



Low-fat cooking

Sometimes calories and fat sneak into low-fat dishes because of how we make or season them.

These cooking methods tend to be lower in fat:

- Bake
- Broil
- Microwave
- Roast: for veggies and/or chicken without skin
- Steam
- Stir-fry or sauté in cooking spray, small amounts of vegetable oil or reduced sodium broth
- Grill seafood, chicken or veggies

Lose the high-fat freeloaders

Toppings and condiments can add a lot of fat and calories to foods. Try these tips for light and tasty vegetables and salads:

- Two tablespoons of butter on a baked potato can add an extra 200 calories and 22 grams of fat! But 1/2 cup of salsa only adds 18 calories and no fat!
- Two tablespoons of regular clear Italian salad dressing will add an extra 136 calories and 14 grams of fat. Reduced fat Italian dressing only adds 30 calories and 2 grams of fat!

Savor the low-fat flavors

Season your food with these low-fat alternatives:

- Herbs: oregano, basil, cilantro, thyme, parsley, sage or rosemary
- Spices: cinnamon, nutmeg, pepper or paprika
- Reduced-fat or fat-free salad dressing
- Mustard
- Fat-free or reduced-fat mayonnaise
- Fat-free or reduced-fat sour cream
- Fat-free or reduced-fat yogurt
- Reduced-sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh ginger
- Sprinkle of butter flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheeses)



Sources:
National Heart, Lung, and Blood Institute: www.nhlbi.nih.gov/

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