

Breakfast

Whole grain cereals, rolled oats are better and have more fiber

If eating English muffins bagels or toast, use a sugar free jam or nonfat cream cheese instead of butter.

Use low fat breakfast meats in small portions.

Consider egg whites or egg substitutes.

Top whole grain waffles or toast with jam, fresh fruit

Lunch

Use water packed tuna rather than oil packed.

If using lunch meats, use sliced actual turkey breast or lean beef/ham.

Increase vegetables in your sandwiches, and use light or fat free/olive oil dressings.

Consider whole grain pasta or green salads and low fat soups.

Dinner

Eat more whole grains and dietary fiber (25-35 mg fiber a day) such as oats, rice, and barley. Try high fiber/whole wheat pastas.

Eat baked or broiled potatoes rather than fried.

Choose extra-lean ground beef, ground turkey, or vegetable burgers (read the packages to see if they contain high amounts of saturated fat or cholesterol; all are not healthy). Brown meat, drain off fat, and rinse with hot water. Grill hamburger and absorb fat with paper towels. Trim fat off of meats and eat no more than 3 ounces. Mix meat with rice, noodles, etc. Use lean cuts of beef and pork and stay away from organ meats. Remove skin from chicken/turkey and use more white meat than dark meat. Look for nonfat cooking recipes. When eating out choose meals without sauces or gravies, or ask for a low fat option. Change recipes to have less fat by using olive oil instead of butter, for example.

Dairy

Try to use skim milk in cereals. Try using almond milk as an alternative or soy milk. Evaporated skim milk can be used in place of cream in some recipes. Buttermilk is lower in fat than you think, it can also be used instead of high fat milk. Limit cheese to one ounce a day. When making lasagna consider 1% cottage cheese instead of lasagna. Use sherbet instead of ice cream. Try low fat frozen yogurt but remember to keep your portion sizes small.

Salads and Vegetables

Salads can be filling and low in calories and fat. Add variety by adding beans and other vegetables. Avoid salad bar choices that are fattening such as cheese, macaroni salad, potato salad, or high fat salad dressing. Serve your salad dressing such as balsamic vinaigrette on the side. Make vegetables a bigger part of your plate. When making vegetables, use a low fat margarine spray and add fresh herbs for flavor.

Other Cooking Tips

Try baking, broiling, steaming or poaching instead of frying. If frying, use oil or oil spray instead of lard, butter, etc. Use oil spray instead of oil for coating pans. For baked goods try applesauce instead of oil or margarine. Applesauce adds and holds moisture just like fat does.