

# Choosing Ingredients to Lower the Fat in Main Dish Recipes

<b>Instead of</b>	<b>Try</b>
<b>Solid shortening</b>	<b>Vegetable oil</b>
<b>Vegetable oil for browning meat</b>	<b>Use less oil or non-stick spray</b>
<b>Whole milk, cream</b>	<b>Non-fat or skim milk</b>
<b>Sour cream or mayonnaise</b>	<b>Plain low-fat yogurt, low-fat or non-fat sour cream or mayonnaise</b>
<b>Whole eggs</b>	<b>Egg whites</b>
<b>70% lean ground beef</b>	<b>90% lean ground beef, or lean ground turkey</b>
<b>Cream soups for casseroles</b>	<b>Fat-free or low fat cream soups</b>
<b>Cheddar or Colby cheese</b>	<b>Low-fat mozzarella cheese; combine a regular fat cheese with a non-fat or low-fat cheese to preserve melting characteristics</b>
<b>Regular gravy</b>	<b>Low-fat or non-fat gravy; marinate meat instead of using gravy</b>
<b>Evaporated milk</b>	<b>Low-fat or non-fat evaporated milk</b>
<b>Chicken or beef broth</b>	<b>Low-fat or non-fat broth</b>
<b>Buttered breadcrumbs</b>	<b>High fiber unsweetened cereal flakes, crushed</b>

## Remember to:

- Grill, bake, or broil instead of frying meats;**
- Trim all visible fat from meat before cooking;**
- Drain the fat from all ground meats.**

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