



Low Fat Cooking Methods

Low Fat Flavorings

Substitute high fat additives with low fat flavorings. Here is a list.

- Herbs - oregano, basil, cilantro, thyme, parsley, sage, rosemary
- Spices - cinnamon, nutmeg, pepper, paprika
- Reduced fat or nonfat salad dressing
- Mustard
- Catsup
- Reduced fat or nonfat mayonnaise
- Reduced fat or nonfat sour cream
- Reduced fat or nonfat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh garlic
- Fresh ginger
- Sprinkled buttered flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)
- Sodium-free salt substitute
- Jelly or fruit preserves on toast or bagels instead of butter or margarine



Low Fat Cooking

Another way to reduce calories and promote health is to choose low fat cooking methods. These cooking methods tend to produce lower saturated fat levels.

- Bake
- Broil
- Microwave
- Poach
- Roast* -- for vegetables, skinless chicken, and lean meats .
- Steam
- Lightly stir-fry or sauté in cooking spray, small mounts of vegetable oil, or reduced sodium broth
- Grill seafood, chicken or vegetables

*When roasting - place meats on a rack so fat can drip away.