

# Twenty Ways to Reduce Dietary Fat

---

1. Increase the servings of whole grains, vegetables, and fruits you eat each day.
2. Keep servings of meat, poultry, and fish small. Eat no more than 3 oz. cooked per serving or 6 oz. per day.
3. Instead of sautéing, braise foods in water, stock, or fruit juice.
4. Drink more fluids, especially water.
5. Read the labels on commercial foods. Buy food prepared with no added fats or oils whenever possible.
6. Trim all visible fat from meats before cooking. Remove the skin from poultry before cooking.
7. Read the nutrition labels on packaged foods. Compare serving sizes and grams of fat per serving, choosing foods with the lowest amount of fat.
8. For salads, mix balsamic vinegar with lemon or grapefruit juice. Add garlic and herbs. Try seasoned rice vinegar.
9. Make low-fat tortilla chips by dipping corn tortillas in water and placing them directly on the oven rack to bake. Bake 8 to 12 minutes at 350 for crispy tortillas. Break them into pieces.
10. Replace fatty desserts and snacks with fresh or frozen fruits, frozen juice bars, fruit sorbet, or nonfat yogurt or ice milk. Or try a baked apple sprinkled with raisins and cinnamon.
11. Choose baked potato instead of French fries and top it with salsa, mustard or fat-free dressing.
12. Sprinkle butter powder on vegetables instead of coating them with butter or margarine.
13. Use a rack that lets the fat drain away from the food when baking meats, fish, or poultry.
14. Stock up on nonfat snacks such as apples, oranges, pears, berries, melons, yams, potatoes, air-popped popcorn, rice cakes, oatmeal, carrot sticks, or bell pepper strips.
15. Keep a variety in your diet with pastas made with corn flour, vegetables such as kale, and legumes such as garbanzo beans.
16. Skim fat off the top of soups and stews made with meat or poultry.
17. Switch to nonfat or low-fat varieties of dairy products.
18. When you order salad, always have the dressing on the side. Dip your fork in the dressing before each bite of salad. This gives you flavor without too much fat.
19. Microwave, broil, poach, or steam foods instead of frying.
20. Consider reducing animal foods (meat, poultry, fish, eggs, and dairy products).

## Don't Forget To Drink Water

Water suppresses the appetite naturally. Most of us don't drink the recommended six to eight glasses of water each day.

## Observe the Serving Size

Your hands can help you estimate portion sizes. Fist = 1 cup, Palm = 3 oz., Thumb = 1 oz., Thumb tip = 1 tsp.

Source: MSU-ES, Weight Off Wisely Program

Adapted by **Melissa Rhodus**, Area Extension Agent II, Pearl River County

*Mississippi State University does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, group affiliation, age, disability, or veteran status.*

**M1415**

Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. VANCE H. WATSON, Interim Director (POD 11-05)