



# Fat and Cholesterol



- Fats and cholesterol are needed by the body. However, diets high in saturated fats and *trans* fats increase your risk of heart disease.
- A low fat diet is good for weight control.
- Monounsaturated fats, like olive and canola oils, and polyunsaturated fats, like corn and soybean oils are part of a healthful diet.
- Cholesterol is found in animal products. It is recommended that an individual not have more than 330 mg. of cholesterol each day.
- Choose low-fat dairy foods such as low-fat milk, yogurt, cottage cheese, and ice milk. Grains, fruits, and vegetables are low in fat and cholesterol.
- Broiling, grilling, roasting, and poaching are low-fat ways to cook meat. Season foods with herbs to increase flavor without using fats.
- **Children under 2 years of age should not be on low-fat diets. Fat and cholesterol are needed for baby's growth, including brain formation.**

## Mini-goals

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2. \_\_\_\_\_  
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3. \_\_\_\_\_



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## Cook with Less Fat

Broiling is a low-fat way to cook meat. Use it for hamburgers, pork chops, fish, and chicken.

To Broil Meat:

- Trim fat off the edges of steaks or chops. Shape hamburger patties 1-inch thick to keep meat juicy.
- Set oven rack in highest position. Put meat on broiler pan and place on oven rack.
- Broil first side of meat until nicely browned, then turn and broil second side.
- Use a meat thermometer to check to see if meat is done.
  - Hamburgers should be well-done (160 °F) with no pink in the middle.
  - Pork should reach 160 °F.
  - Chicken meat should be white and juice should be clear with no pink color. (180 °F whole chicken, 170 °F chicken breast)
  - Fish should flake easily with a fork (145 °F).

## Try Low-fat Ingredients

To reduce fat in your diet use low-fat and fat free products:

For	Use	Savings
Whole milk	Skim milk	70 calories/cup; 8 grams fat/cup
Margarine	Diet margarine	50 calories/Tbsp.; 5 grams fat/Tbsp.
Sour cream	Plain, low-fat yogurt	17 calories/Tbsp.; 2 grams fat/Tbsp.
Cream cheese	Neufchatel cheese	25 calories/ounce; 3 grams/ounce
Evaporated milk	Evaporated skim milk	140 calories/cup; 18 grams fat/cup
Cheddar cheese	Part-skim mozzarella cheese	45 calories/ounce



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## Cooking with Herbs

Experiment with herbs and spices to decide which ones you like best. Use fresh herbs when they are available and dried herbs when they are not. To substitute one for the other: 1 tablespoon fresh herb = 1/3 teaspoon dried herb.

Here are some suggestions for using herbs with specific foods:

Egg herbs: basil, dill weed (leaves), garlic, parsley



Fish herbs: basil, bay leaf ( crumbled), French tarragon, lemon thyme, parsley

Ground meat mixtures: chili powder, cumin, curry powder, marjoram, nutmeg, oregano, parsley, pepper, sage, savory, thyme

Poultry herbs: marjoram, sage



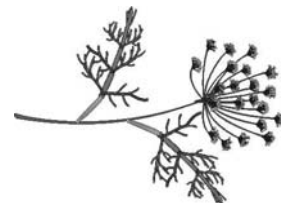
Salad herbs: basil, parsley, French tarragon

Tomato sauce herbs: basil, bay leaf, marjoram, oregano, parsley, celery leaves, cloves

Vegetable herbs: allspice, basil, caraway seed, celery seed, chives, parsley, mustard seed, oregano, savory, thyme

Italian blend: basil, marjoram, oregano, rosemary sage, savory, thyme

Barbecue blend: cumin, garlic, hot pepper, oregano



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**Here are two versions of the same recipe to demonstrate how to lower fat.**

**Version 1**

**Pork and Noodle Dinner Serves 6**

1 pound ground pork	3-1/2 cups canned tomatoes
4 stalks celery, chopped	8-ounce pkg. noodles, cooked
1 medium onion, chopped	1-1/2 cups shredded cheddar cheese
2 green bell peppers, chopped	Salt and pepper to taste

1. Brown meat. Drain.
2. Add celery, onion, green pepper.
3. Add tomatoes. Salt and pepper to taste.
4. Bring mixture to a boil, lower heat, simmer 1 hour.
5. Mix with cooked noodles in casserole dish.
6. Top with cheese and put in microwave or 350° oven until cheese is bubbly.

NUTRITION FACTS (per serving with NO salt added) - Calories 450 ~ fat 20 g ~ calories from fat 180 ~ sodium 430 mg ~ total carbohydrate 41 g ~ fiber 5 g

**Version 2**

**Beef (or Turkey) and Noodle Dinner Serves 6**

1 pound lean ground beef or turkey	3-1/2 cups canned tomatoes
4 stalks celery, chopped	8-ounce pkg. noodles, cooked
1 medium onion, chopped	Salt and pepper to taste
2 green bell peppers, chopped	

1. Brown meat. Drain.
2. Add celery, onion, green pepper.
3. Add tomatoes. Salt and pepper to taste.
4. Bring mixture to boil, lower heat, simmer 1 hour.
5. Mix with cooked noodles in casserole dish.

NUTRITION FACTS (per serving with lean beef and NO salt added) - Calories 320 ~ fat 8 g ~ calories from fat 70 ~ sodium 260 mg ~ total carbohydrate 40 g ~ fiber 5 g



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