

**¡Reduzca la grasa—  
no el sabor!**



**Cut Down on Fat—  
Not on Taste!**



**NATIONAL INSTITUTES OF HEALTH  
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE  
AND OFFICE OF RESEARCH ON MINORITY HEALTH**

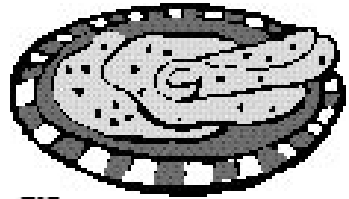
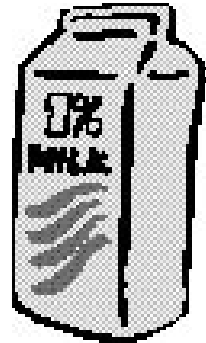


# Proteja la salud de su corazón y el de su familia sirviendo alimentos bajos en grasa y grasa saturada.

Las comidas latinas, tales como los frijoles (habichuelas), los vegetales, las frutas, el arroz y las tortillas de maíz, son parte de una alimentación saludable. Prepárelas de manera saludable para su corazón y el de su familia. Ayude a su familia a comer menos grasa y grasa saturada.

## Compre alimentos bajos en grasa.

- ▶ Leche descremada o con 1% de grasa.
- ▶ Quesos, crema agria, aderezos para ensalada y mayonesa bajos en grasa o sin grasa.
- ▶ Pescado y pollo o pavo sin pellejo.  
Cortes de carne bajos en grasa en vez de carnes con alto contenido de grasa.
- ▶ Frutas, vegetales y granos como frijoles, arroz, tortillas de maíz y pastas.

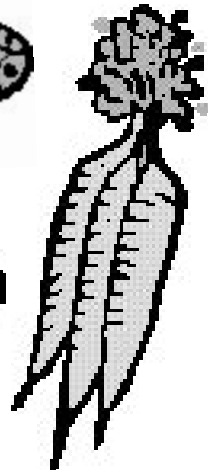


# Protect your family's heart health by serving foods low in fat and saturated fat.

Latino foods such as beans, vegetables, fruits, rice, and corn tortillas are all part of a healthy diet. Prepare them in a heart-healthy way for you and your family. Help your family to eat less fat and saturated fat.

## Buy lower fat foods.

- ▶ Skim or 1% milk.
- ▶ Low fat or fat free cheeses, sour cream, salad dressing, and mayonnaise.
- ▶ Fish and chicken or turkey without the skin. Lean cuts of meat instead of fatty meats.
- ▶ Fruits, vegetables, and grains like beans, rice, corn tortillas, and pasta.



## Cocine con menos grasa.

- ▶ Hornee, ase o hierva en vez de freír.
- ▶ Use un sartén, que no pegue, humedecido con aceite en aerosol.
- ▶ Use sólo poca cantidad de aceite vegetal o margarina, en vez de manteca o mantequilla.
- ▶ Cocine los frijoles y el arroz sin manteca, tocino ni otras carnes con alto contenido de grasa. Déle sabor a los frijoles con chile verde, cebolla, ajo, orégano o cilantro.



## Elimine la grasa.

- ▶ Antes de cocinar la carne de res y de cerdo, córteles la grasa.
- ▶ Antes de comer pollo y pavo, quíteles el pellejo.
- ▶ Escorra la grasa que sueltan las carnes al cocinarlas.
- ▶ Enfríe las sopas y los caldos, y quite la capa de grasa antes de recalentar.



## Cook with less fat.

▶ Bake, broil, or boil instead of frying.

▶ Use a nonstick pan with cooking oil spray.

▶ Use only a little bit of vegetable oil or margarine instead of lard, shortening, or butter.

▶ Cook beans and rice without lard, bacon, or other fatty meats.

Season the beans with green pepper, onion, garlic, oregano, or cilantro.



## Throw the fat away.

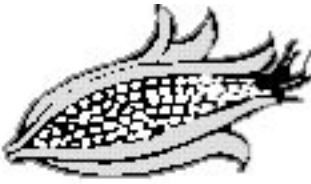
▶ Cut the fat off beef and pork before you cook.

▶ Remove the skin from the chicken and turkey before you eat.

▶ Drain the fat from meats after you cook.

▶ Cool soups and gravies and skim the fat off with a spoon before you reheat them.





**Usted puede hacer cambios poco a poco.**

**Marque los consejos que pondrá en práctica para comer menos grasa.**

- Comer frutas en vez de postres altos en grasa como flan, helado de leche, pan dulce o bizcochos.
- Tomar leche descremada o con 1% de grasa.
- Comprar quesos bajos en grasa o sin grasa.
- Hornear, asar o guisar el pollo en vez de freírlo.
- Quitar el pellejo al pollo.





**You can make changes  
little by little.**

**Check how you will try to eat  
less fat.**

- Eat fruit instead of fatty desserts such as flan, ice cream, or cakes.
- Drink skim or 1% milk.
- Buy cheeses marked “low fat” or “fat free.”
- Bake, broil, or boil chicken instead of frying it.
- Remove the skin from chicken.



**¡Coma alimentos bajos en grasa  
y grasa saturada!  
*Más vale prevenir que lamentar.***



**Eat foods low in fat and  
saturated fat!  
An ounce of prevention  
is worth a pound of cure.**



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