

Low-fat cooking methods

It is important to learn how certain ingredients can sneak in unwanted calories and fat to low-fat dishes. The following list provides examples of lower-fat cooking methods and tips on how to serve your low-fat dishes.

These cooking methods tend to be lower in fat:

- Bake
- Broil
- Microwave
- Roast-for vegetables and/or chicken without skin
- Steam
- Lightly stir-fry or sauté in cooking spray, small amounts of vegetable oil, or reduced sodium broth
- Grill seafood, chicken or vegetables

How to save some additional calories and fat

Toppings and condiments can add a lot of fat and calories to foods. Try these few helpful tips for tasty vegetables and salads:

- Two tablespoons of butter on a baked potato can add an extra 200 calories and 22 grams of fat! However, 1/2 cup salsa only adds 18 calories and no fat!
- Two tablespoons of regular clear Italian salad dressing will add an extra 136 calories and 14 grams of fat. Reduced-fat Italian dressing only adds 30 calories and 2 grams of fat!

Try these low-fat flavorings

- Herbs - oregano, basil, cilantro, thyme, parsley, sage, or rosemary
- Spices - cinnamon, nutmeg, pepper, or paprika
- Reduced-fat or fat-free salad dressing
- Mustard
- Fat-free or reduced-fat mayonnaise
- Fat-free or reduced-fat sour cream
- Fat-free or reduced-fat yogurt
- Reduced-sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh ginger
- Sprinkle of butter flavor (not made with real butter)
- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheeses)
- Sodium-free salt substitute

Source: National Heart, Lung, and Blood Institute - www.nhlbi.nih.gov/