

Cooking puts you in control of your health



Change your techniques.

Healthy cooking can add flavor and nutrients to your food without adding excessive fat, oil or salt.

- **Cooking method.** Braise, broil, grill, poach, sauté or steam instead of frying food.
- **Basting liquid.** If the directions say to baste the meat or vegetables in oil or drippings, use a small amount of fruit juice, vegetable juice or fat-free vegetable broth.
- **Nonstick cookware.** Use nonstick pans or spray pans with nonstick spray to reduce the amount of fat and calories.

Make healthy substitutions.

You can reduce the amount of fat, calories and salt in your recipes and boost the nutritional content.

- **Pasta.** Use whole-wheat pasta instead of enriched pasta. You'll triple the fiber and reduce the number of calories.
- **Milk.** Prepare a dessert with fat-free milk instead of whole milk to save 66 calories and almost 8 grams of fat per cup.
- **Meat.** When making casseroles, scale back on meat, poultry or fish and increase the amount of vegetables. You'll save on calories and fat while gaining nutrients.

Cut back!

In some recipes, you can eliminate an ingredient or scale back the amount you use.

- **Toppings.** Eliminate items you add out of habit—such as frosting or whipped cream toppings.
- **Condiments.** Cut back on pickles, olives, butter, mayonnaise, syrup, jelly and mustard.
- **Cheese.** If a recipe calls for 1 cup of shredded cheese, use ½ cup instead.

Reduce fat, sugar and salt.

You often can reduce the unhealthy ingredients without sacrificing flavor.

- **Fat.** For baked goods, use half the butter or oil and replace the other half with unsweetened applesauce or fat-free plain Greek yogurt.
- **Sugar.** Reduce the amount of sugar by one-third to one-half. Instead, add spices such as cinnamon or flavorings like vanilla extract.
- **Salt.** Reduce salt by one-half in baked goods that don't require yeast. For most other foods you can reduce the salt by one-half or eliminate it completely.



The information is general in nature and is not a substitute for professional health care. It is not meant to replace the advice or care you get from your doctor or other health care professionals. If you have specific health care needs or for complete health information, please see your doctor or other health care provider.

ActiveHealth and MyActiveHealth are registered or service marks of ActiveHealth Management, Inc. © 2015 ActiveHealth Management, Inc. All Rights Reserved.