

Healthy Cooking Tips

- Steam, bake, grill, braise, boil or microwave your foods.
- Whenever possible use the whole grain version of breads, cereals, rice, pasta, tortillas, etc.
- Use low-fat (skim, 1% or 2%) dairy products when you cook (yogurt, milk, cheese).
- When a recipe calls for cream as a thickener, use low fat yogurt, low fat soymilk, evaporated skim milk or cornstarch.
- Modify or eliminate recipes that include butter or ask you to deep fry or sauté in animal fat. (lard, butter, etc.)
- If you need to use oil, try cooking sprays. Cook with plant oils (olive oil, canola, vegetable, etc.)
- Cook in liquids (such as stock, lemon juice, fruit juice, vinegar or water) instead of oil.
- Trim excess fat from meat or chicken.
- Select the leanest form of the meat you are consuming (white meats are leaner than dark meat).
- Remove chicken skin, which is high in fat. However, to retain the moisture in the chicken meat, remove the skin at the end of cooking.
- Add volume with fresh vegetables and legumes.
- Eat more fish, which is high in protein, low in fats and loaded with omega 3 fatty acids.
- Don't add salt to food as it is cooking.
- Steam, grill or stir-fry veggies. Add a small amount of oil toward the end of cooking to brown them.