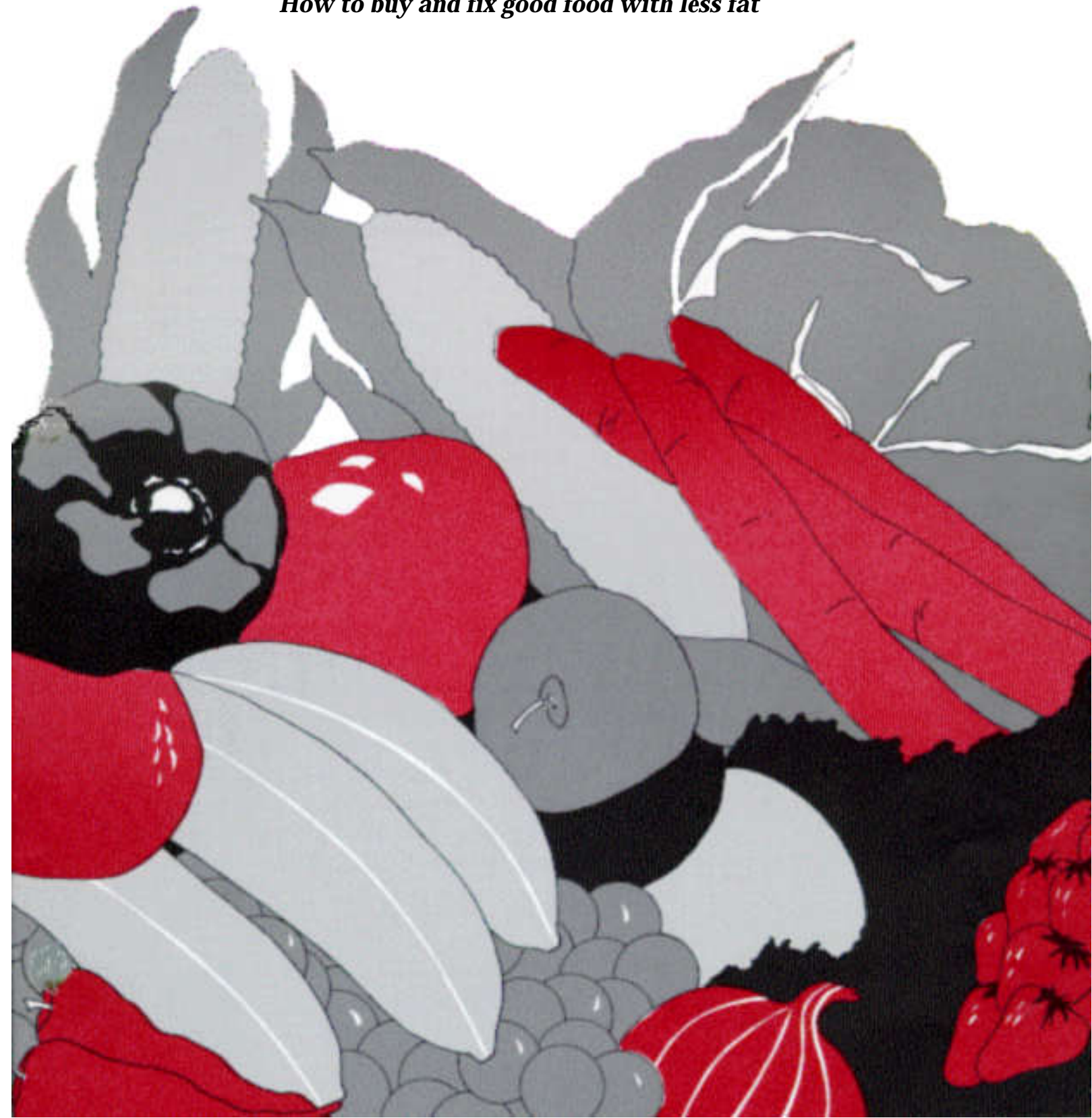


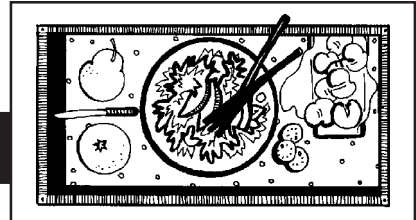
Wisconsin Nutrition Education Program

Eating for Pleasure and Health

How to buy and fix good food with less fat

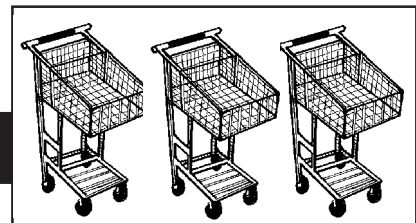


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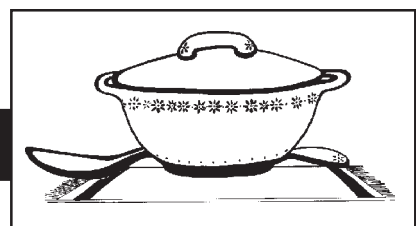
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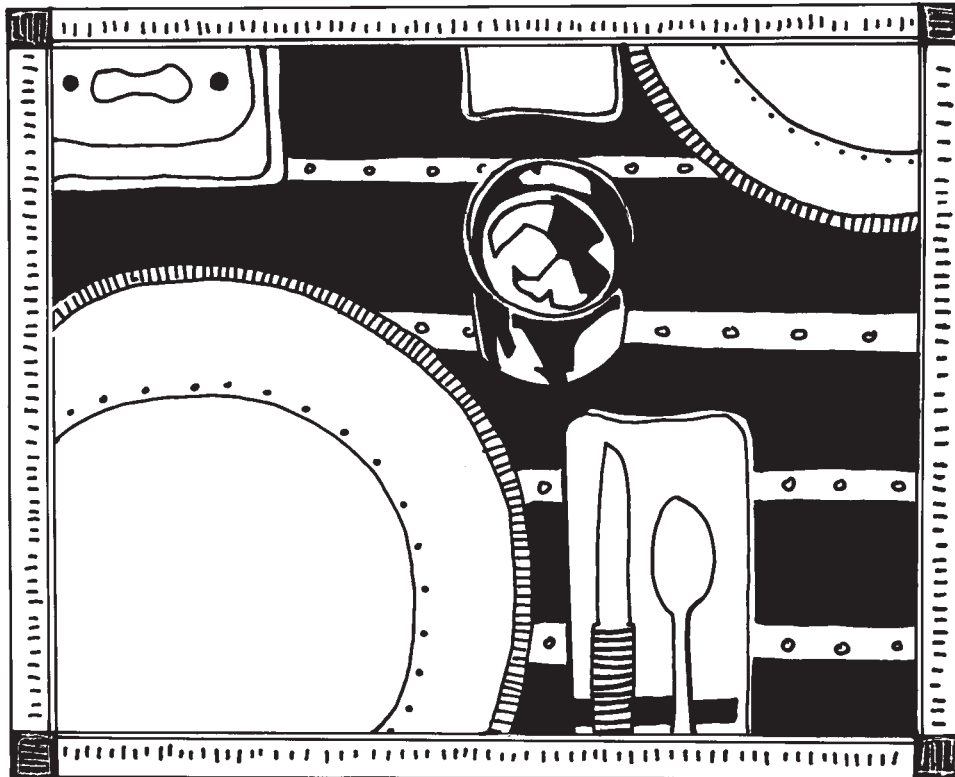
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Health and pleasure go great together



Eating should be a pleasure first of all. It shouldn't be like work. — April

Who doesn't enjoy the sight, smell and taste of good food? Knowing that our food is doing good things for our health makes it even better.

What we eat isn't the only thing that affects our health. But it does make a difference — along with how much we smoke, drink and exercise. When we do our best with the things we can control, we improve our chances for staying healthy.

Do you and your family get a lot of fat in your food? Many people do. Most of us would benefit from eating food with less fat, whether we are slim or overweight or in between. Food with less fat is not just for people who want to lose weight.

"Pleasure and health" says it all. You're eating what you like and you're eating for your health. — Iana

Give me one good reason for eating food with less fat

How about *five* good reasons?

Eating food with less fat means you and your family could . . .

1 . . . lose excess weight and keep it off more easily.



2 . . . spend less money on food. Many fatty foods are costly extras — like rich baked goods, ice cream, salad dressings and mayonnaise.



3 . . . eat more food with healthy starch and fiber — like bread, rice, noodles, cereal, vegetables, fruit, dried beans and peas.



4 . . . get more vitamins, minerals and protein in your food.

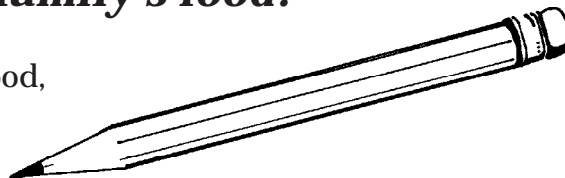


5 . . . improve your chances of avoiding certain forms of cancer and heart disease.



Is there very much fat in my family's food?

To get an idea of how much fat is in your food, answer these questions.

