

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

APRIL 29, 2019

CUT FAT IN COOKING!

1. Use nonstick cooking spray instead of butter or oil; at least choose liquid over solid fats.
 - What type of oil should you be using?

2. Choose extra-lean meat and skinless chicken breasts.
 - Is pork really the “other white meat?”

3. Trim all visible fat from meat.

4. Grill, broil, bake, braise, steam, poach, slow-cook, and microwave foods instead of frying them! Sauteing is ok with minimal amounts of oil...or use nonstick cooking spray or broth instead.
 - Why do you want to cut down on fat?

5. Drain fat from cooked meats; if necessary blot them with a paper towel.

6. Use vegetables, beans or whole grains to replace some of the meat content of certain dishes such as burgers, meatloaf & chili.
 - Do you serve any vegetarian meals at your house?

7. Coat chicken in breadcrumbs rather than batter, and bake instead of frying.
 - Panko breadcrumbs are better for you-why is that?

8. Choose chicken or turkey sausage instead of pork or beef.
 - Get used to: a) reading labels and b) portion control!

9. Choose Canadian bacon or turkey bacon instead of regular bacon.
 - There are 3 grams of fat & 50 calories in 2 strips of turkey bacon; regular bacon has 92 calories and 7.2 grams of fat for the same amount. Canadian bacon weighs in at 89 calories & 4.1 fat grams for two slices.

10. Use one egg & two egg whites per person in your favorite egg dishes or cakes; cut fat & cholesterol completely by using egg substitute.

- It's more delicate & less flavorful, so adjust ingredients & cooking temp accordingly!

11. Substitute two meat dishes each week with fish or vegetarian meals.

12. Use fat-free chicken broth or fat-free milk in mashed potatoes, soups, gravies & stews.

- Sodium can be an issue when it comes to broth; you can use the low-sodium variety.

13. Try fat-free evaporated milk in creamy soups & casseroles instead of heavy cream.

14. Top your pies or line your tarts with phyllo dough instead of regular pastry.

15. Oven-fry potatoes instead of making or buying French fries.

- Try sweet potatoes!

16. Use herbs, spices, fruits and salsas to flavor your food.

- Many spice mixes are extremely high in salt; read your labels!

17. Substitute reduced fat cheeses for full-fat ones. Try to buy extra-sharp & reduce the amount you use.

- Always put the cheese on top of the dish rather than in it; you get a visual effect also!

18. Choose reduced fat sour cream or plain yogurt instead of full-fat versions for dips, spreads & dressings.

HOW DOES PORK REALLY COMPARE TO OTHER MEATS FOR FAT, CALORIES & CHOLESTEROL? *DEPENDING ON THE CUT*, IT ACTUALLY IS AS GOOD (OR BETTER) THAN SOME CUTS OF BEEF AND POULTRY! FOR EXAMPLE, PORK TENDERLOIN IS JUST AS LEAN AS SKINLESS CHICKEN BREAST & MEETS THE GOVERNMENT GUIDELINES FOR “EXTRA LEAN.” IN ALL, SIX CUTS OF PORK MEET THE USDA GUIDELINES FOR “LEAN,” WITH LESS THAN 10 GRAMS OF FAT, 4.5 GRAMS OF SATURATED FAT AND 95 MILLIGRAMS OF CHOLESTEROL PER SERVING. ANY CUTS FROM THE LOIN, WHICH INCLUDE CHOPS & PORK ROAST, ARE LEANER THAN SKINLESS CHICKEN THIGH, ACCORDING TO USDA DATA. PORK STEAKS OR ROASTS FROM THE LEG (“FRESH HAM”) ARE ALSO LEAN CHOICES.

SERVING SIZES & NUTRITIONAL PROFILES OF LEAN MEATS

3 OZ. COOKED SVG:	<u>CALORIES</u>	<u>TOTAL FAT</u>	<u>SAT FAT</u>	<u>CHOLESTEROL</u>
		(G)	(G)	(MG)
<u>LEAN CHICKEN</u>				
(ALL SKINLESS)				
BREAST	139	3.1	0.9	73
LEG	162	7.1	2.0	80
THIGH	177	9.3	2.6	81
<u>LEAN PORK</u>				
TENDERLOIN	120	3.0	1.0	62
TOP LOIN CHOP	173	5.2	1.8	61
TOP LOIN ROAST	147	5.3	1.6	68
CENTER LOIN CHOP	153	6.2	1.8	72
SIRLOIN ROAST	173	8.0	2.4	76
RIB CHOP	158	7.1	2.2	56
<u>LEAN BEEF</u>				
EYE OF ROUND	141	4.0	1.5	59
TOP ROUND	169	4.3	1.5	76
TIP ROUND	149	5.0	1.8	69
TOP SIRLOIN	162	8.0	2.2	76
TOP LOIN	168	7.1	2.7	65
TENDERLOIN	175	8.1	3.0	71

	<u>CALORIES</u>	<u>TOTAL FAT</u>	<u>SAT FAT</u>	<u>CHOLESTEROL</u>
<u>FISH</u>				
COD	89	0.7	0.1	40
FLOUNDER	99	1.3	0.3	58
HALIBUT	119	2.5	0.4	35
ORANGE ROUGHY	75	0.8	0.0	22
SALMON	175	11.0	2.1	54
SHRIMP	84	0.9	0.2	166

OF COURSE, IT GOES WITHOUT SAYING (I'LL SAY IT ANYWAY!) THAT THE FIRST STEP IS TO GET THE RIGHT FOODS INTO YOUR KITCHEN-THE SECOND IS TO USE THE BEST COOKING METHODS! THAT MEANS USING LITTLE OR NO FAT. ROAST, BROIL, BRAISE, GRILL-IT TAKES A LITTLE PRACTICE IF YOU'RE USED TO FRYING, BUT YOU'LL GET THE HANG OF IT!

DON'T FORGET!!! **NO CLASS** FOR THE WHOLE MONTH OF MAY! SEE YOU JUNE 3RD! FEEL FREE TO STOP IN & WEIGH YOURSELF!

OUR "NO!" FOOD FOR THIS WEEK: COOKIES / CAKES

WEEK OF 5/6: SALTY SNACKS

WEEK OF 5/13: ICE CREAM

WEEK OF 5/20: BACON / HAM / SAUSAGE

