

Eat healthy... Eat lean



Reducing the amount of fat in your diet is a heart-healthy thing to do. Some meats and dairy products (such as butter and cheese) have a lot of fat.

Learn to take the fat out of your meals

- Eat 5-6 ounces or less of lean meats, poultry, or fish each day (3 ounces is about the size of a deck of cards)
- Choose lean cuts of beef such as sirloin tip, round steak, rump roast, and extra-lean ground beef
- Choose center-cut ham, loin chops, and pork tenderloin
- Trim fat from meat and take the skin off poultry
- Grill, bake, broil, steam, roast, stir-fry, or microwave instead of frying in oil
- Use nonstick cooking spray instead of butter or margarine
- Try vegetarian meat substitutes and low-fat cheeses in recipes you like

Try this spicy baked fish recipe

Makes four 3-ounce pieces

Ingredients:

Cod or other fillet – 1 pound
 Olive oil – 2 tablespoons
 Nonstick cooking spray – as needed
 Salt-free spicy seasoning – 1 teaspoon, from store or make your own:
 1½ tsp each white pepper, dried thyme
 ½ tsp each cayenne pepper, black pepper
 1 tsp onion powder
 1¼ tsp garlic powder
 1 tablespoon dried basil

Instructions:

- Preheat oven to 350° F
- Wash and dry fish and put in sprayed casserole dish
- Drizzle with olive oil and spicy seasoning
- Bake uncovered for 15 minutes or until flaky
- Cut into four pieces and serve with rice

Nutritional information per serving:

134 calories
 5 grams total fat
 1 gram saturated fat
 60 mg cholesterol
 93 mg sodium
 0 grams total fiber
 21 grams protein
 Less than 1 gram carbohydrates
 309 mg potassium

Find more heart-healthy recipes in special cookbooks or Web sites like:

- ✓ American Heart Association at www.americanheart.org
- ✓ American Diabetes Association at www.diabetes.org
- ✓ National Heart, Lung, and Blood Institute at www.nhlbi.nih.gov