

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Cooking Tips for Weight Management

Carbohydrates

- Choose whole grains.
- Reduce the amount of sugar in recipes; it can often be cut in half.
- Use noncaloric sweeteners in drinks.
- Substitute sucralose (Splenda) for sugar when baking.
- Eat plenty of vegetables and fruits—they are high in fiber.
 - Add vegetables when stir-frying or to soups.
 - Dried peas, beans, and lentils are rich in fiber and are a good meat substitute.

Proteins

- Choose fish and lean meats often. Meats labeled “loin” or “round” are leaner.
- Cut away fat and remove skin from chicken and other poultry.
- Choose reduced-fat cheeses.
- When scrambling eggs, throw away some of the yolks. All the fat and most of the calories are in the yolks. Add a drop or two of yellow food coloring to whites.
- Have some meatless meals—substitute beans, egg whites, tofu or texturized soy protein products for meat.

Fats

- All fats and oils are high in calories. Use less when possible.
 - Cut oil in half and substitute applesauce or fruit puree for the other half of the fat.
- Select reduced-fat cheese and skim or 1% milk products.
- Flavor with lemon juice or herbs instead of butter, margarine, or oil.
- Choose reduced-fat salad dressings and limit portion size. Instead of salad dressing, use vinegar or lemon juice with just a small amount of oil.
- Use fat-free evaporated skim milk to replace whole milk in sauces.
- Use a reduced fat margarine spread instead of regular butter, margarine or oil.

Cooking Methods

- Sauté foods in a small amount of wine, broth or juice instead of using fat or oil.
- Bake, broil, grill, roast, or stew instead of frying in fat.
- Place meat on a rack while cooking so grease will drain off.

- Remove fat from cooked ground meat by draining on a rack or using a paper towel to soak up grease.
- When making stews or soups, refrigerate the broth and skim hardened fat off the top before reheating and serving.
- Use a nonstick cooking spray instead of butter, margarine, oil, or shortening.
- Use a nonstick skillet—less or no oil is required to prevent sticking.

Notes: