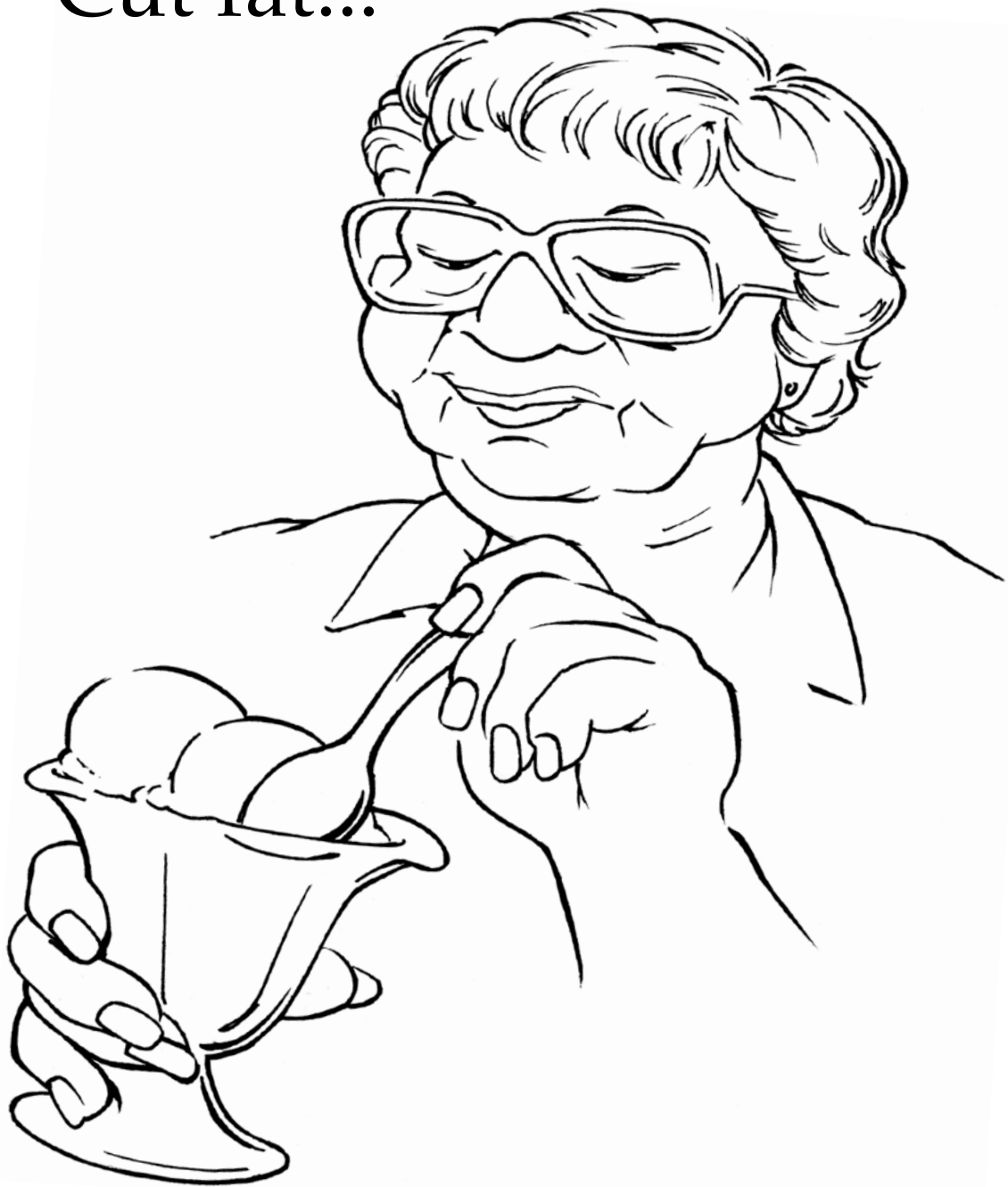




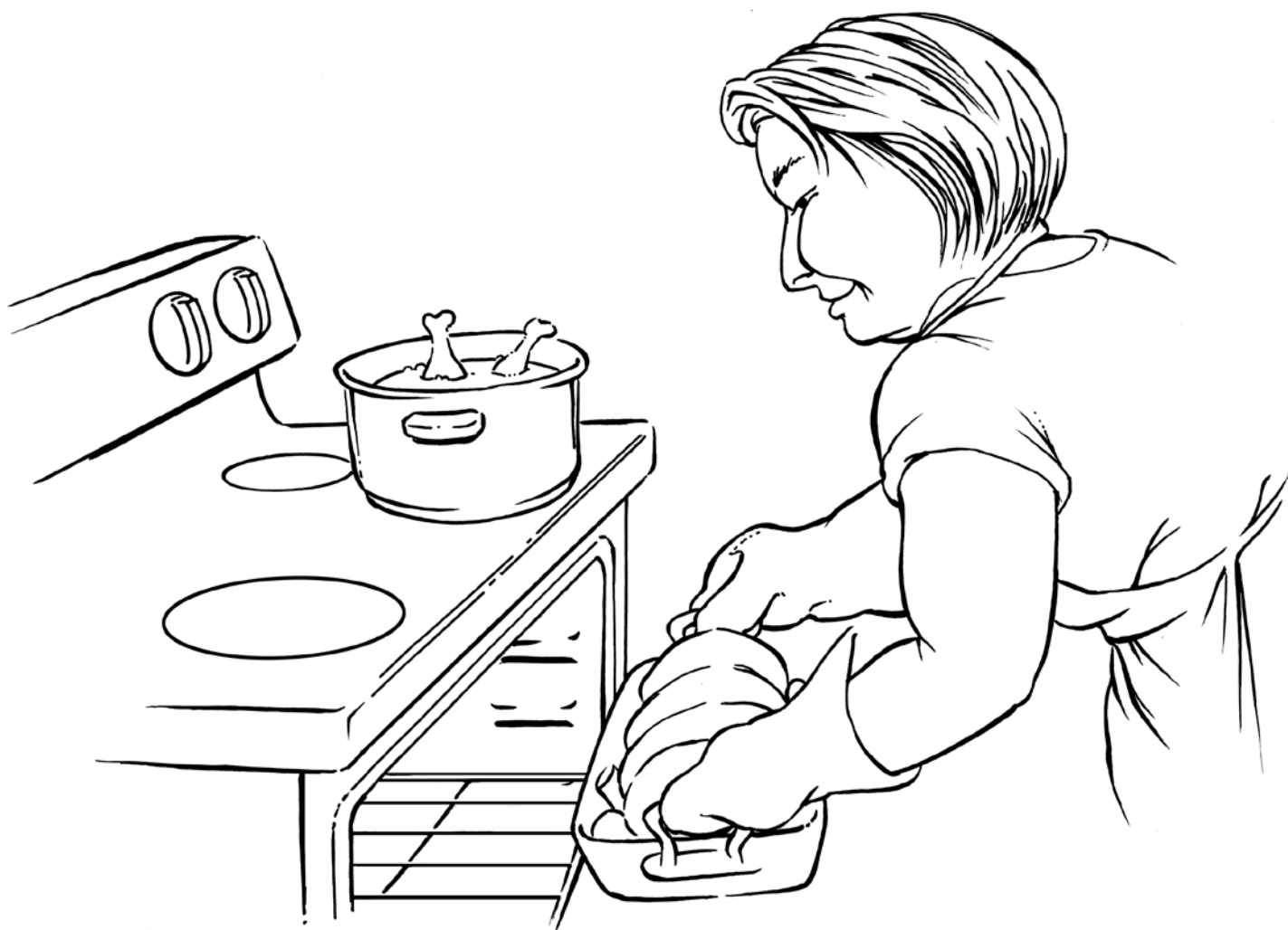
