

55 Ways to DE-GREASE Your Diet



General Tips

- 1** Use nonstick cookware and a non-fat cooking spray.
- 2** Use fat-free or 1% milk.
- 3** Read labels.
- 4** Instead of cheddar cheese, use sharp cheddar and use 1/2 the amount.
- 5** Use low-fat yogurt on potatoes and in dips, salad dressings, soups, casseroles, desserts, or in any recipe that calls for sour cream or mayonnaise.
- 6** Use a non-fat butter spray or low-fat margarine for breads, potatoes, popcorn, and vegetables.
- 7** Shop from a list to avoid buying tempting “extras”.
- 8** Stock up on recipe basics so you have ingredients on hand to cook with instead of going out.

Smart Snacks

- 9** Grab fresh veggies with low-fat dip.
- 10** Make air-popped popcorn or lite microwave popcorn.
- 11** Add low-fat granola to fat-free or low-fat yogurt.
- 12** Grab a handful of dried fruit.
- 13** Keep rice cakes, pretzels, or low-fat tortilla chips and salsa on hand.
- 14** Munch on cold cereal.
- 15** Store graham crackers or gingersnaps at your desk.
- 16** Grab a fudgesicle or a popsicle for a sweet treat.
- 17** Try 100% fruit or vegetable juice to quench your thirst.
- 18** Have pudding or chocolate milk made with fat-free milk.

Breakfast Breakthroughs

- 19** Have hot or cold cereal with fat-free milk.
- 20** Blend up a breakfast shake of low-fat yogurt, 100% juice, and fruit in a blender.
- 21** Make a batch of low-fat muffins and keep them in the freezer. Grab one before heading out the door.
- 22** Top a bagel with jam or lite cream cheese.
- 23** Carry a low-fat granola bar or breakfast bar to get you going.

Brown Bagging It

- 24** Pack a low-fat pasta salad or vegetable salad with low-fat dressing.
- 25** Pack leftovers from your healthy dinner.
- 26** Try tuna packed in water with crackers or bread.
- 27** Keep a cup-o-soup on hand.
- 28** Keep low-fat frozen entrees in the break room freezer to heat and eat in a rush.
- 29** Make sandwiches on bagels, tortillas, English muffins, or pita pockets. Load up with veggies.



Dinner Dilemmas

- 30** Broil, roast, or stir-fry instead of frying.
- 31** Choose “choice” cuts of meat instead of “prime”. They have less fat.
- 32** Add frozen veggies to soups, stews, and casseroles.
- 33** Remove the skin from poultry. Limit red meats to no more than a few times a week.
- 34** Stir-fry meats in chicken or vegetable broth, water, pineapple juice, or wine.
- 35** When using ground meats, cook, drain, and rinse under hot water before proceeding with the recipe.
- 36** When making gravy, put ice cubes in meat drippings. Fat will cling to the ice cube for easy removal.
- 37** Use lower fat canned soups and dressings in casseroles.
- 38** Cut back or leave the butter/margarine out when preparing most boxed meals.

Baked Goods

- 49** Use two egg whites in place of one whole egg in most quick breads, cookies, and cakes.
- 50** Cut most fat in recipes by 1/3 to 1/2 by replacing with another ingredient, such as pureed prunes, carrots, or bananas.
- 51** When using mixes, replace most or all the fat with applesauce, buttermilk, or yogurt.
- 52** Use three tablespoons cocoa in place of each ounce of baking chocolate.
- 53** Cut back on nuts, chocolate chips, and other high-fat mix-ins. Toast nuts before adding to increase flavor and use mini-chips to spread out the chocolate flavor more.
- 54** Add a small amount of vanilla, cinnamon, or nutmeg to enhance flavor when fat and sugar are reduced.
- 55** Use phyllo dough in place of a pie crust. Get new ideas on www.hearthighway.org

Eating Out

- 39** Share an entree or ask for a “take out” box with your order. Put half in the box before you begin eating so you won’t be tempted by large portions.
- 40** Ask for substitutions such as a baked potato or fresh fruit for french fries, coleslaw, or other high-fat side dishes.
- 41** Be careful at the salad bar. Limit high-fat toppings such as cheese, meats, creamy dressings, nuts, and seeds. Choose more veggies and fruit.
- 42** Ask for the dressing on the side. Use the “fork method” and dip the tongs of the fork into the dressing and then into your salad.
- 43** Choose foods that are naturally lower in fat (fish, poultry, or seafood), or that have been prepared with low-fat cooking methods, not fried.
- 44** Select foods that aren’t cooked in creamy sauces.
- 45** Ask for sour cream, butter, and dressing on the side.
- 46** Share a dessert rather than eating the whole serving.
- 47** Don’t be afraid to make requests and ask for low-fat modifications.
- 48** Allow yourself to indulge in high-fat favorites on special occasions only (i.e. your birthday, a special holiday), not every time you go out.

