

Eating Low-Fat on a Budget

Following a low-fat diet can help lower your risk of heart disease, cancer, diabetes and stroke. Eating low fat usually means eating fewer calories. High calorie intake may lead to an increase in body weight, and can cause the early onset of these chronic diseases.

This brochure will help you purchase, prepare and eat foods that are low in fat. These tips and recipes are possible on a limited income, so you can make healthy choices on a budget.

A low-fat eating plan and daily exercise can:



- Lower your blood cholesterol
- Help you maintain a healthy weight
- Assist in maintaining normal blood glucose
- Lower your blood pressure

Shop Smart: Save Money at the Grocery Store

- Buy fruits and vegetables in season. For example, apples in the fall, oranges in the winter, strawberries in late spring and peaches in the summer.
- Buy store brands and purchase family sized packages. Buy spices in bulk.
- Buy plain canned or frozen vegetables. Avoid products with seasonings, sauces and cheese sauces.
- Buy dried beans and peas in bulk. Soak overnight before cooking. Use 3 times a week in place of meat, poultry or fish. Beans cost less than meat, and are also high in protein.
- Limit buying sugary foods. These are expensive items with little nutritional value and lots of calories.
- Buy regular rice, oatmeal and grits instead of the instant or flavored types.
- Non-fat dry milk is the least expensive way to buy milk. Buy fat-free or low-fat milk in gallons or 1/2 gallons. Children under two should continue to drink whole milk.
- Buy chuck or bottom roasts. These cuts have less fat and cost less. They need to be covered during cooking and cooked longer to increase tenderness.
- Buy whole fryer chickens instead of already cut and skinned pieces.
- Look for specials in the newspaper and use coupons for the foods you plan to buy.
- Shop at least twice a month and buy only the amount you can eat before it spoils.
- Plan your meals ahead of time and make your grocery list from these menus.

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Eating Low-Fat on a Budget
English/English
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Comparison Shopping



Smart shopping includes comparing prices of products: fresh or frozen, canned or boxed, large or small, store brands or named brands.

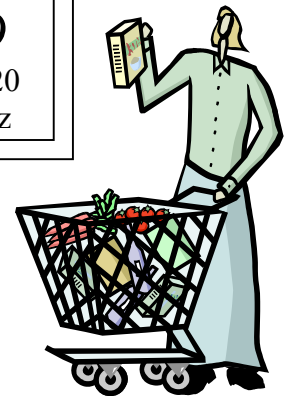
Look at the unit price sticker, which is usually found on the shelf below the item. You can compare the cost of products with this sticker. Unit pricing tells you the cost per unit of similar foods.

In this example, the large box (22 oz) costs 17 cents per ounce (oz = ounce). The smaller box (16 oz) costs 20 cents per ounce. The larger box of Cherry-O's has the better price.

Example:

| Larger Box | |
|-------------------|---------------|
| 24100-12610 | 03/03/03 |
| Cherry-O's | \$3.79 |
| 12610 22oz | UNIT: .17 |
| vendor: 330 | PER: oz |

| Smaller Box | |
|-------------------|---------------|
| 24100-12611 | 03/03/03 |
| Cherry-O's | \$3.29 |
| 12611 16 oz | UNIT: .20 |
| vendor: 330 | PER: oz |



Five Steps to Low-fat Cooking

Here are five easy steps to help lower the fat in your meals:

1. Cut the fat off meat and take the skin off of chicken before cooking.
2. Bake, broil, grill, or poach your meat.
3. Eat only one serving of lean red meat (beef or pork) each day.
4. Use a non-stick skillet, you will need less oil/fat to cook. Use cooking spray instead of oil, margarine or butter.
5. Replace high-fat foods with fruits, vegetables, grains, whole-grain breads, and beans.

