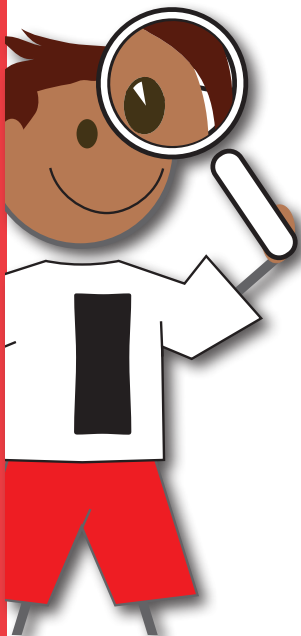




Focus on Fat Module 8

TIPS

What's up with FAT?



Some fat is good for us, especially fats that come from foods like nuts, olive oil, canola oil, avocados, or fish. Fats that are not as good for us (saturated fats and trans fats) are found in many foods like meats, butter, dairy products and processed foods. Limiting these types of fats is better for you and your child's heart and overall health. Too much of any fat can lead to extra weight gain, which can then lead to health problems.

It is easier than you might think to limit some of the fat found in your favorite foods like ground beef and fried potatoes. You can buy lean ground beef (like 90/10, 96/4) OR buy higher fat ground beef (like 75/25, 85/15) which costs less and then use some simple tricks to lower the fat. See the CHILE Nutrition Newsletter for ways to lower the fat in ground beef crumbles and hamburgers. Here is a way to lower the fat in meatballs and meatloaf, and how to stop too much fat from sneaking into your potatoes.

Lowering Fat in Meatballs and Meatloaf:

1. Roast the meatballs or meatloaf on a rack so the fat drips away while cooking.
2. After roasting, place on a large plate lined with paper towels and blot sides and tops (if not glazed) to remove even more fat.

No Problem Potatoes and Healthier Hashbrowns!

Frozen potatoes (hash browns, fries, etc) can be baked in the oven and halfway through the cooking time, blot the potatoes with paper towels, being VERY careful not to burn yourself on the pan. Continue to bake the potatoes in the oven until they are done. Lay the potatoes on a plate lined with paper towels to soak up even more fat. *(Continued on the other side)*





Focus on Fat

TIPS

"Small changes add up and become habits very quickly, so make the first step!"



When frying potatoes in a skillet, it is easy to add too much fat, especially if you pour it straight from a bottle. Measure out a teaspoonful of oil or fat instead of adding to the pan straight from the bottle. This way you can see how much you are using, and control the amount. Another trick is to use non-stick cooking spray instead, which is oil, but you end up using much less than if you pour oil out of a bottle.

Keep in mind that even if you hold off on the fat during cooking, you can still end up with a large amount of fat if you pile on sour cream, butter or high-fat cheeses after they're cooked! Use low-fat or fat-free sour cream, spreads or cheese instead.

Over time you can save a LOT of calories for you and your family by making small changes to the way you cook. Over the course of a year, an extra 100 calories a few days a week can add up to a minimum five pound weight gain! Preventing that weight gain is a great way to stay healthy for yourself and your family, and is especially important for keeping young children from becoming overweight.



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Kiwifruit Skewers

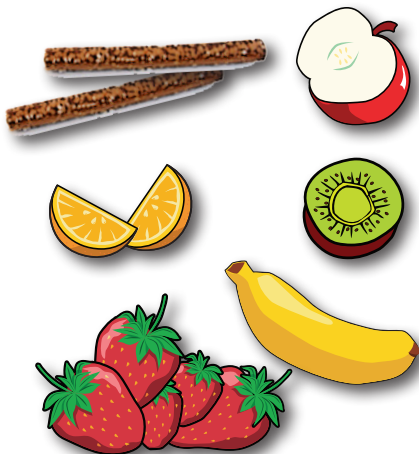
Module 8

RECIPE

(Serves 4-6)

Ingredients:

