

TRIM THE FAT

"Tip for Living Well"

By Pamela M. Smith, R.D

-Eat more fish and skinless poultry and fewer red meats. If you eat red meats, buy lean and trim well (before and after cooking), and cook them in a way that diminishes fat, such as grilling, broiling, or roasting on a rack.

-Use marinades, flavored vinegars, plain yogurt, or juices when grilling or broiling to tenderize leaner cuts of meat, and seal in their moisture and flavor. Mix these marinades with fresh or dried herbs such as basil, oregano, and parsley to add flavors.

-Limit protein portions to five ounces (precooked). After cooking, the size will resemble a deck of cards. This is the typical lunch portion served by many restaurants. The typical dinner portion is 9 ounces. Let rice, pastas, potatoes, and vegetables become the centerpiece of your meals.

-Use nonstick cooking spray and skillets to brown meats without grease, and sauté ingredients in stocks and broths rather than fats and oils. If a recipe calls for basting in butter or its juices, baste with tomato juice, lemon juice, or stocks.

-Skim the fat from soups, stocks, and meat drippings. Refrigerate and remove the hardened surface layer of fat before reheating.

-Use legumes (dried beans and peas) as a main dish. These meat substitutes can be a high nutrition, low-fat meal. Attempt at least twice a week.

-Substitute plain, nonfat yogurt or fat-free ricotta cheese in dips and sauces calling for sour cream or mayonnaise. Also, use these as toppings for baked potatoes and chili. Don't forget low-fat, flavorful salsa.

-Use two egg whites in place of one whole egg. Egg whites are pure protein; yolks are pure fat and cholesterol.

For nutritious recipes that help you trim the fat, visit www.pamsmith.com.