

## ***Cooking for Good Health\****

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

### ***Healthy foods taste good.***

Try these tips. You'll be healthier and still eat good-tasting foods.

- Use fresh fruits and vegetables. They are low in fat and add flavor to food. Eat a variety of fruits and vegetables each day.
- Steam or bake vegetables to keep the nutrients. Then add spices and herbs for flavor.
- Use onion or garlic powder, citrus juice or flavored vinegar instead of salt.
- Let soups chill in the refrigerator so you can skim fat off the top before reheating.
- Replace butter and shortening. 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.



## ***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 a doctor or nurse for more facts about healthy cooking. For more healthy cooking tips and recipes, visit [www.fruitsandveggiesmatter.gov/](http://www.fruitsandveggiesmatter.gov/).



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Source: \*Centers for Disease Control and Prevention, *Fruit and Vegetable Benefits* (Accessed August 2009): <http://www.fruitsandveggiesmatter.gov/benefits/index.html#>

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