



Leeds, Grenville & Lanark District

HEALTH UNIT



Low Fat Cooking

For more information call The HEALTH Action Line at 345-5685 or 1-800-660-5853
or visit us on the web at www.healthunit.org

Trimming The Fat

Adapting Recipes for Low Fat Cooking

By reducing the amount of fat you eat, you can lower your risk for:

- Heart disease
- Certain cancers
- Obesity

Cutting back on fat will also help you lower your calorie intake

- Fat is a concentrated source of calories
- Small changes in fat intake add up over time

On average, a healthy intake of fat is:

Women

65 grams of fat per day

Men

90 grams of fat per day

It is easy to reduce the fat in your favourite recipes!

Ingredient Substitutions for Low-Fat Meal Planning

If you usually use.....	Try this instead.....
Whole (homogenized) milk	Skim, 1%, or 2% milk, or low fat evaporated milk
Regular cheese	Partly skimmed cheeses like ricotta or mozzarella Look for a cheese with less than 20% milk fat (MF)
Cream cheese	Low fat cream cheese, quark, strained and blended low fat cottage cheese
Sour cream	Low fat sour cream (5% MF, 1% MF, or fat free)
Cooking oil	Use a non-stick skillet or pan with or without cooking spray Saute with wine, broth, tomato juice, apple juice, or water
Whole egg	2 egg whites can be substituted for 1 whole egg
Base for cream soups, sauces, casseroles	One cup of low fat yogurt with 2 tbsp. flour or one cup 2% evaporated milk with a bouillon cube and 1 tbsp. flour
Baking chocolate	3 tbsp. cocoa powder and 3 tbsp. water for each ounce of chocolate
Roux for thickening soups or sauces	Flour or cornstarch with water
Salad dressing	Low fat dressing flavoured vinegars, lemon juice and herbs
Mayonnaise	Low fat mayonnaise or 1 cup low fat yogurt mixed with 1 tsp. mustard and salt and pepper to taste
Light cream	Equal amounts of 1% milk and evaporated milk

Continued on reverse...

Other Tips to Trim the Fat

- Use grated vegetables and fruit to add moisture in recipes and reduce the fat. This works well in muffin and quick bread recipes. Try grated zucchini, mashed bananas, stewed rhubarb, grated apple, applesauce, leftover squash, or pumpkin. You can substitute these for half or all of the fat.
- For the amount of fat or oil that a recipe calls for, substitute with a 50/50 mixture of buttermilk and applesauce.
- If you do not have buttermilk, use low fat sour cream, or let 1 cup of milk mixed with 1 tbsp. vinegar sit at room temperature for 5 minutes and then mix.
- After browning meat, spoon off the fat or drain ground meat in a colander.
- Remove skin and visible fat from cuts of meat *before* serving. Choose lean or extra lean ground meats, such as hamburger.
- Allow gravy and soups to cool in the refrigerator before reheating and serving. The fat will rise to the top of the pot and harden, and can be spooned off before eating.
- Try sherbet, ice milk, or frozen yogurt instead of regular ice cream.
- Use lower fat cooking methods, such as microwaving, broiling, roasting with a rack for the fat to drip off into a pan, or barbecuing.
- Instead of cream in coffee or tea, try evaporated milk (it is thicker than low fat skim milk)

Low Fat Choices for Heart Health

- When choosing fat in cooking and baking, use unsaturated types of fat such as canola oil, olive oil, and non-hydrogenated margarine. Saturated fats, such as butter, and hard margarines may contribute to high cholesterol.
- When deciding what dessert to have, try to choose one that is low in fat and high in nutrients. For example, fresh fruit compote, cheesecake made with low fat ricotta cheese, and sherbet are delicious choices.
- Try low fat versions of peanut butter and other nut butters.
- Choose low fat baked goods like english muffins and bagels instead of high fat choices (danishes, croissants, doughnuts, cakes, and large cake-style muffins).

(Some information adapted from Windsor-Essex county Health Unit Safe Food Handlers Course and the Nutrition Resource and Volunteer Centre Healthy Recipes Project Recipe Adaptation Manual, University of Saskatchewan)

Low fat eating can be delicious
and easy, and good for you too!



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