

▶ WATCH YOUR FATS, SUGARS, AND SODIUM

Compare the solid (saturated) fats, added sugars, and sodium (salt) in the foods you eat. Look at the Nutrition Facts label to find foods with lower numbers of each.

SOLID FATS AND OILS

Some fats are better for you than others. Oils are often better for you than solid fats. Limit solid fats such as butter, lard, stick margarine, and fats on meats and poultry. The key is to eat the right types of fats and oils in the right amounts. Oils that are better for you include:

- Canola oil
- Olive oil
- Safflower oil
- Oils in fish
- Corn oil
- Soybean oil
- Sunflower oil
- Oils in nuts and seeds

ADDED SUGARS

Sugars add calories and are found in both food and drinks. Foods and drinks with high amounts of added sugars also have a lot of calories but little nutrition.

SODIUM

Most of us enjoy the taste of salt in our foods. But too much sodium (salt) can lead to health problems like high blood pressure. Look for sodium on packaged foods—many of the packaged foods we eat are high in sodium.

▶ TIPS TO LOWER YOUR FATS, SUGARS, AND SODIUM

Check the Nutrition Facts label. Look for lower numbers in the items you buy. Pay attention to the amount of fats, sugars, and sodium.

Cook at home so you know what goes into your food. Prepare foods with little oil, cut back on solid fats, and choose spices instead of salt. Preparing meals at home can also cost less than eating out. 💰

Keep an eye on the sugar. Most of the added sugars we eat come from sodas, sports drinks, cakes, cookies, ice cream, candy, and other sweets. Focus your food dollars on vegetables, fruits, whole-grain foods, low-fat or fat-free dairy, and lean protein foods. 💰

Add sweetness with fruit. Top whole-grain cereal with sliced bananas, peaches, raisins, or your favorite fruit.

Add flavor with spices, herbs, vinegars, or lemon juice. Cut back on salt in your meals by adding no-salt seasonings, garlic, basil, apple cider vinegar, or lemon juice to your salads, meats, and side dishes. Rinse canned foods like beans or corn to lower the sodium.

Think twice about some of your favorite foods. Eat sweets and treats less often. They add extra calories and offer little nutrition.

💰 BUDGET-FRIENDLY TIP

HANDOUT:
HOW MUCH FOOD AND PHYSICAL ACTIVITY?



▶ PAN ROASTED TILAPIA WITH TOMATILLO SALSA

COOK TIME: 40 minutes

MAKES: four 3- to 4-ounce servings

INGREDIENTS:

- 1 pound tomatillos
- ½ cup yellow or red onion, finely chopped
- 2 Serrano or other chilies, finely chopped
- 3 garlic cloves, minced
- 3 teaspoons vegetable oil
- ¼ teaspoon salt
- 1 tablespoon fresh lime juice (about ½ lime)
- ¼ chopped fresh cilantro leaves
- 4 tilapia fillets, patted dry with a paper towel
(any inexpensive white fish can be used)

DIRECTIONS:

1. Preheat the oven to 450 °F.

To make the tomatillo salsa:

2. To prepare the tomatillos, peel back the husk from the smooth green tomatillo skin. Rinse the tomatillos with warm water and cut into quarters.
3. Place the husked tomatillos, onion, chilies, garlic, and 1 teaspoon oil in the baking pan, stir well and transfer to the oven. Roast about 20 minutes until the tomatillos are soft and dark green. Set aside to cool.
4. Transfer the mixture to the blender; add the salt, lime juice, and cilantro and puree.

To cook the tilapia:

5. Place a skillet on the stove over high heat and when it is hot, carefully add 2 teaspoons of oil. Put the tilapia fillets in the pan. Cook about 2–3 minutes on each side, until golden brown on both sides.
6. Transfer the tilapia to the serving plate and top with generous amounts of salsa. Serve right away.



NUTRIENTS PER SERVING:

Calories 171, Protein 23 g, Dietary Fiber 2 g, Total Fat 6 g, Saturated Fat 1 g, Cholesterol 48 mg, Sodium 195 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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