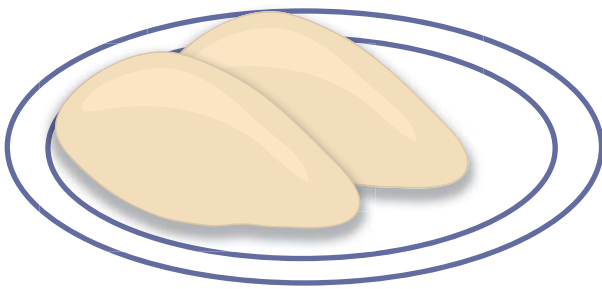


## Protein Selections

Follow these low-fat cooking tips for meat:



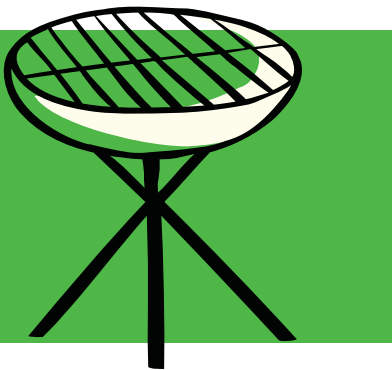
Before cooking, trim away any visible fat from meats and remove skin from poultry.

Broil, grill, roast, poach or boil poultry, meat and fish instead of frying or sauteing.

Cook without adding fats like margarine, butter or oil.

Drain off fat that appears during cooking.

To keep the fat and calories lower, eat the white meat from poultry and do not fry it!



Try mixing half extra-lean turkey and half extra-lean ground beef until your family gets adjusted to the taste of 100% ground turkey.

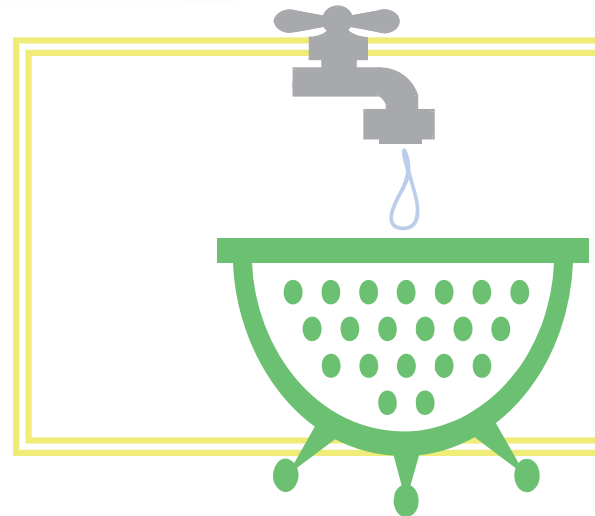
Add a little tomato paste to ground turkey meat loaf to give it the familiar red color.

Cook dry beans and peas with stock rather than with additional fats such as fat back, ham hock or bacon.

Use sauces and gravies that are low in fat.

Chill soups and stews and remove the layer of solid fat from the top.

Reduce the fat content of ground meat by rinsing after cooking to remove excess grease or fat.



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