

Tips to Reduce Fat in School Meals

Use the following tips to trim fat in your favorite recipes. Experiment to determine the type and amount of substitutions that can be made without compromising flavor.

If the recipe says:	Try this:
Whole milk	Skim or 1% milk
Light cream	Equal portions of 1% milk and evaporated skim milk
Nuts, coconut	Reduce amount called for in recipes; toast to enhance flavor
Sour cream	Lowfat or nonfat sour cream, lowfat yogurt, or blend 1 cup lowfat cottage cheese, 1 tablespoon skim milk and 2 tablespoons lemon juice
Mayonnaise	Reduced-fat or fat-free versions, lowfat or fat-free plain yogurt
Mayonnaise on a sandwich	Reduced-fat or fat-free versions, mustard, fruit and vegetable chutney, salsa
Butter, lard, margarine, shortening	To cut total fat, reduce amount called for in recipes by 1/3; in baking, replace some fat with fruit purees (1/2 cup prune puree to 1 cup butter)
Butter (as seasoning)	Fresh or dried herbs and seasonings or not adding anything
Butter (to brush top of bread)	Skim milk, egg whites
Saute food	Food release spray, oven fry
Oil (in baking)	Reduce oil and substitute equal amounts of applesauce or prune puree
Oil (for cooking pasta)	Not adding anything
1 whole egg	2 egg whites
Cream cheese	Reduced-fat (often called "Neufchatel cheese") or fat-free versions
Ricotta cheese	1% cottage cheese, skim or nonfat ricotta
Whole milk cheese	Part-skim mozzarella or 50% reduced-fat cheese
American, Cheddar cheese	Replace at least half with part-skim mozzarella
Luncheon meats	Lowfat versions of higher-fat meats, skinless turkey or chicken breast, lean ham or roast beef
Ground beef	Draining and rinsing; substitute ground turkey or chicken
Baked chicken	Remove skin; season and sear without added fat or brush with vegetable oil, barbecue sauce
Sausage	Ground skinless turkey breast
Soups, stews	Chill so fat can be removed prior to serving
Tartar sauce	Lowfat condiments like lemon wedges, malt vinegar, ketchup, sweet & sour sauce
Salad dressing	Reduced-fat or fat-free versions, lowfat or fat-free plain yogurt
Pan drippings (for gravies)	Water, beef base, seasoning and flour; lowfat gravy mixes
Higher-fat frosting	Sifted confectioner's sugar, sifted cocoa or flavored marshmallow creme