

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Healthy Ingredient Substitutions: Reduce Fat & Calories

PROTEINS

- Remove skin of **poultry**.
- Look for lean cuts of **meat**: 90% lean ground beef, sirloin, top round roast, bottom round roast.
- Drain fat off of ground beef.
- Use canned **fish** or **chicken** packed in water, instead of oil.
- Substitute 2 **egg** whites for 1 whole egg to reduce cholesterol intake.

BUTTER, MARGARINE, OR OIL IN BAKING

- Use applesauce for half of called-for butter or oil (Ex: if recipe calls for 1 cup oil, use 1/2 c. applesauce + 1/2 c. oil).

DAIRY PRODUCTS

- Look for low fat varieties of milk, cheese, yogurt, cottage cheese, and sour cream.
- Use fat-free half-and-half for heavy cream.

Sources: <https://extension.umaine.edu/publications/4167e/> ; <https://www.mayoclinic.org/>

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