

MORE FAT



LESS FAT

Total fat Saturated fat

Total fat Saturated fat

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)

