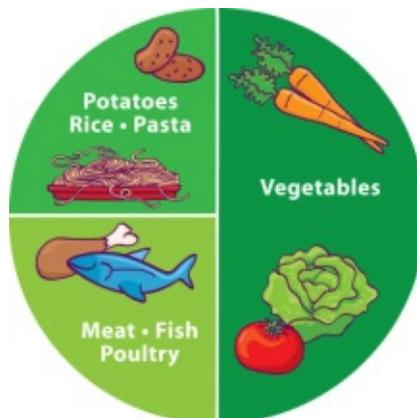




## Healthy Eating... The Low Fat Way

- ♥ Highlight the following high-fibre foods in your meals and snacks every day to help lower cholesterol, control your appetite and blood sugar, and to help with bowel regularity
  - ✓ Fruits and vegetables, psyllium, oats, oat bran, barley, flax seed
  - ✓ Lentils, beans, and soy products – try making a vegetarian meal at least once a week
  - ✓ Whole grain breads, cereals, rice, and pasta
  
- ♥ Use less added fat - limit added fat intake to **6-9 teaspoons** per day
  - ✓ Measure all added fats including oil, salad dressing, mayonnaise and non-hydrogenated margarine
  - ✓ Avoid butter and hard margarine – choose a non-hydrogenated margarine
  - ✓ Season foods with fresh or dried herbs and seasonings instead of adding fat
  - ✓ Use low fat or calorie reduced non-creamy salad dressing and mayonnaise
  - ✓ Avoid frying foods – bake, broil, steam, poach, barbecue, or microwave foods instead
  - ✓ Keep sauces and dressings on the side – dip your fork into the sauce or dressing instead of dipping into or pouring onto food
  - ✓ Ask your server to make your meal with half the regular amount of oil
  
- ♥ Choose heart healthy fats more often
  - ✓ Use oils that are liquid at room temperature such as canola, peanut, flax seed or olive oil
  - ✓ Enjoy 3-4 tablespoons of nuts & seeds daily such as walnuts, cashews, almonds, sunflower seeds, chia seeds, and ground flax seeds
  - ✓ Up to 3 whole eggs per week can be part of a healthy diet – try using egg whites more often
  - ✓ Enjoy plant-sterol rich foods regularly, such as fruits, vegetables, nuts, and grains, and in vegetable oils like canola and olive oils, and non-hydrogenated margarines fortified with plant sterols

- ♥ Choose lean meats, poultry, and fish
  - ✓ Trim away all visible fat and skin
  - ✓ Choose canned fish that is packed in water
  - ✓ Avoid sausages, bacon, and other processed meats
  - ✓ Enjoy at least 2-3 servings of fatty fish per week such as salmon, tuna, mackerel, trout, Arctic char, herring, and sardines
  
- ♥ Use lower fat dairy products
  - ✓ Choose skim or 1% milk, fortified fat free soy milk, fat free yogurt and cottage cheese
  - ✓ Look for hard cheeses and cheese slices that have no more than 16% M.F. (milk fat)
  
- ♥ Watch out for hidden fats (especially 'trans' fat) in foods such as:
  - ✓ Anything made with partially hydrogenated oil or shortening
  - ✓ Potato chips, cheesies, snack crackers, tortilla chips
  - ✓ Cookies, store bought muffins, croissants, granola, donuts, pastries
  - ✓ Cheese cake, cream soup, cream sauces, ice cream, coffee whiteners, chocolate
  - ✓ Many frozen and convenience foods
  - ✓ Processed cheeses and meats
  
- ♥ Watch your portion sizes



For more information, please contact your Registered Dietitian: