

More Taste and Less Fat

Learn how to reduce the fat in your diet without sacrificing taste.

- Instead of 1 cup heavy cream, use 1 cup evaporated skim milk. Savings: 783 calories, 87 grams fat.
- Instead of 1 cup sour cream, use 1 cup fat-free sour cream. Savings: 783 calories, 48 grams fat.
- Instead of 1 cup whole milk, use 1 cup skim milk. Savings: 90 calories, 10 grams fat.
- Instead of 1 pound ground beef, use 1 pound ground turkey breast. Savings: 819 calories, 91 grams fat.
- Instead of 2 ounces oil, use cooking spray. Savings: 540 calories, 60 grams fat.
- Instead of 4 ounces cheddar cheese, use 4 ounces reduced-fat cheddar cheese. Savings: 225 calories, 25 grams fat.
- Instead of 6 whole eggs, use 12 egg whites. Savings: 324 calories, 36 grams fat.
- Instead of 8 ounces cream cheese, use 8 ounces light cream cheese. Savings: 351 calories, 39 grams fat.