Low-fat Substitutes to Try

| Instead of... | Use... |
|---|---|
| Whole egg | 2 egg whites or $\frac{1}{4}$ cup egg substitute |
| Whole or 2% Milk | Nonfat milk (dry or fluid), 1% milk, low fat buttermilk or condensed milk |
| Cream Cheese | Low or nonfat cream cheese, low fat ricotta cheese, Neufatchel cheese |
| Mayonnaise | Reduced calorie or low-fat mayonnaise, plain nonfat yogurt, mustard |
| Creamed soup | Broth based soups, cream soup made with skim milk. |
| Butter, lard, shortening | Tub style margarine (without trans-fatty acids) or canola oil |
| Ice Cream | Low fat ice cream, ice milk, frozen yogurt, sherbet, sorbet |
| Chocolate | Cocoa Powder |
| High fat cheese (Cheddar, Swiss, American) | Low fat cheese, soy cheese, part-skim mozzarella, 2% fat cottage cheese |

Recipes for a Healthy Weight and Healthy Heart

Basic Breakfast

- One piece of fruit or 4 ounces of 100% fruit juice
- 2 grain servings (1 cup cooked cereal or 2 slices bread)
- 1 cup skim or 1% milk or other low-fat dairy product
- 1 egg

Cinnamon-Raisin Oatmeal

| | |
|--------------------------|------------------|
| 1 cup old-fashioned oats | 1 T. brown sugar |
| 1 cup 1% or nonfat milk | 1/8 t. cinnamon |
| _ cup raisins | 1/8 t. nutmeg |

Bring milk to a boil. Add oats and cook, stirring constantly. Add the rest of the ingredients. Cover and remove from heat until desired texture. 2 servings.

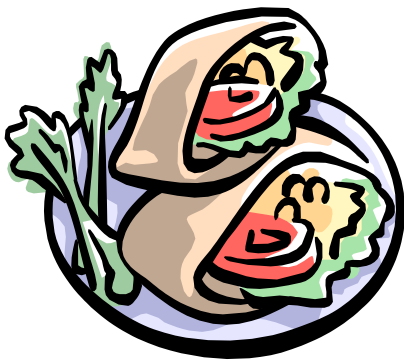
Cinnamon French Toast

| | |
|---------------------|-----------------|
| 1 large egg | 1/2 t. cinnamon |
| 2 egg whites | 1/8 t. nutmeg |
| 1/4 cup nonfat milk | 8 slices bread |
| 1/2 t. vanilla | |

Beat egg and egg whites until foamy. Add milk, vanilla, cinnamon and nutmeg. Beat well. Spray skillet with cooking spray and heat. Dip bread slices into egg mixture and place in heated skillet. Cook until golden brown, turning once, about 1-2 minutes each side. 4 servings, 2 slices bread each.

Breakfast options

- Cold cereal (with 3 grams fiber or more/ serving) with low-fat milk and fresh fruit
- Fresh fruit in low-fat or light vanilla yogurt
- Flour tortilla with low-fat or fat-free cottage cheese and fresh fruit, warm in microwave
- English muffin with low-fat or fat-free cheese melted in toaster oven
- Frozen low-fat waffle with fresh blueberries and maple syrup
- Scrambled Eggbeaters®
- Toast with peanut butter and sliced banana



Basic Lunch

- 2 servings grain (2 slices of bread, 1 cup pasta or rice)
- 3 oz. meat, chicken, or fish, or 1 cup beans
- Fruit: 1/2 cup cooked, 1 piece raw
- Vegetable: 1/2 cup cooked, 1 cup raw
- 1 cup nonfat or 1% milk or low-fat dairy product

Tuna Pita Sandwich

- | | |
|---------------------------------------|------------------------|
| One - 7 3/4 oz. can water-packed tuna | 1 T. crushed pineapple |
| 2 T. low fat (2%) cottage cheese | 1 T. chopped celery |
| 1 T. low fat mayonnaise | Sliced tomato |
| 4 pita breads or 8 slices bread | Sliced cucumber |

Drain tuna. Mix together tuna fish, cottage cheese, mayonnaise, celery and pineapple. Use as a sandwich spread with tomato, cucumber slices in pita bread or on sliced bread. 4 sandwiches.

Per serving: calories: 221, total fat: 3 g, cholesterol: 17 mg, sodium: 523 mg

Split Pea Soup

- | | |
|----------------------------|--------------------------|
| 1 3/4 cup dried split peas | 1 T. olive or canola oil |
| 2/3 cup carrot, grated | 2/3 cup onion, chopped |
| 1/8 t. pepper | 1/2 t. salt |
| 1/8 t. oregano | 4 1/2 cups water |

Bring water to a boil. Using a non-stick pan, sauté onion in oil. Add onion and all other ingredients to boiling water. Return soup to a boil, reduce heat, cover and boil gently until peas are tender (about 40 minutes). Add water if becomes too dry, uncover and cook until mixture is thick.
4 servings.

