

HEALTHY LIFESTYLES

Hidden fats yield clues to lower fat cooking

Reducing fat in your diet doesn't mean you have to give up certain foods. Rather, consider where fats are hiding in your diet and then think three words: reduce, substitute and balance. Remember that small steps can make a big difference.

For example, fettucine alfredo has a fat content of 19 grams because of the cream sauce. Tomato-based sauces are a lower-fat choice. So replacing the fettucine alfredo

with the same amount of spaghetti and meat sauce reduces the fat content by 10 grams. And substituting a Caesar salad with a garden salad and 15 mL of low-calorie dressing reduces the fat content a further 9 grams. Finally, selecting a 125 mL serving of apple crisp instead of apple pie, adds 6 grams of fat instead of 13. That brings the total fat content of the second meal to 16 grams, which is only four teaspoons of fat.

Cooking methods also have a big effect on hidden fats. Broiling, steaming, poaching, grilling and baking are the preparation methods of choice for low-fat cooks. As for dessert, by choosing 125 mL of frozen yogurt instead of the same amount of premium ice cream, you consume only 6 g of fat instead of 13. On occasions when ice cream is a must-have, go ahead. Just balance higher fat choices with lower- or no-fat treats later in the day or week.

Finally, remember that portion sizes have a big impact on fat intake. If you're in doubt about the size of regular servings - such as the size of 350 mL of spaghetti with meat sauce or a 100-gram pork chop - measure and weigh your food for a few times to get accustomed to that amount. As a guideline, you can use more general references, such as a 100-gram portion of meat is about the size of a deck of cards and 350 mL is about 1 1/2 cups.

Consumers wanting more tips on controlling their fat intake can obtain a free booklet by writing to 'A Matter of Fat', 2233 Argentina Rd., Suite 100, Mississauga, Ontario, L5N 2X7.

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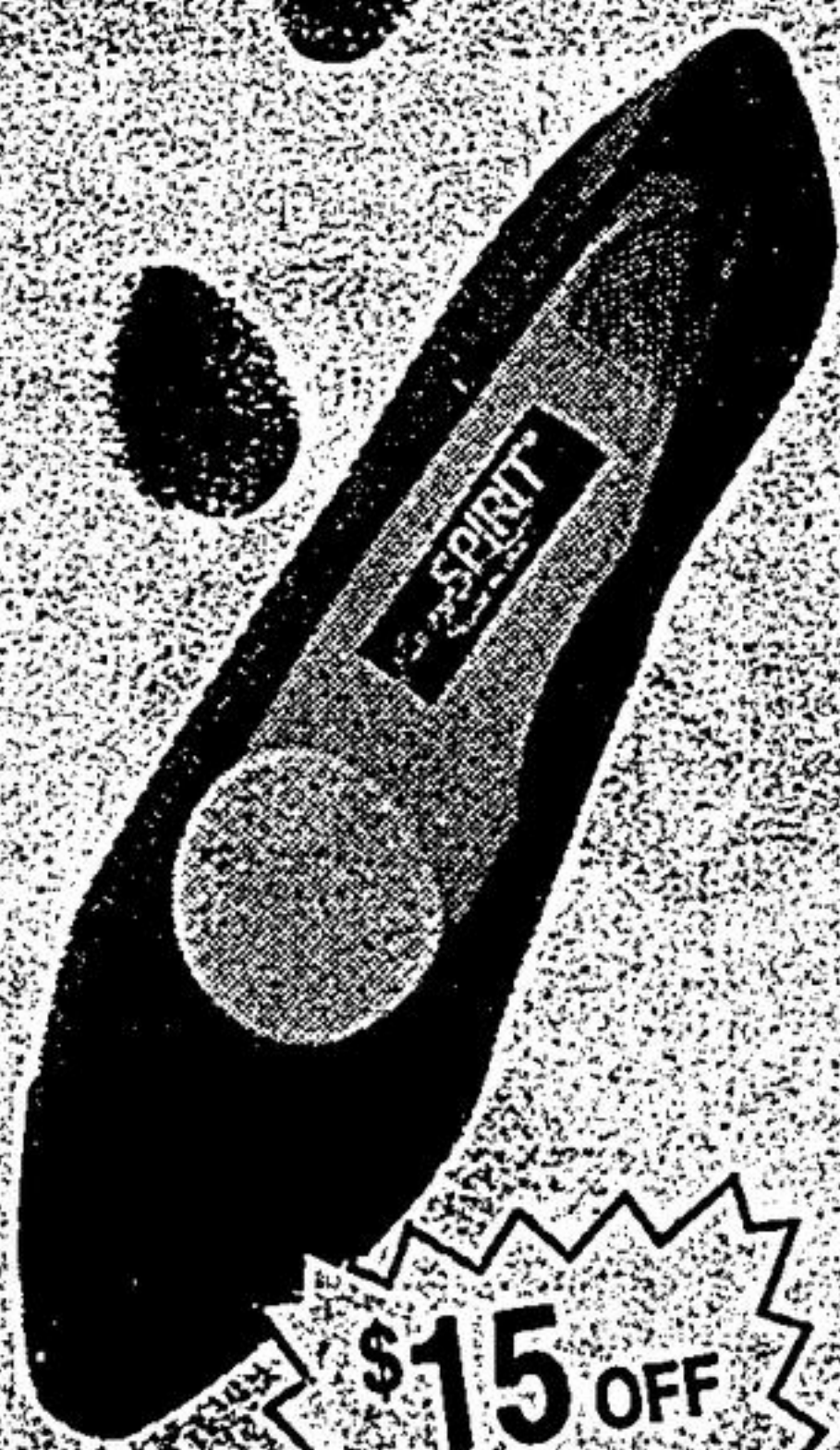


