



Low Fat Living Quiz



Will this cut down on total fat, saturated fat, and cholesterol?

1. Bake or microwave vegetables rather than fry.	YES	NO
2. Season with sauce, butter, or margarine rather than herbs and spices.	YES	NO
3. Use vegetable oil instead of solid shortening or margarine.	YES	NO
4. Replace skim milk with whole milk.	YES	NO
5. Cook meat or poultry on a rack and use nonstick cooking pans.	YES	NO
6. Use whole eggs instead of egg whites.	YES	NO
7. Chill meat broth and skim off solid fat before using the broth.	YES	NO
8. Substitute chips and party mixes for baked chips and pretzels.	YES	NO
9. If desserts are served they are light ice cream, low-fat frozen yogurt, or sherbet.	YES	NO
10. Replace ½ of the fat in a recipe with applesauce or pureed banana.	YES	NO
11. Use cottage cheese or yogurt instead of sour cream or mayonnaise.	YES	NO

Key: 1 YES, 2 NO, 3 YES, 4 NO, 5 YES, 6 NO, 7 YES, 8 NO, 9 YES, 10 YES, 11 YES