

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 McButter 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	filet of pork, lamb, or beef (tenderloin)
seafood	leg of lamb
poultry (no skin)	lean ham
ground turkey (make sure no skin is ground in)	egg whites
ground round, round steak, or sirloin tip	

RARELY IF ALL: HIGH FAT MEATS

regular hamburger	ribs
lunch meat (bologna, span, salami, etc)*	T-Bone
hot dogs, brawurst, etc*	sirloin
sausage and bacon*	pork chops
prime rib	BBQ beef, pork, lamb
ribeye	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