

TUNA NOODLE CASSEROLE

Serves 6

- 4 cups cooked fettucine noodles of your choice
- 1 9 1/4-ounce can of tuna in water, drained
- 1 10 3/4-ounce can lowfat condensed cream of broccoli soup
- 2/3 cup nonfat or lowfat sour cream
- 2 cups of frozen peas with carrots (or frozen vegetables of your choice), lightly cooked
- 4 green onions, chopped
- 4 to 5 ounces reduced-fat sharp cheddar cheese, grated

Mix cooked, drained noodles with remaining ingredients in a 2-quart casserole dish. Bake in 375 degree oven for about 25 minutes (or until heated through).

Per serving:

285 calories, 5g fat, 50 mg. cholesterol, 682 mg. sodium

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SHOP SMART, SHOP *Lean*

Try these tips for lowfat shopping. They're an easy way to cut the fat in your diet!

BEFORE

You Go To The Store:

- ▶ Make a list of foods to buy.
- ▶ Eat before you shop. You won't buy as much when you're not hungry.

In the MEAT

Department Choose:

- ▶ Lean, trimmed cuts of meat.
- ▶ Lean ground beef, ground turkey, or ground chicken that is less than 10% fat.
- ▶ Lunch meats that are at least 95% fat-free.

In the DAIRY

Section Choose:

- ▶ 1% or nonfat (skim) milk.
- ▶ Lower fat and nonfat cheese made from part skim milk.
- ▶ Lowfat frozen yogurt, popsicles, or sherbet.
- ▶ Fat free sour cream, lowfat or nonfat yogurt and low or nonfat cottage cheese.

For SWEETS & SNACKS

Choose:

- ▶ Gingersnaps, fruit bars, animal crackers, vanilla wafers, and angel food cake.
- ▶ Rice cakes, pretzels, and popcorn.

UP & DOWN

the Aisles Choose:

- ▶ Lowfat or fat free salad dressings and mayonnaise.
- ▶ Lots of fruits and vegetables.
- ▶ Dried beans, dried peas.





COOK SMART, COOK

Lean

Using less fat does not mean giving up the flavor. Try some of these ideas. See how easy it is to cook and enjoy lowfat foods!

To Cook With LESS FAT

- ▶ Microwave
- ▶ Steam
- ▶ Broil
- ▶ Barbecue
- ▶ Stew
- ▶ Bake
- ▶ Roast
- ▶ Boil
- ▶ Poach
- ▶ Stir Fry
- ▶ Use nonstick pans and nonstick cooking sprays.
- ▶ Use lower fat or fat free foods in recipes, like evaporated skim milk, instead of cream.

CUT DOWN

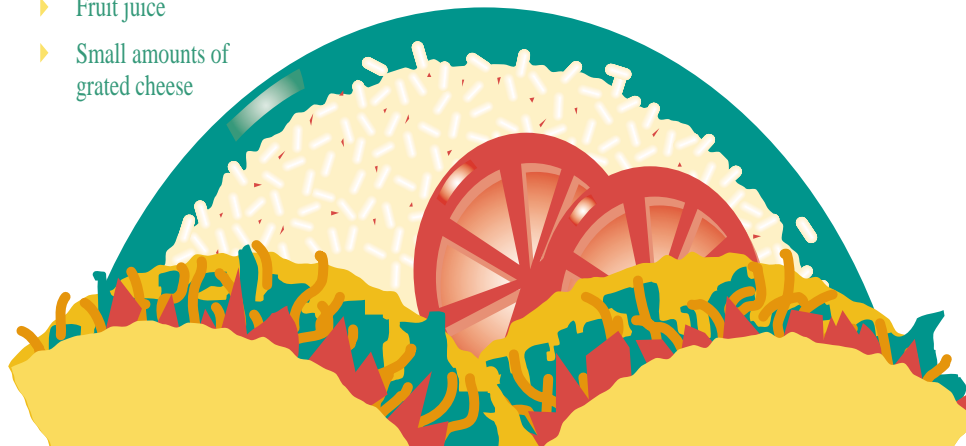
On The Fat in Meats:

- ▶ Trim the fat from the edges of meat.
- ▶ Take the skin off chicken and turkey.
- ▶ Pour off fat from ground meat as you cook it.
- ▶ Skim the fat from soups and stews. It's really easy if you refrigerate the soup first.

ADD FLAVOR

To Foods With:

- ▶ Herbs and spices
- ▶ Broth
- ▶ Flavored vinegars
- ▶ Fruit juice
- ▶ Small amounts of grated cheese
- ▶ Tomato juice
- ▶ Lemon juice
- ▶ Wine



EAT SMART, EAT

Lean

Many of us eat on the run. When you choose foods wisely you can enjoy great taste without a lot of fat.

START

Your Day With:

- ▶ Whole grain cereal with 1% lowfat milk.
- ▶ English muffins, bagels, and corn tortillas. These are low in fat, quick, and healthy for breakfast.

Grab a piece of fruit to eat as a snack at work or on the road.

SANDWICHES

and Main Courses:

- ▶ Ask for barbecue sauce, mustard, or ketchup instead of mayonnaise and special sauces.
- ▶ Grilled chicken or turkey sandwiches are a lowfat choice.
- ▶ Ask for lettuce and tomato on your sandwich.
- ▶ Take off the breading and skin from fried chicken.

On The SIDE:

- ▶ Order a baked potato instead of french fries.
 - ▶ Use a small amount of sour cream on the potato.
- ▶ Choose a restaurant with a salad bar.
 - ▶ Use a small amount of salad dressing or look for a lowfat or fat free one.
 - ▶ Top with only a little bit of cheese and croutons. They both have a lot of fat in them.

DRINKS:

- ▶ 1% lowfat milk
- ▶ Iced teas
- ▶ 100% fruit juices
- ▶ Water