



For more information go to Calorie King:  
<http://www.calorieking.com>

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## UNIVERSITY HEALTH AND COUNSELING SERVICES

[www.uww.edu/uhcs](http://www.uww.edu/uhcs)

Corner of Prairie and Starin  
 Division of Student Affairs, UW-Whitewater  
[www.uww.edu/staffair](http://www.uww.edu/staffair)

### Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

### Health Services 472-1300

- \* Examinations and treatment for illnesses and minor injuries
- \* Laboratory tests and medications
- \* Allergy injections and immunizations
- \* Pelvic exam and Pap test
- \* Contraceptives
- \* STD and HIV antibody testing
- \* Cold self care
- \* Referrals to specialists
- \* Phone consultations with RN
- \* Rehabilitation for students with disabilities

### Counseling Services 472-1305

- \* Individual counseling for many concerns, including...
  - \* Relationships
  - \* Depression
  - \* Self-esteem
  - \* Values clarification
  - \* Alcohol and other drugs use
  - \* Sexual assault and abuse
- \* Decision-making
- \* Anxiety
- \* Sexual orientation
- \* Stress
- \* Group counseling options
- \* Consultations with staff
- \* Referrals to community agencies
- \* Crisis intervention
- \* Practicum training site

### Wellness Services 472-1300 ext. 2244

- \* Lobby Resource Center
- \* [Royal Purple](#) articles
- \* Bulletin board kits
- \* Healthy U newsletter
- \* Web site
- \* Posters
- \* Wellness fairs
- \* Educational presentations

### Employee Assistance Program 472-1305

- \* Confidential assistance and referral for employees with concerns such as:
  - \* Stress
  - \* Depression
  - \* Finances
  - \* Alcohol and other drug use
- \* Troubled coworkers
- \* Marriage/family
- \* Health

### 24-Hour Emergency help:

### 911 Whitewater Rescue Squad

472-1060 Sexual Assault Response Team  
 262-741-3200 or 1-800-365-1587 Crisis Line

# WAYS TO CUT CALORIES WHILE PREPARING FOOD

Specializing in the Unique Needs of College Students

## WAYS TO CUT CALORIES WHILE PREPARING FOOD

1. Trim all the fat from meat before cooking.
2. For pan-frying, use a pan with a nonstick finish to eliminate or reduce the need for fat.
3. If frying in a regular pan, spray on a cooking spray, or use a little olive or canola oil.
4. To render more fat than by frying, broil meat that you normally would pan-fry, even as a first step to stews. If meat is browned in a pan, drain off all fat before adding other ingredients.
5. When preparing soups, stews, or meat in sauces, allow time to refrigerate the mixture until the fat congeals and can be entirely removed and discarded.
6. Rather than sauté vegetables in butter, margarine or oil, cook them in a small amount of water with herbs or in bouillon.
7. For meat glazes and other uses, choose juice-packed canned fruits instead of those packed in syrup. Also use unsweetened juices and applesauce.
8. Use tuna fish that has been packed in water rather than in oil or wash oil off oil packed.
9. For salads and for marinating or basting poultry or meats, use a bottled low-calorie dressing. Marinating before cooking also eliminates the need for using fat.
10. When broiling or baking fish, use wine, bouillon or lemon juice instead of butter.
11. Use a low-calorie commercial mayonnaise instead of the regular kind.
12. When stuffing poultry or fish, use a vegetable stuffing rather than a bread or mixture of both using less bread than vegetables. Omit butter or oil.
13. When baking substitute applesauce for some of the fat.
14. Bake sweet and white potatoes instead of frying.
15. If you use flour as thickening agent, use less and settle for a thinner sauce or substitute cornstarch for flour. The same amount of cornstarch has twice the thickening power, and it is about equal to flour in calories.
16. To flavor low-fat sauces, experiment with adding some of the following: the cooking liquid from vegetables, lemon juice, herbs and spices, bouillon cubes, onions, celery, water cress and mushrooms.
17. In general use liquid skim milk, powdered skim milk or evaporated skim milk, instead of milk and cream.
18. When a recipe specifies sour cream, substitute low-calorie sour cream, or use plain yogurt.
19. If a recipe calls for coating meat with flour before browning, brown it without flour.
20. When meat is cooked in liquid with aromatic vegetables (carrots, onions, turnips, and so on), as in a pot roast, thicken and enrich the sauce with the puréed vegetables. To purée them, press through a sieve, a food mill or blend them in a food blender with some of the liquid; and then add to sauce.
21. Use lean meat in all recipes. When you buy ground beef, specify lean round or sirloin. (These cuts are usually just as economical because they have no excess fat.)
22. Before cooking chicken, remove the skin and any loose fat.
23. Rather than fry chicken in butter, margarine or oil (which can take as much as 1/3 cup), brush with one tablespoon of fat and roast in the oven.
24. If meat, poultry or fish is served with a sauce to spoon over rice or noodles, serve the sauce either unthickened or on the thin side.
25. Use whipped butter for spreads. The air or water they contain reduces the fat content and cuts their calories almost in half.
26. Choose canned or frozen vegetables that are plain instead of combinations containing rich sauces.
27. Learn which are the low calorie foods and serve them often in meals and for snacks. Some are: green beans, green peppers, leeks, celery, cauliflower, onions, carrots, water cress, zucchini, leaf lettuce and cucumbers.