

Lola's Tips To Eat Less Saturated Fat and Cholesterol

Healthy Cooking Tips

- Bake, steam, broil, or grill food instead of frying.
- Remove the skin from chicken and other poultry before cooking.
- Cool broth, soups, and stews, and skim off fat before serving.
- Use oils low in saturated fat, such as canola, safflower, and sesame oil.
- Trim visible fat from pork and other fatty meats before cooking.
- Use the slow cooker (Crock-Pot[®]) to cook meats and stews, and skim the fat off the surface before serving.
- Flavor the food with vegetables, herbs, and spices—not with fat!

Choose MORE Often

- Chicken—breast, drumstick (skin removed before cooking)
- Pork—ears, neck bone, feet, ham hocks
- Beef—tripe
- Fish and seafood*
- Lean cuts of meat (such as round, sirloin, and loin)
- Egg whites
- Vegetable oil (such as canola, safflower, or sesame oil)

Choose LESS Often

- Chicken—wing, thigh (skin on while cooking)
- Pork—hog maws, luncheon meat, vienna sausage, bacon, ribs
- Fatty cuts of meat
- Beef oxtail
- Organ meats (such as liver, kidney, brains, and tongue)
- Egg yolks
- Lard, butter, shortening

* Shrimp and crawfish have more cholesterol than most other types of fish and seafood. But they are lower in total fat and saturated fat than most meats and poultry.

Source: Adapted from *Be Heart Smart! Eat Foods Lower in Saturated Fat and Cholesterol*, NHLBI, and <http://www.americanheart.org/presenter.jhtml?identifier=516>.