

# Lower the Fat in your Toppings

Toppings like salad dressing, gravy, mayonnaise, sour cream and cream cheese are high in fat and add MANY calories.

Choose low-fat toppings for health!

## How to do this?



- If you use high fat toppings, Use less
- Use margarine, sour cream, cheese, and cream cheese that are low in fat.
- Use oregano, basil, parsley, and cilantro to flavor foods.

## Try these low-fat toppings!

**Just not too much. These foods can have calories too!**

- Chives, salsa, or plain yogurt on a baked potato
- Bar-B-Q sauce, garlic, honey mustard, or oregano on chicken
- Cocktail sauce, dill, or lemon juice on fish
- Jam, jelly, or honey on toast
- Fat-free croutons on salad
- Fresh fruit on dessert



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