

# MORE FAT



# LESS FAT

Total fat Saturated fat

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## PREPARATION STYLE



(med. breast) Chicken, breaded with skin, fried in oil



Chicken, boneless, (med. breast) skinless, baked



(1 cup) Eggplant batter-dipped, fried



Eggplant (1 cup) cooked, no salt or fat added



## FOOD ALTERNATIVES



(1 tablespoon) Mayo, regular



Greek yogurt (1 tablespoon) fat free



(1 large) Egg, fried, with yolk



Egg white (1 large)



## BAKING INGREDIENT SUBSTITUTIONS



(1 tablespoon) Butter



Avocado (1 tablespoon)



(1 tablespoon) Vegetable oil



Unsweetened applesauce (1 tablespoon)