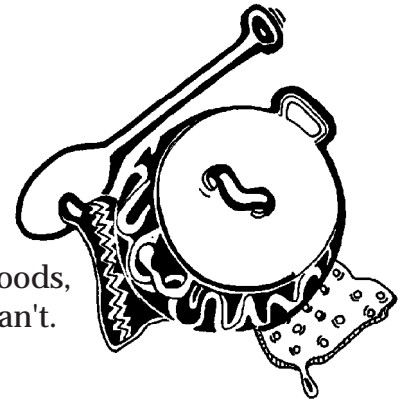


	Seldom or never	1-2 times a week	3-5 times a week	Almost every day
How often do you and your family eat:				
	(Check one)			
French fries, fried potatoes, other fried food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hot dogs, sausage, lunch meat, bacon?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beef or pork: regular ground meat, steak, roast, chop?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole milk, cheese, ice cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Donuts, cake, pie, cookies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regular salad dressing or mayonnaise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter, margarine, oil, lard, bacon fat or other meat fat added to food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The more times you checked "3-5 times a week" or "almost every day," the more likely it is that your family gets a lot of fat in their food.

Let's look at fat in food

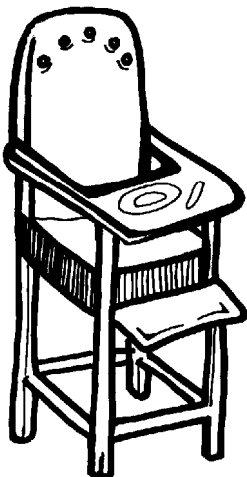
Fat is a natural part of many foods. Fat is added to many foods, too. Sometimes we can see the fat in food, sometimes we can't. Whether we can see it or not, fat gives us calories.



More fat means more calories

Food	Teaspoons of fat	Calories
1 chicken drumstick, stewed		
<i>with skin</i>	1 1/2	115
<i>without skin</i>	1/2	75
<hr/>		
1 cup milk		
<i>whole</i>	2	150
<i>low fat (1%)</i>	1/2	100
<hr/>		
3 ounces regular ground beef, browned		
<i>fat not drained</i>	4 1/2	260
<i>fat drained</i>	3	200

Fat gives us more than calories. It often improves the flavor and texture of food and helps us feel satisfied. We need *some* fat in our food, but we often get too much.



Babies need more fat in their food

Babies are growing and developing quickly, so they need more fat in their food than older children do. The amount of fat in a child's food should not be limited before the child is two years old. After they turn two, children can enjoy lower-fat food with the rest of the family.

How can eating food with less fat be a pleasure?

