Healthy Eating in Indian Country: 6 Eating Less Fat

Fat is a natural part of many foods. Fat is often added in cooking. Foods high in fat are also high in calories. When your diet is too high in calories, you will gain weight. Even if you are thin, you may be eating too much fat.

Why Eat Less Fat?

Most of us eat too many high-fat foods. People with high-fat diets are more likely to be obese, and have **heart disease** and **certain types of cancer**. Eating too much fat, especially saturated fat, may increase the risk of developing **heart disease**.

Cooking With Less Fat

- Before you cook any kind of meat, remove the fat and throw it away. Chill canned meat before opening so the fat gets hard. Take off the fat at the top of the can and use just the meat and juices.
- Cook meat, chicken, turkey, and fish without adding extra fat. Try baking, broiling, stewing, or roasting meats. Fry foods less often.
- Use liquid vegetable oil for cooking instead of solid shortening and lard because it is lower in saturated fat. Use less butter, margarine, shortening, and oil in cooking and at the table.

Choosing Foods Low in Fat

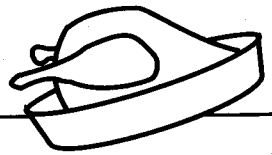
Reading food labels can help you choose foods lower in fat.

Foods Lower in Fat:

- fish, turkey and chicken without skin, lean pork, lean beef
- whole-wheat bread, English muffins, rolls, tortillas
- skim or lowfat milk, nonfat dry milk, lowfat yogurt, ice milk, lowfat cheese
- popcorn, plain or with garlic, chili, or onion powder
- canned and dried fruits, vegetables, pasta, cereals, dry beans

Foods Higher in Fat:

- fatty cuts of meat, luncheon meats
- fry bread, biscuits, muffins, cakes, pies, doughnuts
- popcorn with oil or butter
- whole milk, ice cream, cheese, butter, margarine
- potato chips, crackers, chocolate, nuts, peanut butter



CRISPY BAKED CHICKEN

Makes 4 servings

4 chicken breasts
1/2 cup milk made from nonfat dry milk powder
1/2 cup crushed corn flakes
1/2 teaspoon rosemary
1/4 teaspoon black pepper

1. Remove all skin from the chicken. Rinse and dry the pieces well.
2. Place whole cereal in small plastic or paper bag and crush with palm of hand.
3. Mix cereal crumbs, rosemary, and pepper.
4. Dip chicken in milk.
5. Roll chicken in cereal crumb mixture. Let stand briefly so coating will stick to chicken.
6. Place chicken in a lightly oiled baking pan.
7. Bake at 400 degrees for 45 minutes.

Nutrition information for 1 serving

Calories = 318 Carbohydrates = 7 grams Protein = 55 grams
Total Fat = 6 grams Saturated Fat = 2 grams Cholesterol = 147 milligrams
Sodium = 200 milligrams

LOWFAT COOKING METHODS:

1. Baking

Poultry, fish, and meat can be baked in covered cookware with a little water or broth added. The moisture that the liquid adds makes this method good for fish or chicken breasts, which tend to become a little dry.

2. Grilling or Broiling

Placing meat or poultry on a rack for cooking lets the fat drip away. It's also a tasty way to cook fish steaks or whole fish. For extra flavor, try marinating food before putting it over the coals or under the broiler. Skewered vegetables also taste great browned over an open flame.

3. Sauteing

Fish, poultry, and vegetable dishes can be sauteed in an open skillet with little or no fat. The high temperature and motion keep food from sticking. Try sauteing with a tiny bit of vegetable oil rubbed onto the pan with a paper towel. Better still, use nonstick vegetable spray or saute in a small amount of broth.

4. Steaming

Cooking food in a basket over simmering water leaves the natural flavor, color, and nutritional value of vegetables intact. Try adding herbs to the steaming water or using broth to add even more flavor to the finished dish.