

# low-fat cook books

Patricia Chuey, Eileen Campbell, & Mary Sue Waisman. ( 2007) **Simply Great Food.** Dietitians of Canada. Toronto: Robert Rose Inc.

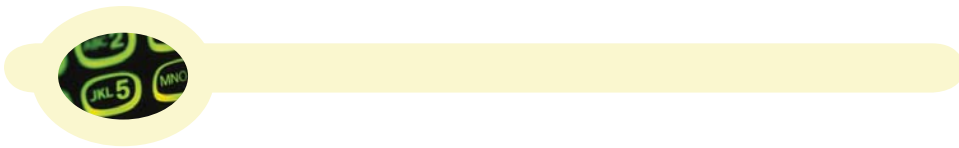
Heart and Stroke Foundations of Canada. ( 2007) **The New Lighthearted Cookbook.** Toronto: Transition Vendor.

Dietitians of Canada. (2002) **Cook Great Food.** Toronto: Robert Rose Inc.

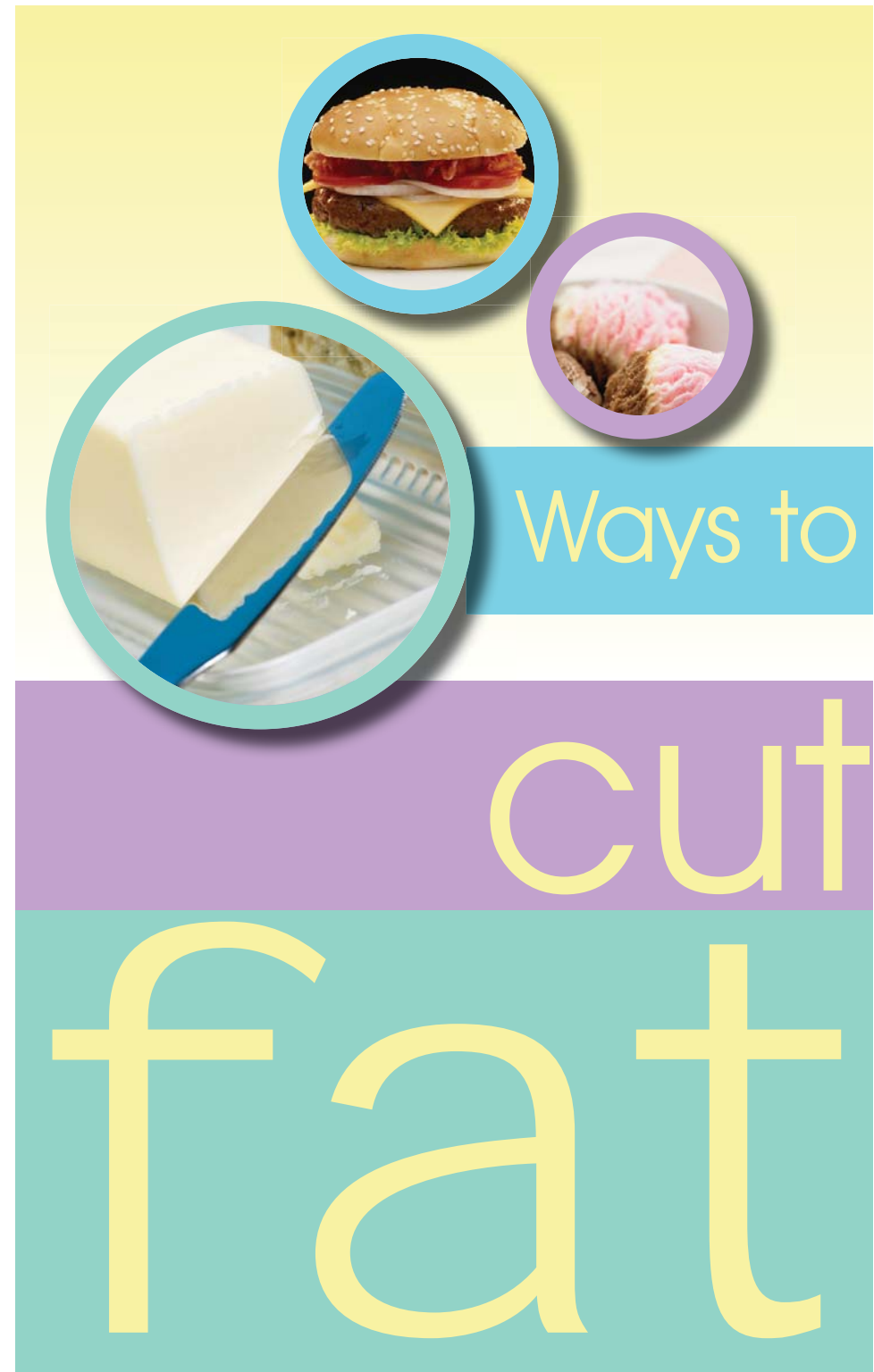
Rose Riesman. (2002) **Light Vegetarian Cooking.** Toronto: Rose Riesman.