You can buy and fix food
with less fat and *still . . .*

- . . . enjoy your favorite foods.
- . . . buy foods that fit your budget.
- . . . fix meals that are quick and easy.
- . . . serve meals that your family likes.

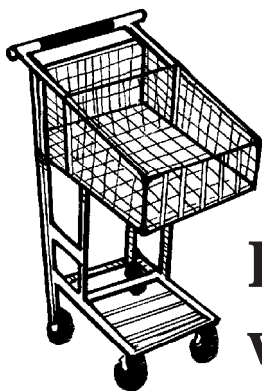
Food with less fat sometimes tastes different, but different can be good!

Many times people say "It doesn't taste good," but they haven't even tasted it. — Dolores



A lot of times when you eat, you feel really full and heavy. With foods that are lighter you still have energy to move around and do things. — Betty

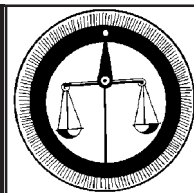
Start with changes that are easy for you and your family.
Try one new change every week or two.



Buy good food with less fat

Shopping for food with less fat doesn't mean giving up the foods you and your family like. It simply means. . .

. . . choose *more* of foods with *less fat*
and
. . . choose *less* of foods with *more fat*



How do I buy food with less fat?

Many food labels tell what's in the food, so it's easy to see if one food has less fat than another. Here's how to do it, in three steps.

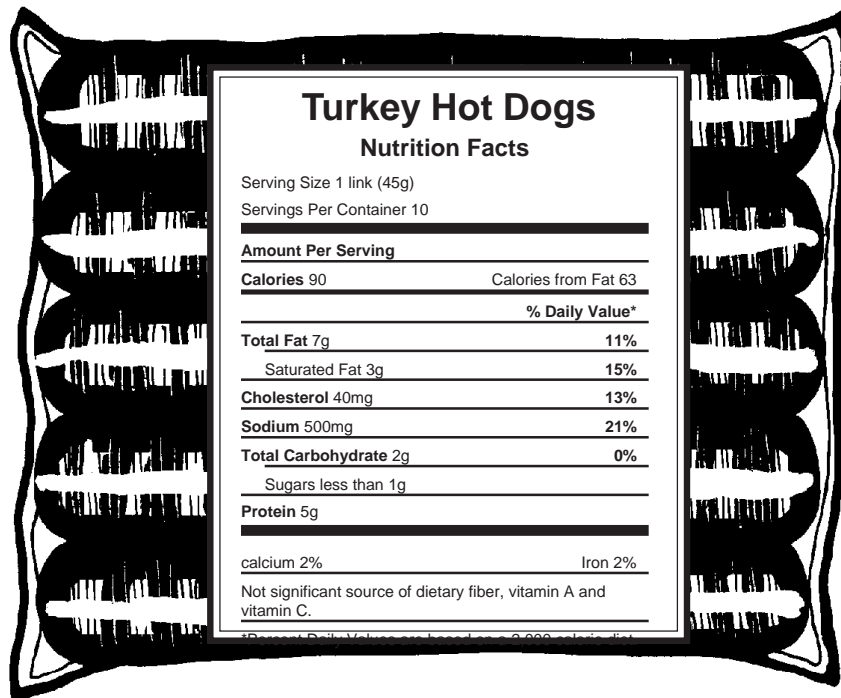
- ① Choose the two products that you want to compare. Find the "Nutrition Facts" on each label.
- ② Check the serving size to see if it is the amount you usually eat.
- ③ Compare the % of the Daily Value for fat a serving of each product.

Which product is the lower-fat choice?

I've tried the low-fat. I've gotten used to drinking 1% milk. It was something I had to gradually get into because I was so used to whole milk.

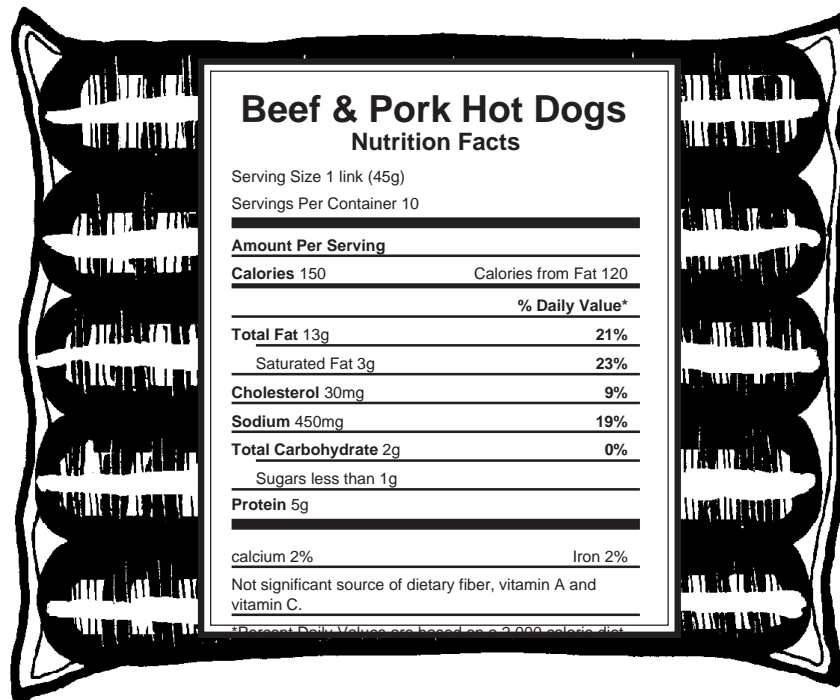
— Annie

Let's compare the fat content of two hot dogs.



Serving size equals 1 hot dog

11% of the Daily Value for fat in a serving



Serving size equals 1 hot dog

21% of the Daily Value for fat in a serving

If a food has more fat, does that mean I shouldn't buy it?

