
LOWER-FAT MEAT AND DAIRY PRODUCTS

Choosing lower-fat meat and dairy products not only lowers your overall fat intake but also reduces your intake of saturated fat and dietary cholesterol, both of which raise your LDL (“bad”) blood cholesterol level.

MEAT

| If your recipe calls for: | Substitute: |
|----------------------------------|---|
| Hamburger or regular ground beef | 93% or leaner ground beef or soy vegetable crumbles |
| Ground turkey | Ground turkey breast meat |
| T bone or rib eye steak | Beef tenderloin or sirloin steak |
| Pork chops or ribs | Pork tenderloin |
| Chicken or turkey with the skin | Skinless chicken or turkey breast |
| Bacon | Canadian bacon, turkey bacon, ham |

DAIRY PRODUCTS

| If your recipe calls for: | Substitute: |
|---------------------------|--|
| Regular cheese | Reduced-fat or fat-free cheese |
| Whole or 2% milk | Skim or 1% milk |
| Sour cream | Reduced-fat or fat-free sour cream or plain yogurt |
| Full-fat cream cheese | Reduced-fat or fat-free cream cheese |
| Half-and-half | Evaporated skim milk |

Diabetes Self-Management, “Improving Your Recipes” by Sandy Bjerkness, RD, LD

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