Eat Less Fat

By Connie Crawley, Anne Whittington and Jenny M. Grimm

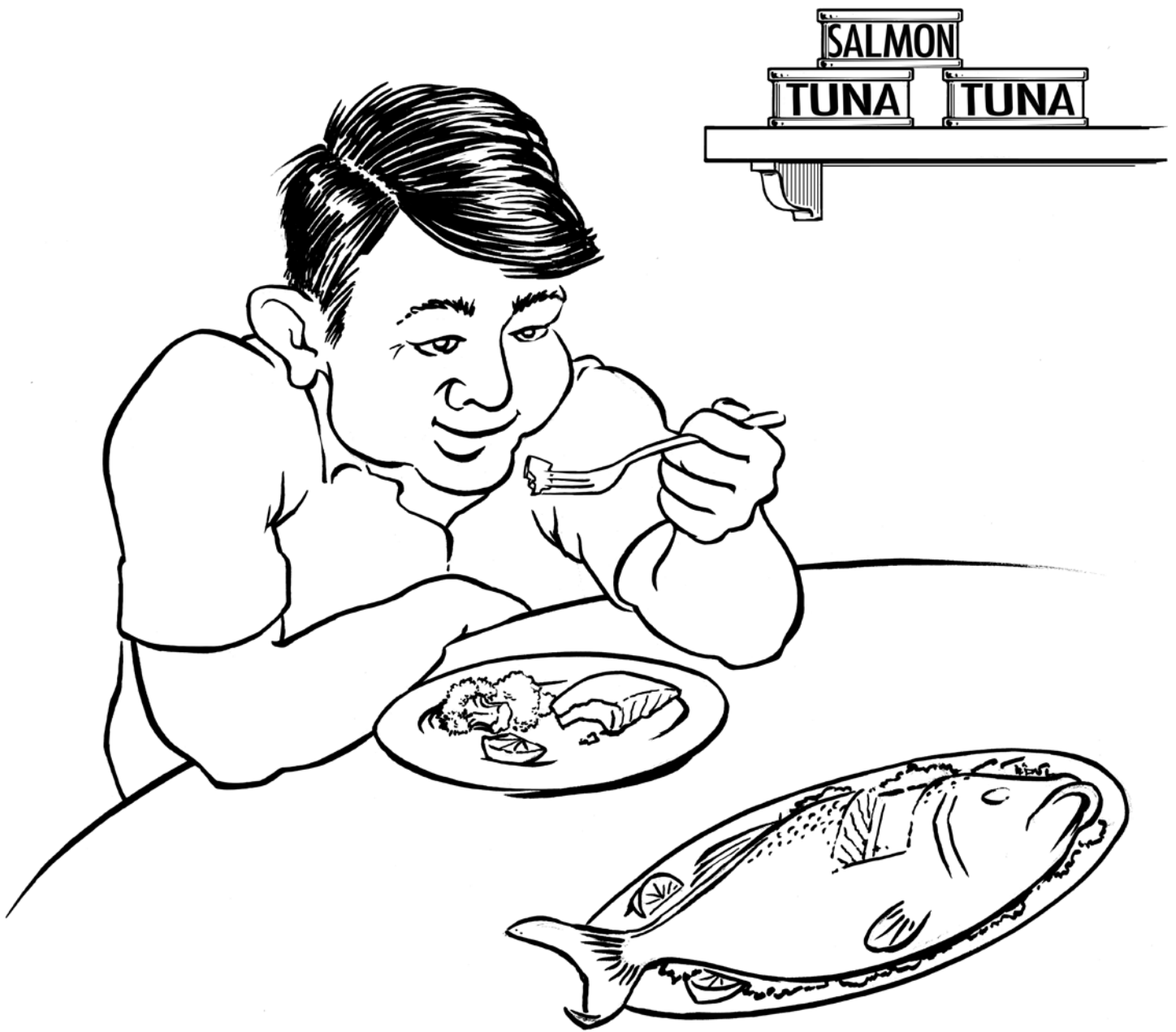
Cut fat...