There are no forbidden foods when we're eating for pleasure and health. If you prefer a food that has more fat, just use less of it or use it less often.

Buy good food with less fat

Compare the fat content of these two cheeses.
Which one is the lower-fat choice?

Cheddar Cheese	
Nutrition Facts	
Serving Size 1 oz. (28g/about 1 inch cube)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	27%
Cholesterol 30mg	9%
Sodium 180mg	8%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	

Mozzarella Cheese	
Nutrition Facts	
Serving Size 1 oz. (28g/about 1 inch cube)	
Servings Per Container 8	
Amount Per Serving	
Calories 80	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 15mg	5%
Sodium 170mg	7%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 8g	

What about foods that are labeled "light" or "Lowfat"?



For foods that are usually high in fat, like mayonnaise, a "light" or "lite" food will have less fat than the regular form of the food.



"Lowfat" foods cannot have more than 3 grams of fat in a serving.

You can believe the claims on a package of food. Reading labels can help you make good choices when eating for pleasure and health.

Poultry, fish and meat



Choose more

Chicken or turkey eaten without skin

Unbreaded chicken or fish

Fish canned in water

Lean ground beef or ground turkey

Beef (fat trimmed away)
Chuck arm pot roast or steak, stew meat
Flank steak
Loin tenderloin, top loin steak
Round all cuts
Sirloin wedge-bone steak, tip roast

Pork (fat trimmed away)
Loin center loin, loin chop, tenderloin

Lean ham, Canadian bacon*

Lean or reduced-fat lunch meat or hot dogs*

Variety Meats
heart, kidney, liver, neck bones, beef tripe

Lean venison, rabbit

Choose less

Chicken or turkey eaten with skin, duck, goose

Breaded or batter-fried chicken or fish

Fish canned in oil

Regular ground beef or ground pork

Beef
Brisket
Chuck blade roast or steak
Loin porterhouse, T-bone steak
Rib all cuts

Pork
Loin blade, center rib, rib chop, sirloin, top loin
Shoulder arm picnic, Boston blade
Rib, Rump, Shank all cuts

Regular ham, bacon, sausage, salt pork, hocks

Regular lunch meat or hot dogs

Variety Meats
brain, chitterlings, pigs' feet, hog jowl, hog maw, hog snout, tongue

I buy lowfat meats — turkey, chicken, fish — and instead of getting regular ground beef I get the lean because there's less fat.
— Debbie



A lower-fat meat my family already enjoys is

In addition, I would like to try

instead of

I want to be healthy and I want to lose weight. I used to buy bologna with less fat and I think I'm going to start buying it again.
— Ruth

* These meats have less fat, but they usually have a lot of sodium. Too much sodium can promote high blood pressure.

**Milk and foods
made from milk**



<i>Choose more</i>	<i>Choose less</i>
Low fat (1%), reduced fat (2%) or fat free (skim) milk, buttermilk	Whole milk
Low fat or reduced-fat cheese (cottage, farmer's, part-skim mozzarella, part-skim ricotta, etc.)	Whole-milk cheese (American, cheddar, Swiss, etc.), pasteurized process cheese spread, cream cheese
Low fat yogurt or nonfat yogurt	Sour cream, sour half & half
Evaporated skimmed milk, nonfat dry milk	Regular evaporated milk, half & half, cream
Sherbet, low fat frozen yogurt, ice milk	Ice cream, frozen custard
	Butter

I buy 2% milk and lowfat cottage cheese.
— Rosa

I always buy the yogurt that's lowest in fat because my kids like it. That's one place where you can't taste the difference between whole milk and skim milk.
— Tammy

Start with changes that are easy. Try one new change every week or two.

Fatty extras



Choose more

Reduced-calorie*
margarine
(vegetable oil spread)

Reduced calorie*
mayonnaise, salad dressing

Lowfat or reduced-calorie*
salad dressing

* Instead of a "reduced calorie" or "light" product, you can use half as much of a regular product.

Choose less

Butter, margarine,
vegetable shortening,
vegetable oil, lard

Regular mayonnaise,
salad dressing

Regular salad dressing

*I like to get a light
salad dressing
because we eat a lot
of salad and we like
dressing.*

— Theresa

*I buy a light vegetable oil spread instead
of regular margarine. It's something I put
on bread and potatoes every day.*

— Tammy

Breads, baked goods and snacks



Choose more

Bread, rolls, English muffins,
pancakes, tortillas (not fried),
lower-fat cornbread, muffins,
quick bread, waffles

Popcorn (popped with little
or no oil), lower-fat crackers,
pretzels, cereal

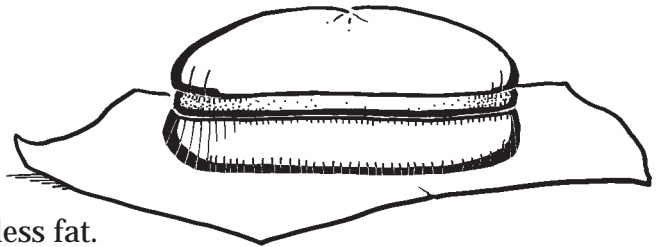
Choose less

Biscuits, croissants,
fried tortillas, fry bread,
donuts, sweet rolls, pie
brownies, cake, cookies

Corn chips, potato chips,
tortilla chips, other fried
snacks, nuts

Buy good food with less fat

Fast food



Enjoy fast food meals or snacks with less fat. Remember, you can order it your way. Ask them to hold the mayonnaise, tartar sauce, bacon or cheese — or you can remove some of it.

How much fat is in fast food sandwiches?