- ☐ 4 kiwis, peeled
- ☐ 8 fresh strawberries (or pieces of other fruit, such as orange, apple, banana)
- ☐ 1 medium bag of thin pretzel sticks



Directions:

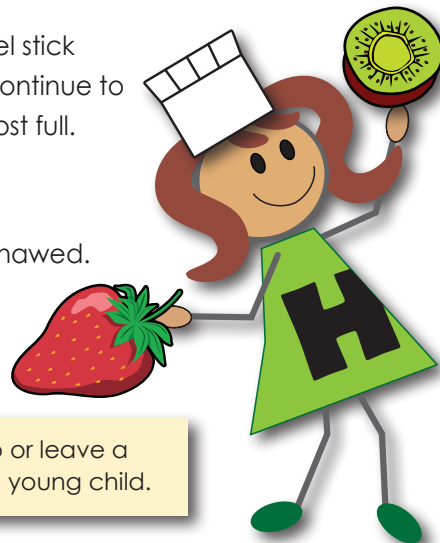
1. Cut kiwi and strawberries into pieces no larger than $\frac{1}{2}$ an inch.
2. Place one piece of kiwi on the pretzel stick followed by one strawberry piece. Continue to alternate until the pretzel stick is almost full. Let your child help you with this step.

TIP: You can use frozen strawberries, but they will be a little bit messier when thawed.



Safety Tip: Never keep or leave a knife within reach of a young child.

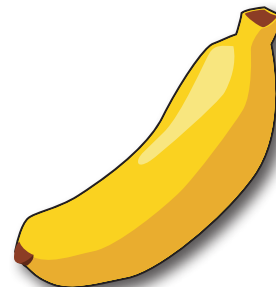
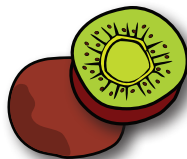
REMEMBER:
Your children are more likely to try a new food if you try it with them!





SHOPPING LIST

- ☐ 4 kiwis
- ☐ 8 fresh strawberries (or other fruit)
- ☐ 1 bag of thin pretzels



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Asparagus, Cucumber and Brown Rice Salad

Module 8

(Serves 6-8)

RECIPE

Ingredients:

- ☐ 1 cup brown rice, dry
- ☐ Water
- ☐ Asparagus
1 bunch fresh, 1 15-oz can or
1 10-oz box frozen
- ☐ 1 1/2 cups fresh cucumber
- ☐ 2-3 green onions (also known
as scallions)
- ☐ 3 tablespoons low-fat or
fat-free Italian dressing



Directions:

Children can help with steps 5 and 6 by adding ingredients to the bowl and stirring the salad.

1. Prepare 1 cup of brown rice according to package directions.
2. In the meantime, cut asparagus and cucumber into ½-inch sized pieces. Chop scallions into smaller pieces.
3. For fresh asparagus, cook in a large saucepan of boiling salted water until crisp but tender, about 2 minutes. If using frozen or canned, prepare according to package directions.
4. Rinse asparagus with cold water in a colander to cool; drain well.
5. Add asparagus, cucumber and green onions to rice.
6. Add dressing and mix well.



REMEMBER:
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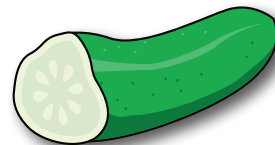
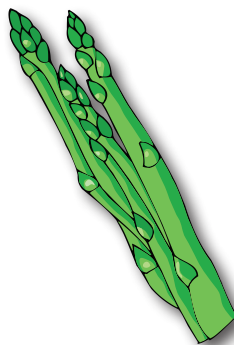
Safety Tip: Never keep or leave a knife within reach of a young child.





SHOPPING LIST

- ☐ **Asparagus**
(either one fresh bunch, or one
15 oz. can or one 10 oz. box frozen)
- ☐ **2 cucumbers**
- ☐ **Brown rice**
- ☐ **1 bunch green onions** (or scallions)
- ☐ **Low-fat or fat-free Italian dressing**



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