Per serving: calories: 312, total fat: 1 g, cholesterol: 0 mg, sodium: 310 mg

Lunch options

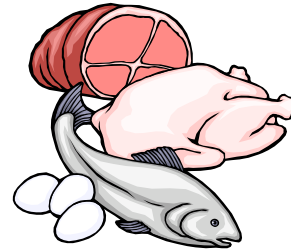
- Homemade refried beans and salsa on a corn tortilla, warmed in microwave
- Peanut butter sandwich with fruit salad
- Baked chicken breast in a sandwich or on a salad with low-fat or fat-free dressing

Basic Dinner

- 3 oz meat, chicken, or fish or 1 cup beans
- Vegetables: 1 cup cooked or 1/2 cup raw
- 2 grain products: 1 cup of noodles, rice, or potatoes, or 2 slices bread
- 1 cup 1% or skim milk
- Fruit: 1/2 cup cooked or 1 piece raw

Chicken Macaroni Stew

- 12 oz. can tomatoes
1 cup frozen mixed vegetables
1/3 cup macaroni, uncooked
1/4 cup onion, chopped
1 cup low-fat chicken stock
seasonings: 1/4 t. oregano, 1/4 t. salt,
1/8 t. garlic powder, 1/8 t. pepper
3/4 cup cooked chicken, diced (10 oz. raw or 8 oz. cooked chicken breast)



Put all ingredients, except chicken, in a large saucepan. Bring to a boil, reduce heat and boil gently, uncovered, until macaroni is tender (about 15 minutes). Stir occasionally to prevent sticking. Add chicken and heat to serving temperature. 2 servings.

Per serving: calories: 286, total fat: 3.5 g, cholesterol: 23 mg, sodium: 540 mg

Chili

- | | |
|---|---------------------------|
| 1/2 pound lean ground beef | 1- 8 oz. can tomato sauce |
| 1 1/4 cup chopped onion | 2-3 t. chili powder |
| 3/4 cup chopped green pepper | 1/2 t. dried basil |
| 2 cloves garlic, minced | 1/4 t. salt |
| 3/4 cup dry kidney beans, or 1- 14 oz canned kidney beans | |
| 1/4. t. pepper | |

If using dry kidney beans, cook until soft and drain (about 2 hours). In a large saucepan, cook ground beef, onion, green pepper, and garlic until meat is brown. Drain fat. Stir in undrained tomatoes, kidney beans, tomato sauce, chili powder, basil, salt, and pepper. Bring to a boil; reduce heat. Cover and simmer for 20 minutes. 4 servings.

Per serving: calories: 375, total fat: 12 g, cholesterol: 43 mg, sodium: 985 mg

Stir-fried Meat and Vegetables with Rice

(from Recipes and Tips for Healthy, Thrifty Meals, USDA)

| | |
|---|---|
| 2 cups reduced sodium chicken broth | 1/4 cup onion, minced |
| 2 cups hot water | 1 t. garlic powder |
| 2 cups uncooked rice | 1/2 cup canned mushrooms, drained |
| 2 T. vegetable oil | 1 lb 7 oz. ground pork, lean beef, or turkey |
| 2 cups frozen broccoli | 4 T. soy sauce |
| 1 cup carrots, peeled and thinly sliced | |

In a saucepan, heat broth and water to a boil. Add rice and return to boil. Reduce heat to low, cover and cook until tender, about 15-20 minutes. Heat 1 T. oil in skillet. Add broccoli, carrots, onions, and garlic powder. Cook until crisp-tender, about 5 minutes. Remove from skillet. Add mushrooms, cook for 1 minute and set aside. Heat 1 T. oil in skillet, add meat and cook until no longer pink. Drain liquid. Add soy sauce and stir until mixed. Add vegetables to meat mixture. Cook until heated, about 1-2 minutes. Serve meat and vegetable mixture over cooked rice. Serves 4.

Per serving: calories: 860, total fat: 33 g, sodium: 799 mg (532 mg if you decrease soy sauce to 2 T.)

Dinner Options

- Steamed rice (1 cup) with stir-fried vegetables and chicken breast or tofu
- Noodles with soft-boiled eggs and vegetables