Lynn Roblin & Bev Callaghan. (2000) **Great Food Fast.** Dietitians of Canada. Toronto: Robert Rose Inc.

Bonnie Stern. (2000) **Heart Smart Cooking for Family and Friends.** Toronto: Random House of Canada.



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Dial-a-Dietitian line: 613-549-1232, ext. 224



# Fats in our diet

Fats in our diet can be either **visible** like butter, margarine, and oil, or **hidden** like those found in many foods that we eat every day.

To reduce the risk of chronic diseases like heart disease and cancer, small changes in the way you buy, prepare, and eat food can make a big difference. These small changes can contribute to good health, while keeping the joy in eating.

## visible fats



## hidden fats



## Reduce visible fats

- Use only 30-45 mL (2-3 tbsp) of unsaturated fats such as canola, olive, or soybean in your diet each day. This includes oil used for cooking, salad dressings, margarine, and mayonnaise.



## Reduce total fat and saturated fat:

- Use soft, non-hydrogenated margarines as spreads.
- Use jam or honey on your toast instead of butter or hard margarines.
- Moisten sandwiches with plain low-fat yogurt, low-fat mayonnaise or hot mustard.
- Make your own salad dressing by cutting the oil in half and adding orange or apple juice, vinegar, low-fat yogurt, or light butter milk or sour cream.
- Sautee vegetables with less oil by using juice or stock in a non-stick pan.
- Replace half the fat in baking recipes with applesauce or low-fat yogurt.
- Use olive, canola, or soybean oil for cooking and baking.

# Reduce hidden fat when dining out

- Add extras like bacon, croutons, or cheese sparingly on your salad and ask for a lower-fat dressing on the side.
- Creamy coleslaw, potato, and macaroni salads are often prepared with regular salad dressing. Ask for low-fat or light dressing on these salads.
- Choose a low-fat spicy gazpacho or a broth-based soup for an appetizer.
- Entrees that are steamed, baked, broiled, braised, poached, or grilled are heart-healthy choices rather than sautéed or fried items.
- Choose rice, baked potato, salad, or steamed vegetables as a side dish instead of French fries.
- End your meal with a fresh fruit salad, milk pudding, or a lower-fat cake like angel food cake.



Did  
you  
Know

There are different types of fat and each one has a specific role in our body. Heart-healthier fat choices include polyunsaturated, monounsaturated, and omega-3 fats. Foods high in saturated and trans fats can increase the risk of heart disease.

Fat is an important nutrient for normal body function. It is a source of energy, makes us feel full longer, and helps us absorb some vitamins.

A healthy eating pattern includes 20 to 35 percent of total calories from fat everyday. An average healthy adult who eats 2,000 calories a day can have 44 to 77 grams of fat each day.

# Low-fat grocery shopping

When shopping:

- 1) check the Nutrition Facts Table and choose products with:
  - **5% Daily Value (%DV) or less of total fat.**
  - **10% DV or less of saturated and trans fat.**
- 2) look for a nutrition description on the label such as **“low-fat”** or **“trans fat free.”**
- 3) read the ingredient list and limit products with hydrogenated oil, lard, butter, hard margarine, and tropical oils such as coconut or palm oil.

