

## Cut Down on Fat— Not on Taste!



### Protect your family's heart health by serving foods low in fat and saturated fat.

Foods such as beans, vegetables, fruits, rice, and corn tortillas are all part of a healthy diet. Prepare them in a heart healthy way for you and your family. Help your family to eat less fat and saturated fat.

### Buy lower fat foods.

- Skim or 1% milk.
- Low fat or fat free cheeses, sour cream, salad dressing, & mayonnaise.
- Fish and chicken or turkey without the skin. Lean cuts of meat instead of fatty meats.
- Fruits, vegetables, and grains like beans, rice, corn tortillas, and pasta.

### Cook with less fat.

- Bake, broil, or boil instead of frying.
- Use a nonstick pan with cooking oil spray.
- Use only a little bit of vegetable oil or margarine **instead** of lard, shortening, or butter.
- Cook beans and rice **without** lard, bacon, or other fatty meats. Season the beans with green pepper, onion, garlic, oregano, or cilantro.

## Throw the fat away.

- Cut the fat off beef and pork before you cook.
- Remove the skin from the chicken and turkey before you eat.
- Drain the fat from meats after you cook.
- Cool soups and gravies and skim the fat off with a spoon before you reheat them.

## You can make changes little by little.



## Check how you will try to eat less fat.

- Eat fruit **instead** of fatty desserts such as flan, ice cream, or cakes.
- Drink skim or 1% milk.
- Buy cheeses marked “low fat” or “fat free.”
- Bake, broil, or boil chicken instead of frying it.
- Remove the skin from chicken.

## Eat foods low in fat and saturated fat!

**An ounce of prevention is worth a  
pound of cure.**

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