

Tips on Trimming the Fat ...



Many holiday foods are actually rich in nutrients but may contain high levels of fat. Try these easy substitutions to cut the fat and calories in your favorite foods:

If a recipe call for...	Substitute with...
1 large egg	2 large egg whites or ¼ cup egg substitute
2 percent or whole milk	Skim milk or 1-percent
Heavy Cream in soups/casseroles	Evaporated skim milk
Evaporated whole milk	Evaporated skim milk
Sweetened condensed whole milk	Low-fat or nonfat sweetened condensed milk
Sour cream and yogurt	Low-fat or nonfat sour cream or yogurt
Regular cream cheese	Nonfat or low-fat cream cheese
Regular cottage cheese or ricotta cheese	Low-fat cottage or ricotta cheese
1 cup grated Parmesan cheese	¾ cup fresh shredded parmesan cheese
1 cup chocolate chips	½ cup mini chocolate chips
1 cup oil in quick breads	½ cup baby fruit or veggies, ½ cup oil, or 1 percent buttermilk
1 cup chopped pecans or walnuts	½ cup toasted nuts to bring out the flavor
Mayonnaise and/or salad dressing	Light or nonfat mayonnaise and salad dressing, be sure not to cook with nonfat, as it will turn sweet under heat.
Unsweetened baking chocolate	3 tablespoons unsweetened cocoa
1 cup cheddar cheese	¾ sharp cheddar cheese
Ground beef	Lean ground beef, combine with beans or grains to further lower the fat
Chicken	Strip away and disregard poultry skin before and after cooking
Fatty meats (ham, bacon, etc.) for seasoning	Smoked turkey
Frying and sautéing cooking techniques	Bake, roast, broil, grill, steam, microwave, poach, or stir-fry your meals

