

Pledge for Life! Session 5

Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself or with others.

- ☐ Choose low-fat and fat-free food products more often.
- ☐ Bake, steam, broil, or grill food instead of frying it.
- ☐ Cut off the fat from the meat before cooking it.
- ☐ Use less coconut milk and condensed milk to prepare food and drinks.
- ☐ Skim the fat off soups and stews before serving.
- ☐ Throw away—and do not reuse—the fat that is drained from fatty cuts of meat.
- ☐ Choose unsaturated fat and oils to prepare foods.
- ☐ Take the skin off chicken or *lechon*, and do not eat it.
- ☐ Include a variety of fruits, vegetables, and oatmeal as sources of soluble fiber.
- ☐ Exchange low-fat recipes with your friends and family.
- ☐ Other _____