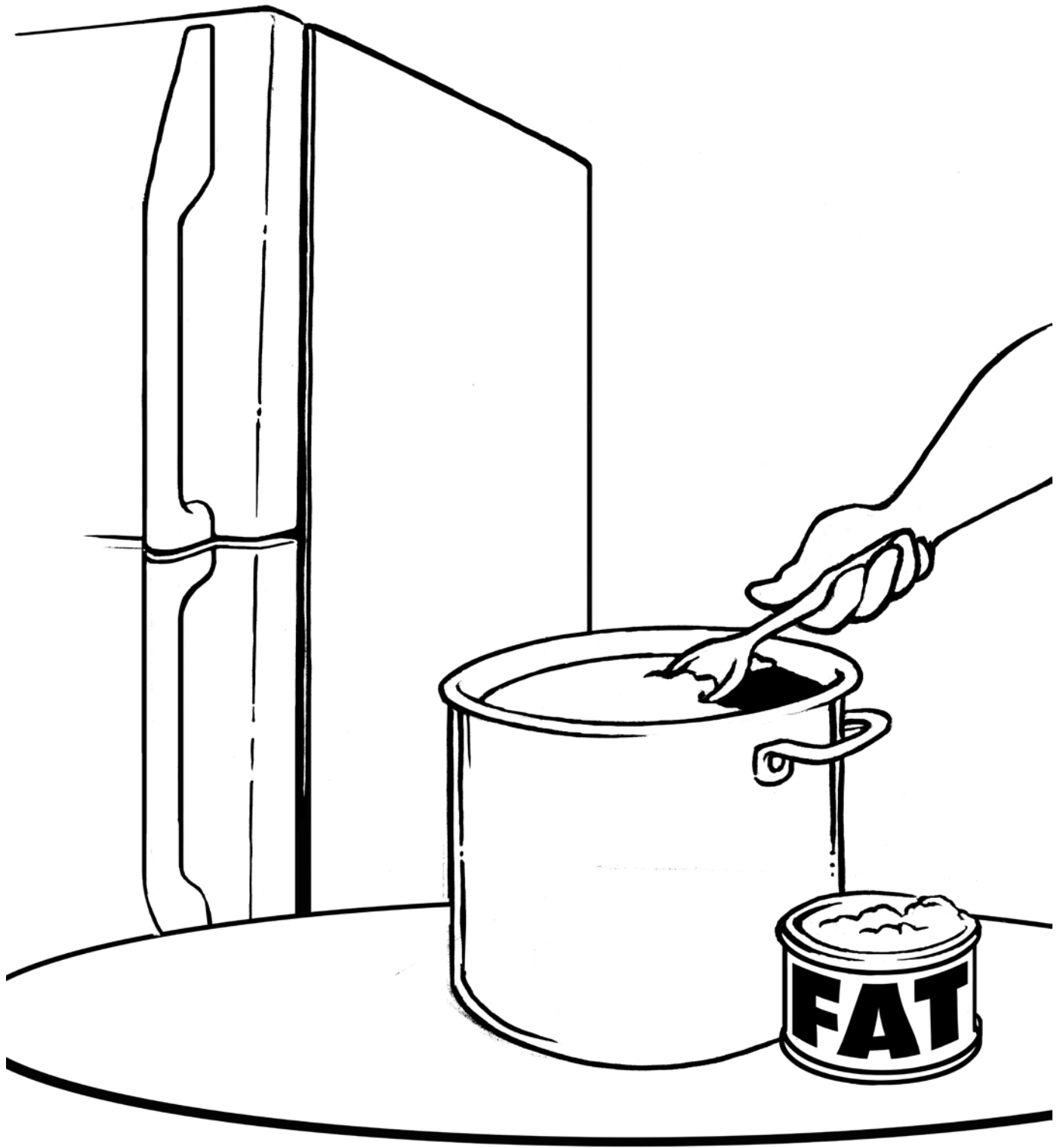
...Fat will make you fat!