	Teaspoons of fat
Bean burrito	2
Beef <i>or</i> bean taco (regular)	3
Hamburger <i>or</i> Broiled or grilled chicken filet	4
Cheeseburger <i>or</i> Beef burrito	5
Fried chicken filet	6
Fried fish filet <i>or</i> Beef <i>or</i> bean taco (large)	7
Quarter pound <i>or</i> double hamburger	8
Quarter pound <i>or</i> double cheeseburger	9
Specialty burger with sauce & cheese	10
Double specialty burger with sauce & cheese	12

Fast food



Choose more

Grilled or broiled meat, chicken, fish; beans, refried beans

Lean ham, Canadian bacon*

Bun, English muffin, tortilla (not fried), bagel

Baked potato, mashed potato

Salad greens, vegetables, fruit, cottage cheese

Lowfat or skim milk

Extras

Ketchup, mustard, barbecue sauce, hot sauce, salsa, lowfat dressing

Sweets

Milkshake, soft-serve cone, frozen yogurt

Choose less

Fried or breaded and deep-fried meat, chicken, fish

Bacon, sausage

Croissant, biscuit, fried tortilla

French fries, hash browns, onion rings

Creamy coleslaw, potato salad, macaroni salad

Whole milk

Extras

Mayonnaise or creamy sauce, sour cream, fatty or oily dressing, cheese

Sweets

Pie, sweet roll, donut, cookies

* These meats have less fat, but they usually have a lot of sodium. Too much sodium can promote high blood pressure.

I went to a frozen yogurt place. I thought it was all just yogurt diet stuff, but when I got one and tasted it, it tasted like regular ice cream.

— Deborah

Fast food with less fat

I already enjoy is _____

In addition, I would like to try _____

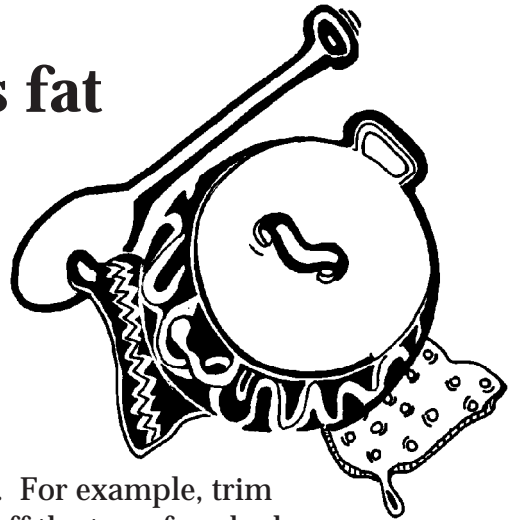
instead of _____



If you prefer a food that has more fat, just have less of it or have it less often.

Fix good food with less fat

If we're eating for pleasure and health,
how we fix food is as important as *what* we fix.



Cook with less fat

Fix food in ways that take away some of the fat. For example, trim skin from chicken and fat from meat. Take fat off the top of cooked food.

Cooking with less fat

Broil	Grill
Steam	Braise
Bake, roast	Boil, stew
Microwave	Simmer, poach
Saute, stir-fry using very little fat	
Fry with vegetable oil spray or with very little fat	

Fatty cooking

Deep-fat frying
Pan frying
Basting with fat
Cooking in fatty sauce or gravy

***I don't fry a lot of foods, and if I do
I fry them in very little oil.***

— Tammy

Add less fat to food

Even small amounts of these fatty extras can add a lot of fat.

Fatty extras

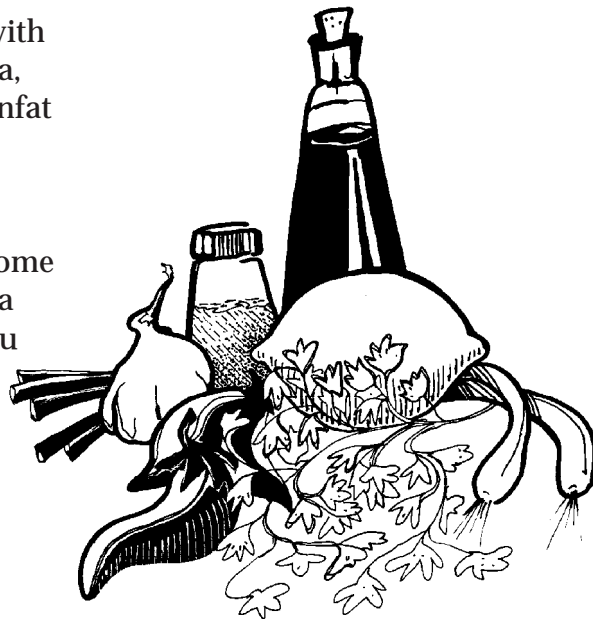
Margarine	Mayonnaise	Half & half
Butter	Salad dressing	Cream
Vegetable oil	Tartar sauce	Cream cheese
Shortening	Sour cream	Nondairy creamer
Meat fat		
Bacon grease, lard, salt pork, etc.		

I wouldn't take away the gravy or the butter, I would cut it down. If you take it away it throws the whole taste off. — Annie

Use less than the recipe says. It's easy to cut the fat in many recipes by one-fourth to one-third without much change in taste. Or use a "light," reduced-calorie or lowfat product.

For good taste with less fat, season food with onion, garlic, spices, herbs, hot sauce, salsa, lemon juice, vinegar or other lowfat or nonfat seasonings.

If margarine, butter, bacon drippings or some other fatty extra is needed for flavor, add a small amount of it just before serving. You will get the most flavor with the least fat.

