

COOKING Tips



Carbohydrates



- **Choose whole grains**
 - Half your grains each day should be whole grains
- **Make half your plate fruits and vegetables**
 - Focus on whole fruits instead of fruit juices
 - Vary your vegetables
 - Eat as many colors as possible
- **Eat plenty of vegetables and fruits because they are high in fiber**
 - Buy fresh produce in season when they may be less expensive and at their peak flavor
 - Add vegetables when stir-frying or into soups
 - Dried peas, beans, and lentils are rich in fiber and are good meat substitutes
- **Reduce the amount of sugar in recipes**
 - It can often be cut in half
- **Use non-caloric sweeteners in drinks such as PureVia and Truvia (Stevia), Splenda (Sucralose), Equal (Aspartame), Sweet & Low (Saccharin), and Nectresse (monk fruit)**
- **Substitute sucralose (Splenda) for sugar when baking**
 - Use half as much as the recipe calls for

Protein



- **Get a variety of protein sources**
- **The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts**
- **The leanest pork choices include pork loin, tenderloin, center loin, and ham**
- **Choose lean ground beef. To be considered "lean," the product has to be at least 92% lean/8% fat**
- **Cut away fat and remove skin from chicken and other poultry**
- **Choose reduced-fat cheeses**

- **Egg whites are higher in protein and lower in fat compared to egg yolks**
- **Try some meatless meals**
 - Substitute beans, egg whites, tofu, or texturized soy products for meat

Fats



- **All fats and oils are high in calories - use less when possible. When baking, cut the amount of oil in half and substitute applesauce (or other fruit puree) for the other half of the fat**
- **Select reduced-fat cheeses and fat-free (skim) or low-fat (1%) milk products. Use a reduced-fat margarine spread instead of regular butter, margarine, or oil**
- **Flavor with lemon juice or herbs instead of butter, margarine, or oil**
- **Choose reduced-fat salad dressings and limit portion size. Make homemade salad dressings with vinegar or lemon juice with a small amount of olive oil**
- **Use fat-free evaporated skim milk to replace whole milk in recipes**

Other



- **Bake, Broil, Grill, Roast, or Stew instead of frying in fat**
- **Place meat on a rack while cooking so grease will drain off**
- **Remove fat from cooked ground meat by draining on a rack or using a paper towel to soak up grease**
- **When making stews or soups, refrigerate the broth and skim hardened fat off the top before reheating and serving**
- **Use a nonstick cooking spray instead of butter, margarine, oil, or shortening**
- **Use a nonstick skillet. Zero to little oil is required to prevent sticking**