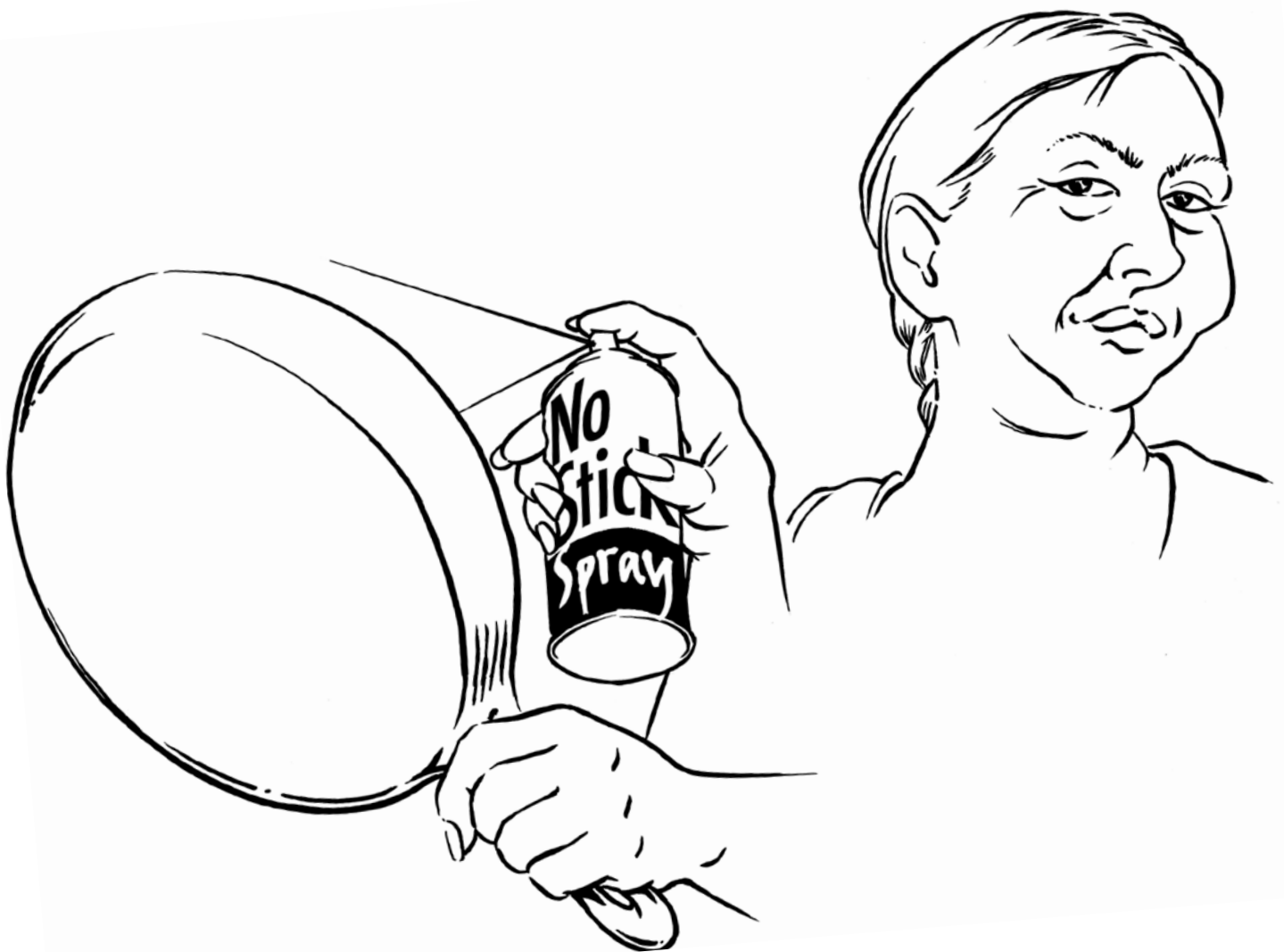
Boil or cook meats in the oven.



Eat more fish, but bake it.



Chill broths, soups, and stews.
Then remove the fat.



Use non-stick sprays.



Use soft diet margarine.

