

Avoiding Too Much Fat, Saturated Fat, and Cholesterol

"Choose a diet low in fat, saturated fat and cholesterol" doesn't mean "never eat cheese" because it contains fat or "never eat egg yolks" because they contain [cholesterol](#). It's the total amount of fat, saturated fat, and cholesterol in your diet that matters. While you may want to moderate your intake of some foods, you needn't eliminate them from your diet completely. Instead, balance high-fat foods with other foods that contain less fat and cholesterol. Here are 15 tips to help.

1. Steam, boil, or bake vegetables; or for a change, stir-fry in a small amount of vegetable oil.
2. Season vegetables with herbs and spices rather than with sauces, butter, or margarine.
3. Try lemon juice on salads or use limited amounts of oil-based salad dressing.
4. To reduce saturated fat, use margarine instead of butter in baked products and, when possible, use oil instead of shortening.
5. Try whole-grain flours to enhance flavors of baked goods made with less fat and cholesterol-containing ingredients.
6. Replace whole milk with skim or lowfat milk in puddings, soups, and baked products.
7. Substitute plain lowfat yogurt, blender-whipped lowfat cottage cheese, or buttermilk in recipes that call for sour cream or mayonnaise.
8. Choose lean cuts of meat.
9. Trim fat from meat prior to eating (either before or after cooking).
10. Roast, bake, broil, or simmer meat, poultry, or fish.
11. Remove skin from poultry prior to eating (either before cooking or after cooking).
12. Cook meat or poultry on a rack so the fat will drain off. Use a nonstick pan for cooking so added fat will be unnecessary.
13. Chill meat or poultry broth until the fat becomes solid. Spoon off the fat before using the broth.
14. Limit egg yolks to one per serving when making scrambled eggs. Use additional egg whites for larger servings.
15. Try substituting egg whites in recipes calling for whole eggs. For example, use two egg whites in place of each whole egg in muffins, cookies, and puddings.

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