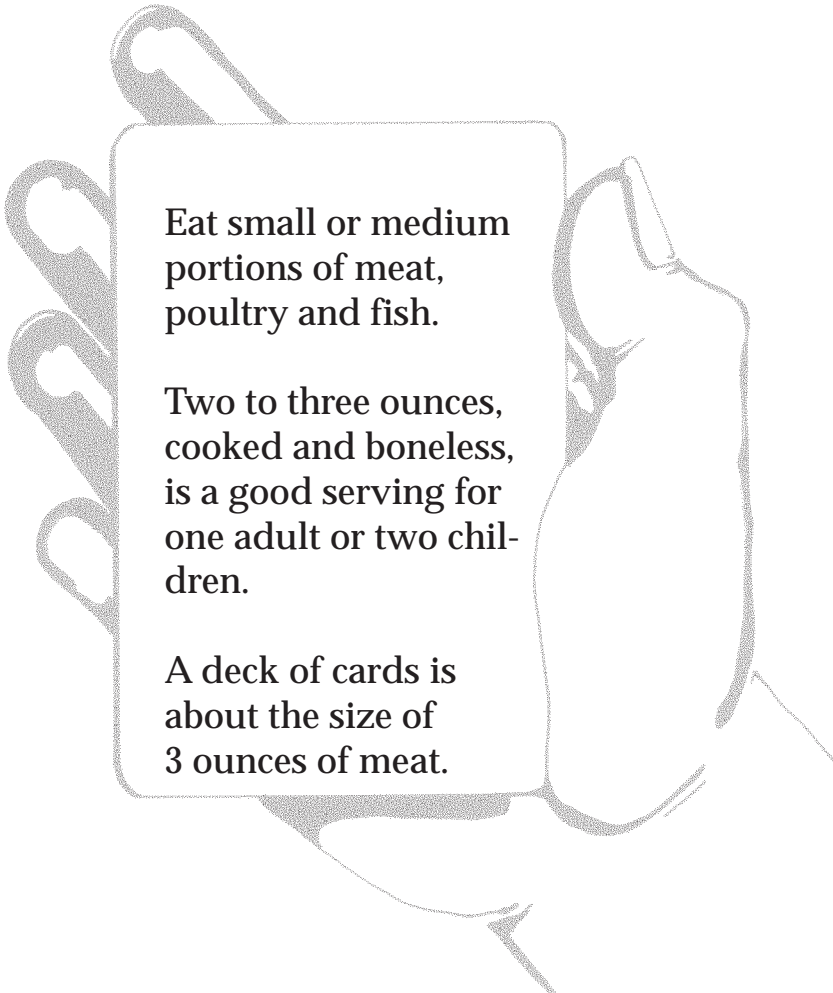


Make one change at a time

There are many ways to fix food with less fat. Only you can decide what's right for you and your family.

Start with changes that are easy for you. Give yourself and your family time to get used to the changes, one by one.

Eat less meat



Eat small or medium portions of meat, poultry and fish.

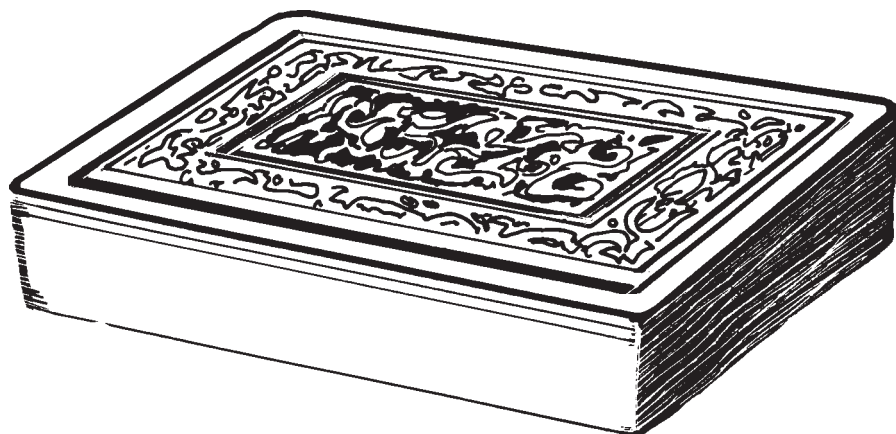
Two to three ounces, cooked and boneless, is a good serving for one adult or two children.

A deck of cards is about the size of 3 ounces of meat.

I like meat boiled, not fried. I don't like the idea of eating all that fat. I use just a little water. It's quick and I think it's healthier. — Iana

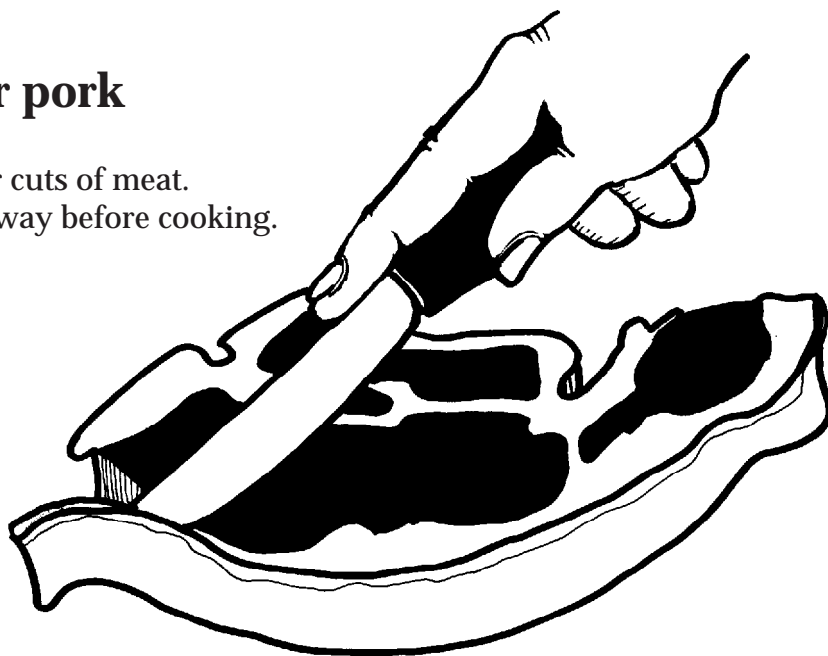
When you enjoy smaller portions of meat, fill the rest of your plate with vegetables, beans, rice, noodles or bread.

