

LOWERING THE FAT IN YOUR MEAT

Reducing the amount of fat in your family meals doesn't have to be difficult or more expensive.

Try these 2 options:

1. Use **tuna in water** instead of tuna in oil

Tuna in water (per 2 oz.serving)

Calories 66 Fat < 1g

Tuna in oil (per 2 oz.serving)

Calories 112 Fat 5g

2. Use **lite Spam** (or low sodium Spam to reduce salt intake)

Lite Spam® (per 2 oz.serving)

Calories 214 Fat 16g

Regular Spam® (per 2 oz.serving)

Calories 347 Fat 31g

HEALTHIER FAMILY MEALS It's as easy as ABC!

Add fresh fruits
and vegetables

Buy lower fat options

Choose healthier
cooking methods

Chop Suey
(Serves: 4)

- 1 lb ground beef
 - 2 packages chop suey mix
 - 2 tbsp lite soy sauce
 - 2 tbsp Worcestershire sauce
 - 4 tbsp cornstarch
- (Add extra chopped carrots and celery to stretch recipe)

Mix all ingredients in a skillet. Bring to boil. Then add cornstarch dissolved in water to thicken. Serve with rice and tossed salad for a healthy meal.

Nutrition Facts:
Calories 344, Fat 11g



Island Fresh
Buy Fresh Buy Local



“OHANA”

A Guide to Healthier Family Meals



For more information call: 808-956-6497
Healthy Pacific Child Program (HPCP)
USDA-CSREES#2004-35215-14252

LOSE THE FAT

How to Drain and Rinse Ground Meat

(fat per 100g of beef)



1. Cook the meat until it is completely browned



18g Fat

2. Drain off the fat in an old used jar



14g Fat

* 31% reduction in total fat



* M. Snyder et. al. Reducing the fat content of ground beef in a school foodservice setting. J. Am. Diet. Assoc. 1994; 94: 1135-1139.



3. Drain and rinse the meat under hot water

11g Fat

* 51% reduction in total fat

Allow the beef to drain a few minutes, then return it to the skillet

* To prevent clogs, place bowl under collander & collect rinse water, Use safe fat disposal method

It's healthier and doesn't cost anything

Add seasonings and herbs to the lower-fat ground beef and use in your favorite dishes; chili, hamburger, etc...

Safe Disposal of Fat

Pour your used oil into glass containers, seal tightly. Dispose in rubbish when full.



COOKING WITH LESS FAT

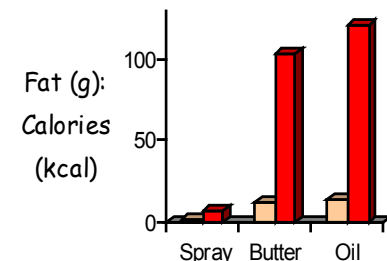
Using Cooking Spray

- Adds no fat, calories, or salt
- Makes clean up easy
- Tastes great
- Costs less per serving than other cooking oils

Cooking spray: 1 ¢ per serving

Vegetable oil: 3 ¢ per serving

Calories & Fat with Different Cooking Methods



Legend: Fat (g) (light blue), Calories (kcal) (red)