

Cooking for Good Health

Eating the right foods is important. Here are tips on how to help make every meal a healthier one.

Try healthy ways to cook without losing taste.

You can eat what you love! Try these tips. You'll be healthier and still eat good-tasting foods.

- Use fresh fruits and vegetables. These are low in fat and add flavor to food. You should have a mix of five fruits and vegetables each day.
- Steam vegetables to keep nutrients. Then add spices and herbs for flavor.
- Don't use sugar in your coffee or tea.
- Cut salt in half. Replace salt with onion or garlic powder, citrus juice or flavored vinegar.
- Let soups chill in the refrigerator so you can skim fat off the top before reheating.

- Replace butter and shortening. Instead of butter, try good oils, such as olive and canola oils. Replace shortening in a recipe with applesauce, mashed bananas or yogurt.
- Use nonfat or low-fat milk. These are healthier choices than whole milk.

Why is cooking healthy important?

Cooking healthy can help prevent disease and lower your weight.



The good news: cooking healthy is easy and fun!

Don't forget, the foods you eat – and the way you prepare your food – can help you stay healthy. Talk to your doctor or nurse for more facts. For more healthy cooking tips and recipes, visit online at www.fruitsandveggiesmatter.gov.



Customer Care Center: 1-866-781-5094
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Source: Centers for Disease Control and Prevention

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