Stretch smaller portions of meat and make them more interesting by cooking them with vegetables in soups, stews, casseroles and stir-fries.



Beef or pork

Use leaner cuts of meat.
Trim fat away before cooking.

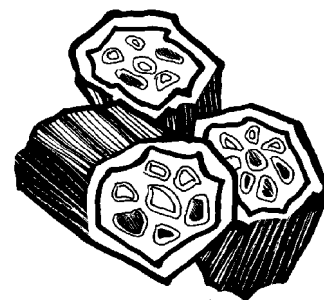


Take away the fat that cooks out — or set meat on a rack in the cooking pan so it doesn't sit in the fat that cooks out. Baste with water, broth or tomato juice instead of fatty drippings.

Besides less fat, baking pork chops would be less work for me than frying. Just put it in the oven instead of battering it and putting it in the grease and turning it. — Sherry

How to tenderize lean meat

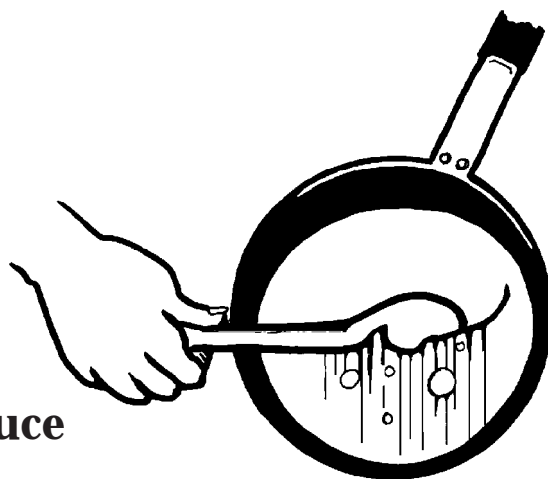
- Grind, pound or slice it thinly across the grain.
- Marinate it in a mixture of acid (like vinegar or wine), oil and seasonings (like garlic, onion, herbs and spices).
- Cook it slowly with a cover to keep in the juices. Simmer, stew, braise or pot-roast, for example.



Instead of frying okra, I would boil it. Instead of frying steak, I'd bake it with green peppers, onions and mushrooms. — Annie

Gravy or sauce

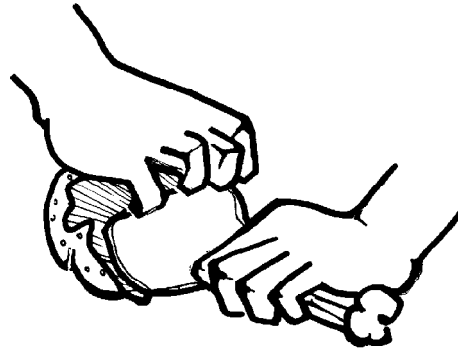
If broth or meat drippings are used, spoon fat from the top or refrigerate and lift off the solid fat.



Chicken, turkey or fish

Take away the fat that cooks out — or set meat on a rack in the cooking pan so it doesn't sit in the fat that cooks out. Baste with water or broth instead of fatty drippings.

If the skin is not taken off before cooking, take it off before eating or eat less of it.



If chicken or fish will be fried in fat, coat it lightly with flour or meal. The lighter the coating, the less fat it soaks up.

Combination dish

Use leaner, trimmed meats, skinned poultry and fish.

Brown meat and drain off the fat that cooks out before adding other ingredients.

Spoon fat from the top of soup or stew, or refrigerate and lift off the solid fat.

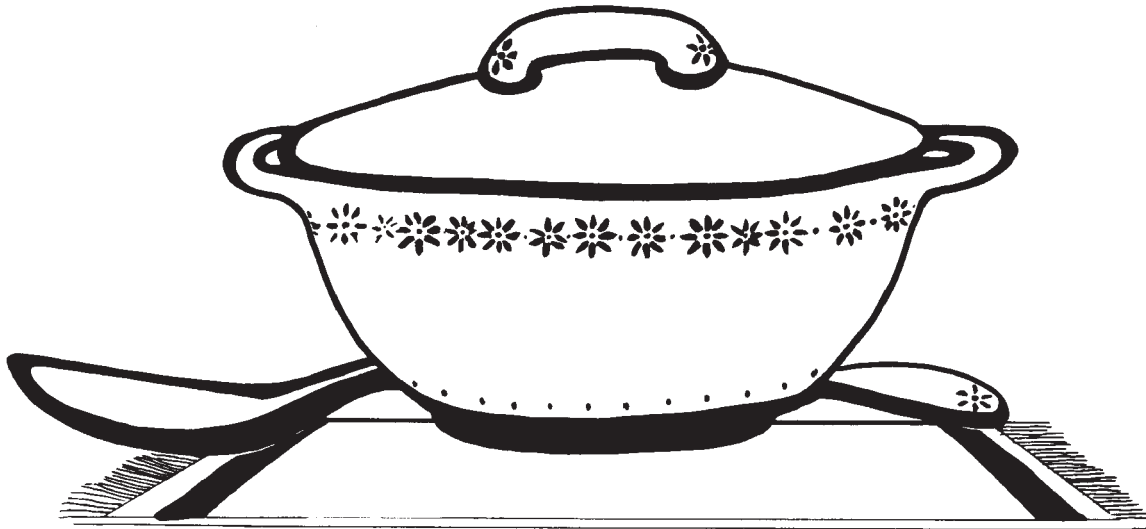
Use more dried beans and peas, vegetables, rice and noodles. Dried beans and peas (pinto beans, black-eyed peas, navy beans, etc.) have a lot of protein with very little fat — unless fatty extras are added.

Use a smaller amount of sharp or aged cheese, like parmesan or sharp cheddar, to get plenty of taste with less fat. Or use a lower-fat cheese, like part-skim mozzarella or farmer's.

