



# Fat, Oil, and Sweets Group

Use  
Sparingly


## Use Sparingly

- ◆ Use fats and sugar in small amounts as "extras" to enhance flavor of other food groups.
- ◆ High sugar foods and high fat foods provide calories with little nutritional value...empty calories!
- ◆ Excessive amounts of animal fats and dairy fats increase the risk of developing chronic diseases like obesity, diabetes, heart disease, and cancer.

## Cooking tips to reduce animal and dairy fats

- ◆ Choose olive oil, canola oil, or peanut oil for heart-healthy benefits. 
- ◆ Use low-fat or non-fat dairy products.
- ◆ Use non-stick cookware and cooking sprays.
- ◆ Reduce the amount of fat and add more herbs, garlic, and ginger to recipes. 
- ◆ Trim all visible fat before you cook. This can lower fat by as much as 50%.
- ◆ Stir-fry in chicken stock instead of oil...adds great flavor!
- ◆ Remove fat from soups and stews by skimming the soup with lettuce leaves. Fat clings to lettuce leaves.

## Shopping Tips

- ◆ Choose low or non-fat products such as low fat mayo, dressings, yogurt, etc. 
- ◆ Choose nutrient-dense foods within each food group-avoid empty calories.
- ◆ Look for "15% lean" and "7% extra lean" meats.

## For Baking



- ◆ Substitute 1/2 of the fat with applesauce or puréed prunes.
- ◆ Use egg whites to reduce cholesterol.
- ◆ Drain and use plain low-fat or non-fat yogurt instead of sour cream.