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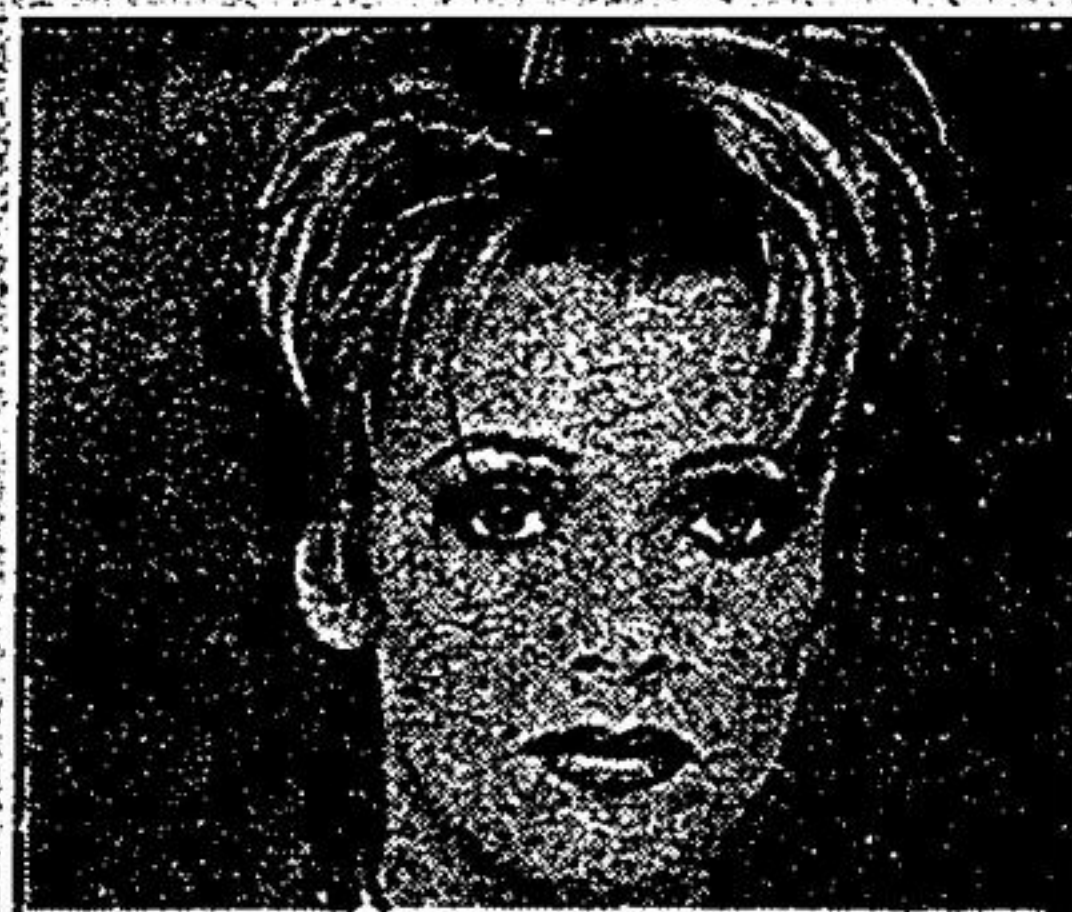
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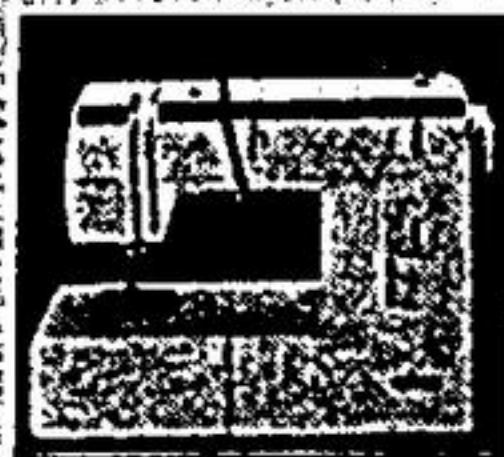
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