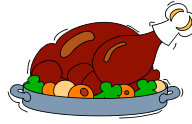


Tips for Lowering Fat And Saturated Fat in School Meals



Fats and oils are an essential part of a healthy diet. The type of fat/oil included makes a difference on overall health and too much of any type can lead to serious health concerns. Schools can limit fat by serving lean meats, encouraging more fruits, vegetable, dry beans and whole grains, and serving fat free or low fat milk.

Purchasing

- Compare product labels for fat, saturated fat, and cholesterol content.
- Rewrite bid specifications to clearly communicate to vendors new requirements for products.
- Accept only specified products or carefully evaluate any product the vendor wishes to substitute.
- Purchase fresh products instead of processed or convenience foods when possible.
- Try low-fat, reduced-fat, and fat-free products.
- Select leaner cuts of meat; specify ground beef or turkey less than 24% fat.
- Purchase water-packed tuna instead of oil-packed.
- Order USDA part-skim mozzarella and reduced-fat cheese when available.
- Order USDA dry beans and peas when available.
- Eliminate high-fat items such as croissants, doughnuts, and sweet rolls.
- Use low-fat whole-grain breads such as pita bread, bagels, tortillas, cornbread, muffins, and pancakes.
- Choose margarine that has a liquid vegetable oil listed as the first ingredient.

Preparation

Entrees

- Bake, broil, or roast instead of frying.
- Trim fat before and/or after cooking.
- Drain fat from meats before serving.
- Chill broth from poultry or meats until fat becomes solid; remove fat before using broth.
- Use lower fat ground turkey in place of all or some ground beef; increase spices 1/4 to 1/3 to make up for the milder flavor of turkey.
- Substitute dry beans for as much as one-half of the ground beef in tacos, burritos, other meat fillings, or chili.
- Substitute fruit glazes for heavy sauces or use marinades to add flavor.
- Try lower fat dairy products such as skim milk and part-skim mozzarella cheese, low-fat cottage cheese or ricotta cheese in recipes.

Vegetables

- Steam, bake, or broil fresh or frozen vegetables.
- Stir-fry a variety of vegetables in a small amount of oil or use cooking spray.
- Use spices or herbs for flavoring instead of margarine or butter.
- Offer light sauces or flavoring such as orange glaze or lemon juice.
- Eliminate fatback or bacon grease as a seasoning.

Choose a diet low in saturated fat and cholesterol and moderate in total fat

The USDA targets for fat and saturated fat intake are:

- 30 percent or less of total calories from fat
- Less than 10 percent from saturated fat

Schools are encouraged to gradually lower fat in menus over time, that is, over several days, a week, or menu cycle when practical and acceptable to students.

Lowering fat means altering the calories which children need for normal growth and development.

Replacement calories should come from foods that are good sources of nutrients.

Trans Fatty Acids

When comparing 'Nutrition Facts Labels' choose products that contain the least amount of trans fats. Companies can show "0 grams of trans fat" if a serving contains less than 0.5 grams.

Grains and Breads

- Serve jellies, jams, honey, or fruit butter in place of margarine or butter.
- Serve lower fat grain products such as pasta, noodles, brown rice, barley and bulgur more often.
- Use fruit purees, such as prune or apple, in place of oil in baked products.
- Flavor pasta dishes with small amounts of oils and low fat dairy products.
- Prepare cakes and similar dessert items “from scratch” and reduce the fat and sugar (Angel food cake is a low-fat dessert).

Milk

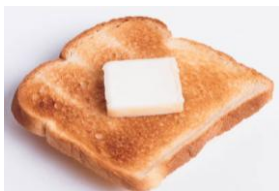
- Replace whole milk and buttermilk in baking with low-fat, fat-free, or reconstituted non-fat dry milk.
- Offer fat-free milk and/or low-fat milk choices with meals.

Condiments

- Prepare low-fat condiments, dressings, and sauces “from scratch” to control fat content.
- Make dressings with skim milk or low fat buttermilk instead of mayonnaise or sour cream.
- Whip butter or other table spreads so less will actually be used by students.

Recipe Modification Pointers

- Specify pan sprays as coating for pans.
- Modify recipes to gradually eliminate all non-essential fat and standardize for production kitchen.
- Use low-fat and non-fat dairy products to reduce fat:
 - Substitute low-fat cheeses in recipes.
 - Use non-fat yogurt as a substitute when the fat is used in the recipe to add creamy texture.
 - Use non-fat yogurt and lite sour cream for butter and heavy cream when the food item is not heated or held at high heat for extended periods of time.
 - Use non-fat dry milk powder to cream soups made with broth and bases for color and flavor.
- Substitute some of the whole eggs with egg whites in recipes that call for two or more eggs (for example, use two egg whites and one whole egg in place of two whole eggs).
- Train production staff to follow standardized recipes.
- Use vegetable oils which are lower in saturated fat in place of solid shortening, margarine, and butter.



High Saturated vs. Low Saturated Fats	
<u>High Saturated Fat</u>	<u>Low Saturated Fats</u>
Beef fat	Canola oil
Butter	Corn oil
Coconut butter	Cottonseed oil
Coconut oil	Olive oil
Cream	Peanut oil
Lard	Safflower oil
Palm oil	Sesame seed oil
Poultry fat	Soybean oil



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