

Going Skinny on Fats

Healthier Fats vs. Harmful Fats



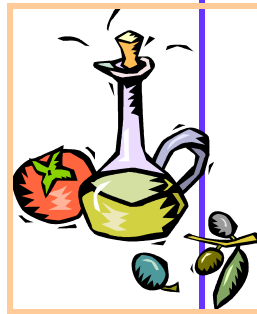
Add the healthier fats in your diet by eating 2 servings of fatty fish such as salmon, trout, catfish, or mackerel, each week.



Select low-fat or fat-free milk, yogurt and cheese.



Use nonstick cooking sprays instead of butter or oil.



Use fats sparingly. Instead of using butter or lard try using oils, such as canola, olive or sunflower oil.



Grill, broil, bake or steam foods instead of frying.



Opt for extra-lean ground beef, turkey and chicken.



Limit your consumption of high-fat processed foods, such as hot dogs, salami, bacon and fried foods.