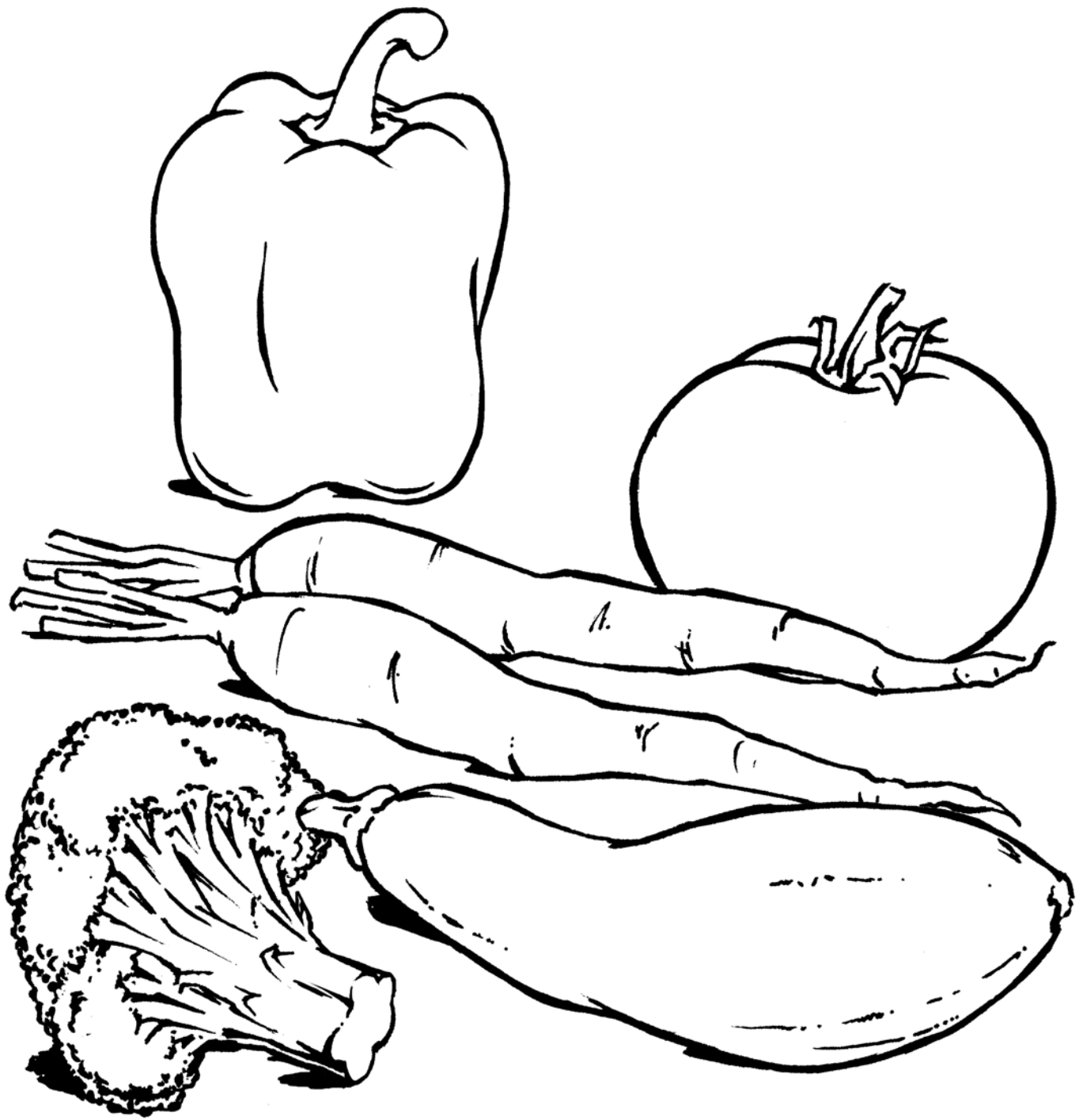


Use low fat mayonnaise and
salad dressing.

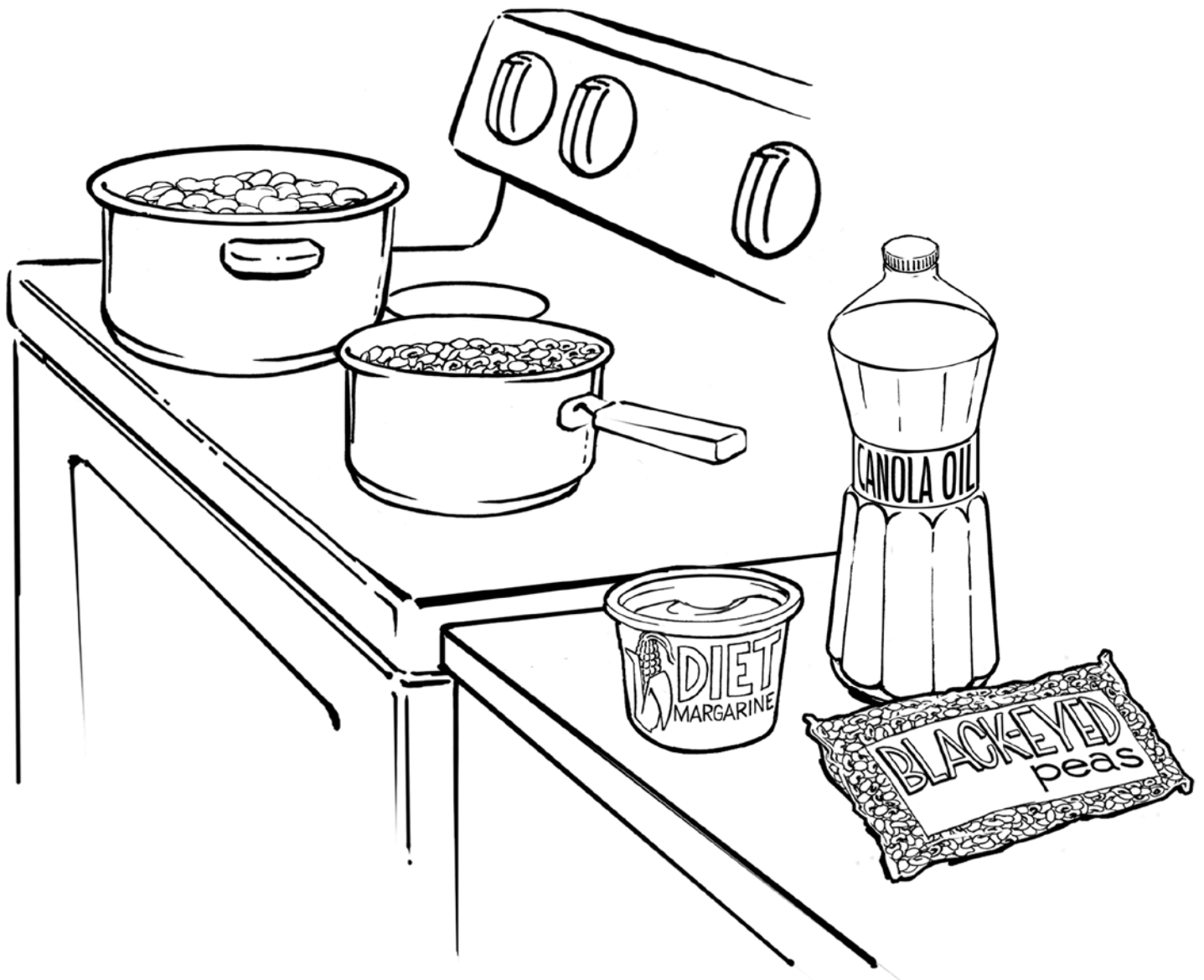


Drink low fat or non-fat milk.

