



Your Holiday Guide to Healthy Low-fat Cooking!

Remember: Not all fats are bad for you, in fact plant based fats like nuts, seeds, avocados, olives, and flax contain fats that are good for your heart. These foods are high in calories, so if you need to lose weight, eat fats in moderate portions.

- ❖ Choose **unsaturated** fats like canola oil for baking. Use olive oil for sautéing, making your own salad dressings, and to drizzle on bread, instead of using butter or margarine.
- ❖ Switch to natural style peanut butter, stir in the oil on top and keep refrigerated.
- ❖ Use avocados, olives, and toasted nuts to flavor salads, pasta, soups and casseroles.
- ❖ Increase intake of omega-3 fats by eating walnuts, fish, flaxseeds, omega-3 enriched eggs and soy products.

Avoid **unhealthy saturated** fats found in animal and dairy products. Eating foods high in saturated fat raises your cholesterol levels more than eating foods high in cholesterol!

- ❖ Avoid sources of saturated fats: lamb, red meat, cheese, ice cream, cream, whole/2% milk, and butter. Read food labels for grams of saturated fat per serving- shop smart!
- ❖ Eat less meat and cheese; buy extra lean meat and low-fat/nonfat dairy products.
- ❖ Choose low fat/light sour cream, cream cheese, cottage cheese, cheese, yogurt and milk

Avoid **unhealthy trans fats** found in stick margarine and products made with partially hydrogenated oils like shortening. Read ingredients and food labels to avoid trans fats.

- ❖ Look for trans-free margarine or spray margarine.
- ❖ Read ingredient lists to avoid partially hydrogenated oils in foods like chips, crackers, cookies, microwave popcorn, peanut butter, pastries, pies, donuts and biscuits.
- ❖ Eat less deep fried foods like fried fish/chicken, french fries, donuts and fast food.
- ❖ When baking use less shortening, margarine, and butter, find recipes that use oil.