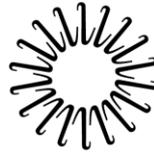


Healthier Fat Cooking



Lifespan Cardiovascular Institute

Rhode Island Hospital • The Miriam Hospital
Newport Hospital

Delivering health with care.®

The Center For Cardiac Fitness
Cardiac Rehab Program
The Miriam Hospital

Meat, Fish, Poultry

- **Trim fat/Remove skin**
- **Use leaner cuts of protein & select meats with less visible fat**
- **If tuna in oil– rinse or buy in water**
- **Bake, broil, poach, roast, grill**
- **Place meat on rack so fat drips away**
- **Brown meat and drain well before adding to recipe**
- **Try a tuna steak rather than a burger**
- **Use tofu & lentils as a substitute for half meat in things like meatloaf, shepard's pie, etc**
- **Serve with low fat condiments cranberry relish, chili sauce, chutney, salsas**
- **Limit processed meats such as sausage, bacon, hot dogs**
- **Tenderize as leaner cuts can be drier**
 - **Use marinades w/lemon vinegar, juices and herbs**
 - **Tenderize simply by pounding out meat**

Vegetables

- **Stir “fry” in bouillon, tomato juice or broth rather than oil**
- **Measure oil rather than pouring you will use less**
- **Nonstick pan**
- **Boil potatoes first and spray lightly with oil and then crisp in oven**
- **Season mashed potatoes with garlic and/or broth instead of butter and milk**
- **Use light mayo or mustard in cole slaw, potato salads, etc**
- **Avoid high fat salad toppings, eg, bacon bits, croutons, etc**
- **Enhancing Flavor**
 - **Avoid overcooking vegetables as they will lose flavor**
 - **Spice it up**
 - **Use citrus juices, relishes, hot peppers**
 - **Toast nuts, spices or seeds first to enhance flavor**

Soups and Cheese

- **Cool after making and skim fat**
- **Creamed soups – use 1 % milk or evaporated skim milk**
- **Use flour or cornstarch as thickener or even pureed potatoes!**
- **Use small amt of hard cheese rather than large amts of mild cheeses**
- **Chill reduced fat cheeses for easier grating**
- **Sprinkle bland dishes with small amounts of strong cheese such as feta, provolone**

Miscellaneous

- **Replace cream in recipes with low fat yogurt**
- **Good oil substitutes are low fat margarine, applesauce, pureed fruits or vegetables**
- **Substitute 1 egg with 2 egg whites**
- **Make your own salad dressings or use just balsamic vinegar**
- **Puree a cooked potato into gravy for fat free thickener**
- **Make your own taco shells by hanging fat free tortillas directly over an oven rack at 400 degrees**
- **Use fewer instant or packaged products**

Adding Healthy Plant Based Fats

- Can add texture as well as taste
 - Nuts
 - Seeds
 - Avocado
 - Olive oil
 - Tofu
 - Soy
 - Beans, Legumes

REMEMBER....

- **Low fat does not necessarily equal low calorie or low sodium**
- **Invest in a healthier fat/low fat cookbook**