

### Healthy Lifestyle Tip Sheet......

## Fat, Oil, and Sweets Group

# Sparingly

#### Use Sparingly

- Use fats and sugar in small amounts as "extras" to enhance flavor of other food groups.
- High sugar foods and high fat foods provide calories with little nutritional value...empty calories!
- Excessive amounts of animal fats and dairy fats increase the risk of developing chronic diseases like obesity, diabetes, heart disease, and cancer.

#### Cooking tips to reduce animal and dairy fats

 Choose olive oil, canola oil, or peanut oil for heart-healthy benefits.



- Use low-fat or non-fat dairy products.
- Use non-stick cookware and cooking sprays.
- Reduce the amount of fat and add more herbs, garlic, and ginger to recipes.



- Trim all visible fat before you cook. This can lower fat by as much as 50%.
- Stir-fry in chicken stock instead of oil...adds great flavor!
- Remove fat from soups and stews by skimming the soup with lettuce leaves. Fat clings to lettuce leaves.

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Shopping Tips

- Choose low or non-fat products such as low fat mayo, dressings, yogurt, etc.
- Choose nutrientdense foods within each food groupavoid empty calories.
- Look for "15% lean" and "7% extra lean" meats.

#### For Baking



- Substitute 1/2 of the fat with applesauce or puréed prunes.
- Use egg whites to reduce cholesterol.
- Drain and use plain low-fat or non-fat yogurt instead of sour cream.