

Food Preparation – What To Do

Low calorie, Low-Fat Cooking/Serving Methods

Cooking low calorie, low-fat dishes may not take a long time, but best intentions can be lost with the addition of butter or other added fats at the table. It is important to learn how certain ingredients can add unwanted calories and fat to low-fat dishes – making them no longer lower in calories and lower in fat. The follow list provides examples of lower fat cooking methods and tips on how to serve you low-fat dishes.

Low-fat Cooking Methods

These cooking methods tend to be lower in fat:

- Bake
- Broil
- Microwave
- Roast – for vegetables and/or chicken without skin
- Steam
- Lightly stir-fry or sauté in cooking spray, small amounts of vegetable oil, or reduced sodium broth
- Grill seafood, chicken, or vegetables



How To Save Calories and Fat

Look at the following examples for how to save calories and fat when preparing and serving foods. You might be surprised how easy it is.



- Two tablespoons of butter on a baked potato adds an extra 200 calories and 22 grams of fat.

However, ¼ cup salsa only adds 18 calories and no fat.

- Two tablespoons of regular clear Italian salad dressing will add an extra 136 calories and 14 grams of fat. Reduced fat Italian Dressing adds only 30 calories and 2 grams of fat.

Try these Low-fat Flavorings – Added During Preparation or at the Table:

- Herbs – oregano, basil, cilantro, thyme, parsley, sage, or rosemary
- Spices – cinnamon, nutmeg, pepper, or paprika
- Reduced fat or fat-free salad dressing
- Mustard
- Ketchup
- Fat-free mayonnaise
- Fat-free or reduced fat sour cream
- Fat-free or reduced fat yogurt
- Reduced sodium soy sauce
- Salsa
- Lemon or lime juice
- Vinegar
- Horseradish
- Fresh ginger
- Sprinkled buttered flavor (not made with real butter)



- Red pepper flakes
- Sprinkle of parmesan cheese (stronger flavor than most cheese)
- Sodium free salt substitute
- Jelly or fruit preserves on toast or bagels

