

# Fat Out..... Flavor In

**A little fat goes a long way. One teaspoon of butter or oil has 5 grams of fat and about 45 calories. Check out these tips to cut fat and add flavor:**

- When eating out, ask for the topping or sauce to be put on the side. Ask for lower fat options like salsa, mustard, or ketchup.
- With salads, choose fat free/reduced fat dressings, flavored vinegar, or lemon juice. Ask for the dressing to be served on the side. 
- Pick lean cuts of meats, poultry, and seafood. Trim away any fat or skin.
- Cook foods without adding fat. Use nonstick cooking spray instead of butter, margarine, or oil when grilling, frying, or sautéing. Use non-stick cookware. You can sauté in a small amount of broth. If you do add fat, use a small amount of olive or canola oil.
- Choose to bake, roast, grill, steam, poach, or pan sauté instead of frying. If roasting or baking in the oven, use a rack to raise the food up off the bottom of the pan to allow the fat to drip away.
- Instead of using ham hock or fatback to season vegetables, use lean ham or broth to get the meat flavor.
- Use napkins or paper towels to blot out extra fat from foods. This helps with pizza or fried foods.
- Taste your food before spreading on butter or margarine. Choose another topping. Try using fruit butter or low sugar spreadable fruit on toast. 

The *MOVE!* handouts, “Spice It Up” and “Recipe Smart Substitutions”, will give you more ideas on how to cut fat and add flavor.

