

## **Nutrition for Fitness and Sports Lifestyles Better Preparation Methods**

### **Avoid these.....**

**These preparation methods require added fat and produce rich, high calorie dishes. Choose other foods prepared differently than the following listing:**

- Au gratin
- Basted
- Batter –dipped
- Bechamel sauce
- Bearnaise sauce
- Bordelaise sauce
- Breaded
- Buttery
- Cheesy
- Creamy
- Crispy
- En casserole
- En croute
- Fried
- Hollandaise
- In gravy
- Rich
- Sauteed
- (En) scalloped
- Smothered
- Stir fried in oil
- Stuffed

### **Look for these.....**

**These preparation methods require little or no butter or oil, and bring out the ingredients' great tastes and flavors:**

- Au jus-a French phrase describing meat served with it's own natural juices, commonly used with beef.
- Baked
- Broiled
- Consommé-a clarified meat or fish broth
- Dry rub
- Fresh
- Herbed/herbed crusted
- Light
- Light pan sauce
- Loin-a lean cut of beef
- Marinara
- Marinated
- Poached
- Red sauce
- Roasted
- Round- a lean cut of beef
- Steamed
- Stir-fried in broth
- Tomato-based
- Whole-grain
- Yogurt sauces