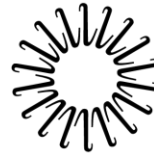
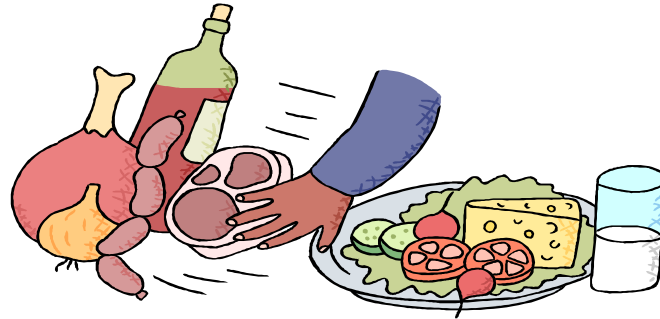


# Healthier Fat Cooking



**Lifespan Cardiovascular Institute**

Rhode Island Hospital • The Miriam Hospital  
Newport Hospital

*Delivering health with care.®*

The Center For Cardiac Fitness  
Cardiac Rehab Program  
The Miriam Hospital

# Meat, Fish, Poultry

- Trim fat/Remove skin
- Use leaner cuts of protein & select meats with less visible fat
- If tuna in oil– rinse or buy in water
- Bake, broil, poach, roast, grill
- Place meat on rack so fat drips away
- Brown meat and drain well before adding to recipe
- Try a tuna steak rather than a burger
- Use tofu & lentils as a substitute for half meat in things like meatloaf, shepard's pie, etc
- Serve with low fat condiments cranberry relish, chili sauce, chutney, salsas
- Limit processed meats such as sausage, bacon, hot dogs
- Tenderize as leaner cuts can be drier
  - Use marinades w/lemon vinegar, juices and herbs
  - Tenderize simply by pounding out meat

# Vegetables

- Stir “fry” in bouillon, tomato juice or broth rather than oil
- Measure oil rather than pouring you will use less
- Nonstick pan
- Boil potatoes first and spray lightly with oil and then crisp in oven
- Season mashed potatoes with garlic and/or broth instead of butter and milk
- Use light mayo or mustard in cole slaw, potato salads, etc
- Avoid high fat salad toppings, eg, bacon bits, croutons, etc
- Enhancing Flavor
  - Avoid overcooking vegetables as they will lose flavor
  - Spice it up
  - Use citrus juices, relishes, hot peppers
  - Toast nuts, spices or seeds first to enhance flavor

# Soups and Cheese

- **Cool after making and skim fat**
- **Creamed soups – use 1 % milk or evaporated skim milk**
- **Use flour or cornstarch as thickener or even pureed potatoes!**
- **Use small amt of hard cheese rather than large amts of mild cheeses**
- **Chill reduced fat cheeses for easier grating**
- **Sprinkle bland dishes with small amounts of strong cheese such as feta, provolone**

# Miscellaneous

- **Replace cream in recipes with low fat yogurt**
- **Good oil substitutes are low fat margarine, applesauce, pureed fruits or vegetables**
- **Substitute 1 egg with 2 egg whites**
- **Make your own salad dressings or use just balsamic vinegar**
- **Puree a cooked potato into gravy for fat free thickener**
- **Make your own taco shells by hanging fat free tortillas directly over an oven rack at 400 degrees**
- **Use fewer instant or packaged products**

# Adding Healthy Plant Based Fats

- Can add texture as well as taste
  - Nuts
  - Seeds
  - Avocado
  - Olive oil
  - Tofu
  - Soy
  - Beans, Legumes

# REMEMBER....

- **Low fat does not necessarily equal low calorie or low sodium**
- **Invest in a healthier fat/low fat cookbook**