



Cheat Sheat

Carry what you've learned with your diaBeaters! cheat sheet. Cut, fold, and keep this business card-sized reminder in your purse, wallet, or pocket!

Use less fat or oil than the recipe calls for.

Use olive or vegetable oils or sprays instead of saturated fats like Crisco, lard, or butter.

Add more vegetables than the recipe calls for.

Use brown rice and whole wheat bread instead of white.

Broil meat, chicken, and fish instead of frying.

Trim off all the fat before cooking meats.

Substitute plain, low-fat yogurt for sour cream or mayonnaise.

Substitute low-fat cottage cheese or part-skim ricotta for cream cheese.

Have sorbet or frozen yogurt for desert instead of ice cream.

diaBeaters!

Healthy Shortcuts that Work!

Cut on the solid lines.
Fold in half on the dotted lines.

diaBeaters!