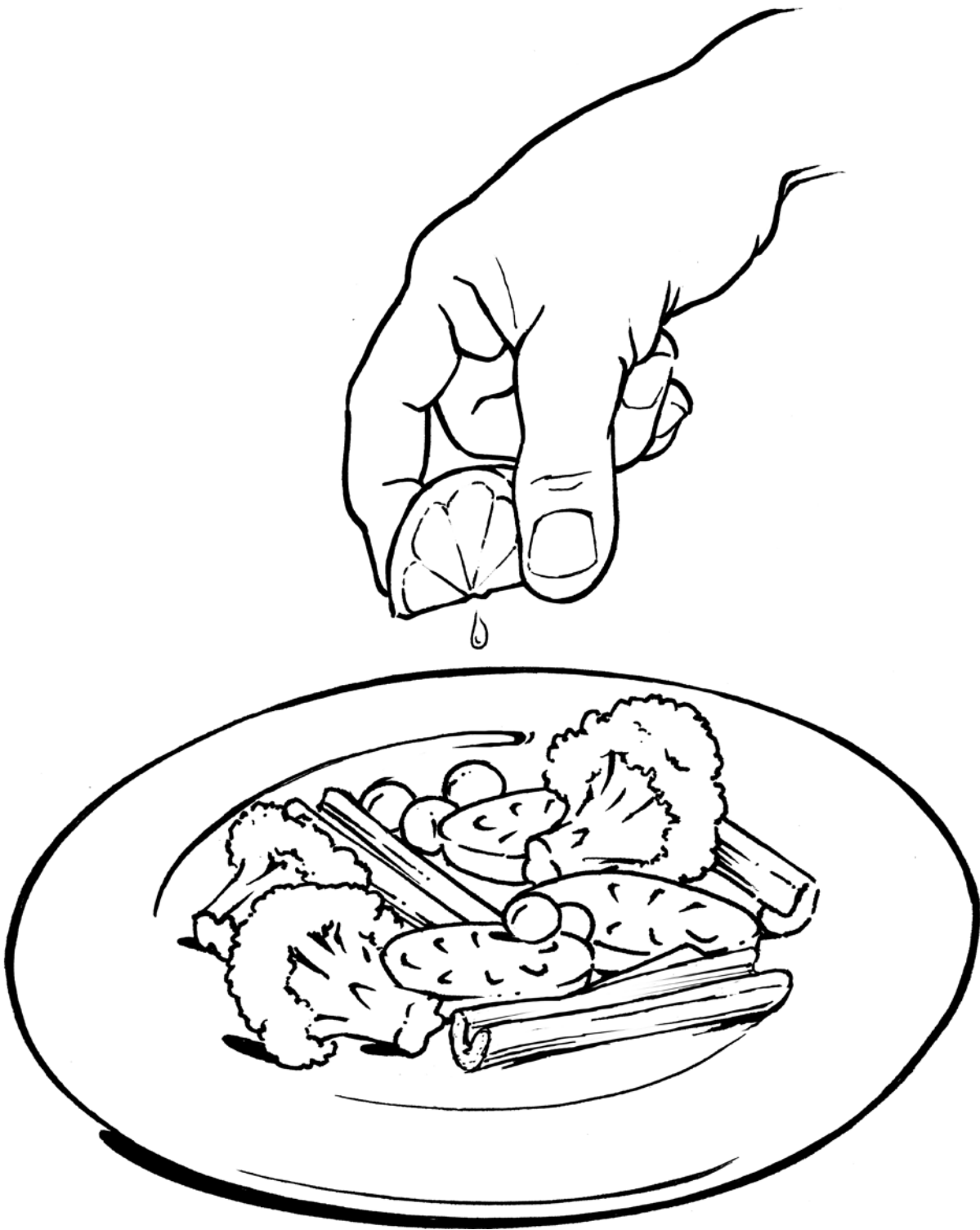
No
cholesterol
does not
mean
low fat.



Eat at least 4 vegetables each day.



When you eat butter beans,
corn or peas, season with a
little oil or diet margarine.



Try lemon on vegetables.



Try low fat yogurt or fat free ranch dressing on potatoes.



Eat fruit for dessert.

1. Which is a low fat food?

☐ Non-fat milk.

☐ Baked fish.

☐ Broiled meat.

2. No cholesterol does not mean low fat.

☐ Yes

☐ No

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