# FAT HIT LIST

## WORK ON EATING MUCH LESS FRIED AND FAT SEASONED FOODS
- Rarely fry meats or vegetables, and if fry use liquid oils
- Avoid adding bacon, fat back, jowl bacon, Crisco/shortening, butter, or stick margarine to vegetables

[Use instead lean ham chunks, or herbs and spices, Butterbuds, or Molly McBudder for flavoring]

## LIMIT YOUR "ADD-ONS" AND "ADD-INS"
- Use very lightly: cheese sauces spreads
- AVOID GRAVIES, CREAM SAUCES, CHEESE SAUCES, AND CREAMED SOUPS made with partially hydrogenated oil. Better yet, fix them yourself.

## EAT LESS MEAT (We only need 4-5oz./day) AND EAT LEAN MEATS

### OK: LEAN MEATS
- broiled, baked, or grilled:
  - fish
  - seafood
  - poultry (no skin)
  - ground turkey (make sure no skin is ground in)
  - ground round, round steak, or sirloin tip

### RARELY IF ALL: HIGH FAT MEATS
- regular hamburger
- lunch meat (bologna, span, salami, etc)*
- hot dogs, brawurst, etc*
- sausage and bacon*
- prime rib
- ribeye
- T-Bone
- sirloin
- pork chops
- BBQ beef, pork, lamb egg yolk

*Unless marked low fat

## EXAMPLES OF COMMON MEAT SERVINGS IN OUNCES

| 1 Chicken Breast | 3oz | 1 slice bologna | 1oz |
| 1 Chicken Thigh  | 2oz | 1 hot dog       | 1-2oz |
| 1 Fast Food Hamburger | 2oz | 1/2 Cup Cooked Meat Chunks | 2oz |
| 1 Chicken Leg    | 1oz | Thin Pork Chop  | 2 oz |
| 1/2 Cup Tuna Fish| 2 oz|                |     |

**Remember: Food Labels contain the most accurate information**

## EAT LOW FAT DAIRY PRODUCTS

### OK
- Milk: 1% or skim, buttermilk
- Low Fat Cottage Cheese, Farmer’s Cheese
- Part Skim Mozzarella Cheese
- Low Fat Cheeses, Yogurt, Frozen Yogurt

### RARELY, IF AT ALL
- Whole & 2% Milk, Regular Cottage Cheese,
- American*/Colby*/Cheddar*/Swiss Cheese*, Cheese Spreads like Velveeta, Cream Cheese, Ice Cream, Sour Cream, Half & Half
- *Unless Marked Low Fat

## EAT SWEETS IN MODERATION

### OK
- Fresh fruit is usually the best, but can also eat canned, frozen, and dried fruit

### RARELY, IF AT ALL
- Chocolate Candies, Iced Cakes, Ice Cream, Cookies, Pies, Pastries, Sweet Rolls, Coffee Cake

## RARELY EAT HIGH FAT BREADS/SNACK FOODS - (choose whole grain whenever possible)

### OK
- Bread, Rolls, Low Fat Muffins, English Muffins, Saltine Crackers, Triscuits, Weavers, Pretzels, Bagels, Rice Cakes: Plain or Flavored, Crisp Bread (WASA), Most Cereals

### RARELY, IF AT ALL
- High-Fat Crackers (ie: Ritz, Cheese, etc.), Rich Muffins*, Chips (Potato/Corn/Tortilla, etc.) Croissant Rolls, Biscuits*, Cornbread*, Granola*

*OK if made with Healthy Fats: Check Label