

Low-fat Living- How To Make It Convenient And Healthful!

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Authors: *Fire Up Your Metabolism: 9 Proven Principles For Burning Fat and Losing Weight Forever*

When it comes to choosing ingredients:

- **Vegetables (all kinds):** should make up a large part of your diet. Keep slicing and dicing down to a minimum– buy them pre-cut. They can be found fresh or in the frozen foods section (look for no-salt-added brands). Mushrooms, onions, garlic and even entire stir-fry mixes can even be found pre-cut! You can steam your veggies or make them in the microwave in a snap. At least 3-5 servings daily.
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- **Dairy section convenience:** Choose sliced or shredded non-fat or low-fat cheeses (5 or less grams of fat per ounce). Many cheeses, such as mozzarella low-fat string cheese also come wrapped individually for easy serving.
- **Convenient Healthy Meats:** Choose chicken or turkey breasts with skin already removed. Pre-cut cubes of lean beef or chicken ready for stews, wraps or shish kebabs.
- **Keep cans of tomato-based pasta sauce on hand (preferably no salt added):** Then add your own pre-cut meat, veggies, garlic and mushrooms.

Prepared foods and Meals- Be Careful!

- Some meats and fishes are ready and just need grilling or baking. If you like more elaborate foods, pre-spiced dishes are often available waiting to be cooked according to package directions. Limit choices that call for frying or adding fat while cooking. Instead, choose those that call for baking, broiling, microwaving or poaching. As always, check label ingredients to make sure fat and sodium are not among the first ones listed!

BREAKFAST

- Whole-grain cereals with skim or 1% milk make a quick and nutritious lunch or snack. In the freezer section: find whole-grain waffles (top with berries or other fresh fruit or canned in it's own juices), egg substitutes (can be used for omelets). Avoid frozen breakfasts with sausage, regular bacon, croissants,

muffins (greasy) or fried potatoes. They may be too high in fat and cholesterol. Supplement the healthy options with fresh fruit; nonfat yogurt; skim milk; whole grain bread or English muffin; and Canadian bacon, if meat is desired.

LUNCH

- Try water-packed flip top cans or the new tuna in “sealable” bags; low-fat or non-fat yogurt; sliced lean ham or skinless turkey breast on whole-grain bread or pita; low-sodium, low-fat soups; wraps and burritos (light on the cheese or low-fat if possible) with non-fat dressings or salsa (regular dressing should be on the side and use just 1-1/2 tablespoons).
- Avoid meat, cheese and cracker combination packs; and shelf-stable microwavable soups, chilies and meat dishes (with the exception of *Fantastic* brand). They contain too much fat and/ or sodium.
- Prepared meals from the deli counter can be high in fat and sodium too. Look for roast chicken (remove the skin!), pasta or seafood salads and slaws without cream or mayonnaise sauce, mixed vegetables without added oil, fruit salad.

Simple suggestions:

2-minute Pita Pizza: Open up a whole-wheat pita pocket so that you have two pizza pies. Spread each with tomato sauce. Sprinkle with pepper and oregano. Top with pre-cut fresh or frozen onions, peppers, mushrooms and shredded non-fat or low-fat cheese. Microwave.

Tortilla Roll-up: Take 1 whole-wheat tortilla. Add ½ cup pinto beans in the center and mash with a fork. Add pre-cut onions, tomatoes, peppers, squash, shredded lettuce, etc, and ½ cup shredded low-fat cheese. Roll up tortilla and place in microwave. Top with salsa.