

EASY WAYS TO EAT LESS FAT

Use these tips to cut a bit of fat here and a bit there. Even small amounts cut out over time will add up.

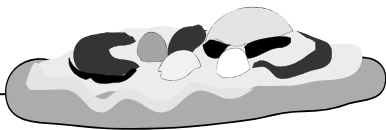
Grease a pan with oil spray in place of butter, margarine or oil.

Add beans to soups, chili and casseroles in place of high-fat beef and pork.

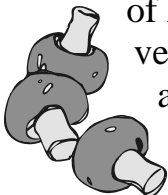


Try low-fat or non-fat products, like low-fat and non-fat milk, salad dressings, cream cheese, sour cream, cottage cheese, peanut butter and mayonnaise.

Order vegetable toppings in place of pepperoni, sausage or extra cheese on pizza.



Use fruits and veggies in place of high fat foods. Fruits and vegetables are high in vitamins and minerals and low in fat.



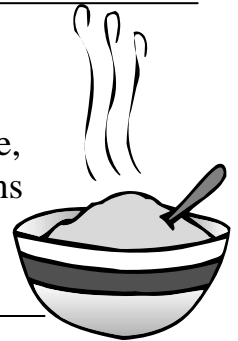
Limit fatty toppings. Use smaller amounts of regular salad dressings, mayonnaise, butter, sour cream and gravy or use them less often.



Cut back on high-fat snack foods, like potato chips, snack cakes, cookies and ice cream. Enjoy low-fat snacks, like fruits, vegetables and frozen yogurt.

Remove fat and skin from meat and poultry.

Add fruit and hot or cold cereal to your breakfast. Limit the amount of sausage, bacon, eggs and hash browns you eat.



Limit fried and deep fat fried foods, like French fries and fried chicken. Eat these foods only once in a while. Instead, bake and broil foods chicken, fish and sweet potatoes.

RUTGERS
New Jersey Agricultural
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