I like chicken just boiled. It's easy and if you decide to use it in a salad it's already cooked.
— Annie

I could bake chicken instead of fry it, and use less bacon drippings in my greens. — Anna





Let's change this combination dish recipe so that it makes food with less fat.

Pork & Noodle Dinner

Makes 6 servings

- 1 pound ground pork
- 2 tablespoons margarine
- 4 stalks celery
- 4 large onions, chopped
- 2 green bell peppers, chopped
- 3 1/2 cups canned tomatoes
- 1 8-ounce package noodles, cooked
- 1 1/2 cups shredded cheddar cheese

Use lean ground pork (or beef or turkey)

Leave margarine out. Not needed to brown meat.

Use one cup sharp cheese

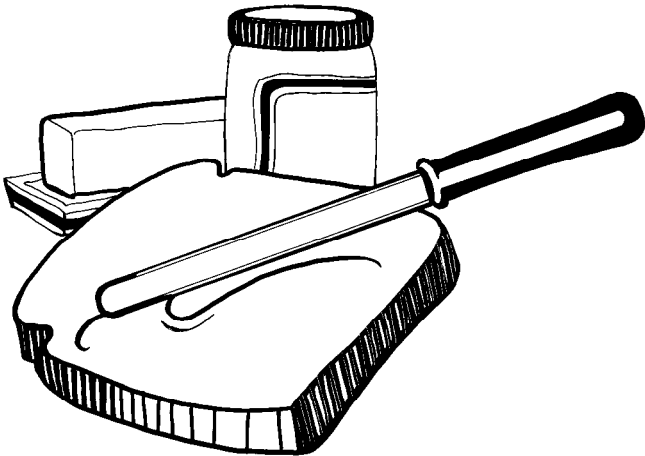
Drain fat from meat after browning

Spoon fat off top of mixture

1. Brown meat in margarine.
2. Add celery, onion, green pepper.
3. Add tomatoes. Salt and pepper to taste.
4. Bring to boil, then lower heat and simmer about 1 hour.
5. Mix with cooked noodles in casserole dish.
6. Top with cheese and place in microwave or 350° oven until cheese is bubbly.

Try some garlic powder too.

Fix good food with less fat



Sandwich

Use less of fatty extras, like salad dressing, mayonnaise, margarine and butter.

Use more chicken, turkey, tuna, and lean beef or ham. Use less bologna, hot dogs, sausage, bacon and other fatty meats.



I used to cook fattening foods but now I've learned to cook differently.
— Theresa

Baked goods

Many cakes, cookies, muffins and quick breads can be made with less fat than the recipe says — without losing the good taste!

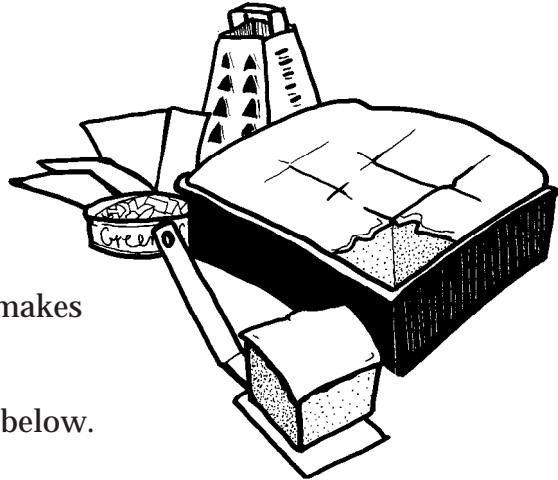
Cut down the fat in a favorite recipe by one tablespoon each time you make it. This will let you decide how much fat is needed for good taste.

If you don't want to change a recipe, compare the fatty extra content of several recipes and make one that has less fat.

One way I already fix food with less fat is _____

A new change I will try is _____





How would *you* change this recipe so that it makes food with less fat?

Compare your changes with the suggestions below.

Cheddar Cornbread

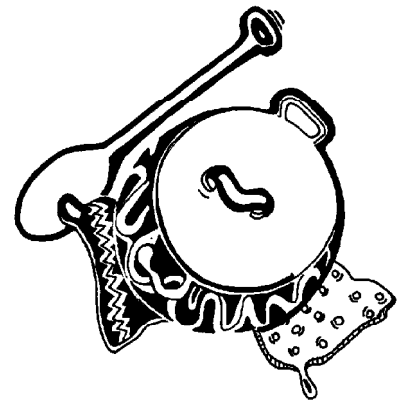
Makes 6-8 servings

2 eggs
1/2 cup vegetable oil
4-ounce can diced green chiles (optional)
9-ounce can cream-style corn
1/2 cup sour cream
1 cup yellow cornmeal
1/2 teaspoon salt
2 teaspoons baking powder
2 cups shredded cheddar cheese

1. Preheat oven to 350° and lightly grease an 8- or 9-inch baking pan.
2. Beat eggs and oil until well blended.
3. Add chiles (if desired), corn, sour cream, cornmeal, salt, baking powder and 1 1/2 cups of the cheese. Stir until well blended.
4. Pour batter into greased baking pan and sprinkle with remaining 1/2 cup cheese.
5. Bake about 1 hour, until a toothpick inserted in center comes out clean and top is lightly browned.

Suggestions:

- Reduce oil to 1/3 or 1/4 cup.
- Use 1/2 cup plain lowfat yogurt instead of sour cream.
- Reduce shredded cheddar cheese to 1 or 1 1/2 cups. Use sharp cheddar to get more flavor with less cheese.



Where do I start?

With so many different ways to buy and fix good food, what should you start with?

Only you can decide what's right for you and your family. Here are some things to keep in mind.

- Start with changes that are easy for you and your family.
- Make small changes and try one new change every week or two. This will give you and your family time to get used to the changes, one by one.
- If you find that you prefer a food with more fat, just use less of it or use it less often. There are no forbidden foods when we're eating for pleasure and health!

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