Nutrition Facts	
Per Serving (0g)	
Amount	% Daily Value
<b>Calories</b> 0	
<b>Fat</b> 0g	<b>0 %</b>
Saturated 0 g	<b>0 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 0 mg	<b>0 %</b>
<b>Carbohydrate</b> 0 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 0 g	
<b>Protein</b> 0 g	
Vitamin A	<b>0 %</b>
Vitamin C	<b>0 %</b>
Calcium	<b>0 %</b>
Iron	<b>0 %</b>

look for 5% or less

look for 10% or less



# Reduce hidden fat in easy-to-make meals

- Quiche lovers beware! Cheese, bacon, cream, and eggs make for a very high-fat meal. Prepare your quiche with a mashed sweet potato as the crust; top with an egg and low-fat milk mixture including your favourite vegetables and a sprinkle of cheese.
- Use lean ground beef, cheese with 20% M.F. or less, add cottage cheese and extra vegetables to tomato sauce, and make your own lasagna or other pasta dish.
- Top your whole wheat pizza crust with leaner meats such as ham and add extra vegetables and a sprinkle of low-fat cheese.



# Reduce hidden fat in Grain Products

- Enjoy the natural taste of grain products by using sauces and spreads sparingly.
- Baked goods such as cookies, danishes, cakes, some crackers, and granola bars are high in fat. Compare the nutrition facts table on labels to choose whole-grain, low-fat, trans fat-free, and high-fibre choices.
- Ready-to-eat noodles or rice meals are often prepared with high-fat cream sauce, cheese, or butter. Read the food label to choose one prepared with a tomato-based sauce.



# Reduce hidden fat in Milk and Alternatives

- Drink lower-fat milk such as skim, 1%, or 2%.
- Choose yogurts with less than 2% milk fat (M.F.).
- Pick cheese with 20% M.F. or less.
- Try low-fat or fat-free frozen yogurt with 2 grams of fat or less per 250 ml serving instead of gourmet style ice cream.
- Choose 1% or 2% evaporated milk instead of cream to make soups and chowders.

Did you know?

**B.F.** or **M.F.** stands for Butter Fat or Milk Fat on food labels. Read labels and choose lower-fat milk and alternatives.

**Switch** from double cream to 2% milk in your coffee to reduce the amount of fat in your cup.

**Lower**-fat milk products contain the same amount of calcium as higher-fat milk choices.

# Reduce hidden fat in Meat and Alternatives

- Check your meat serving size. One Food Guide Serving of meat equals 75 grams or 2.5 oz of cooked fish, poultry, or lean meat (slightly smaller than the size of the palm of your hand, or a deck of cards).
- Trim visible fat from meat and remove the skin on poultry before cooking.
- Enjoy tofu and legumes such as lentils, peas, and beans more often. These meat alternatives are low in fat.
- Spread peanut or other nut butters on a cracker or pita—just two tablespoons equal one meat and alternatives Food Guide serving.
- Use cooking methods such as roasting, baking, poaching, or broiling that require little or no added fat.
- Try deli sliced lean meats like turkey, ham, and roast beef instead of prepackaged luncheon meats.
- Season fish with herbs, spices, or lemon instead of adding butter or a creamy sauce.
- Cook stew ahead of time. Cool in the refrigerator and skim off any fat that hardens on top before re-heating.
- Replace half of ground meat in recipes with legumes and vegetables to cut fat and increase fibre.
- Add a handful of walnuts, peanuts, sesame, or sunflower seeds to your salad instead of croutons or bacon.



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Did  
you  
Know

**Fatty** fish such as salmon, trout, mackerel, herring and sardines are high in heart-healthy fats called omega-3 fats. Eat at least two servings of fish each week.

**Studies** support a link between nuts and heart health—enjoy a small handful of plain unsalted nuts occasionally.

**Skinless** white poultry has half the fat of dark poultry meat.

Meat from the leg is the lowest in fat followed by loin cuts then shoulder cuts.



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