



Five Food Tips for Healthy Cooking

Use these five tips to reduce the fat, calories, and sugar in your cooking.

- 1** Use less oil in baking recipes. If a cake or cookie recipe calls for 1 cup of oil, you can get away with reducing that to $\frac{2}{3}$ cup.
- 2** Let soups and stews cool once, allowing the fat to rise to the top and solidify, so it can be easily skimmed off with a spoon. Then reheat gently.
- 3** In recipes, decrease the amount of sugar called for by $\frac{1}{4}$ to $\frac{1}{2}$. Never use more than $\frac{1}{4}$ cup of sugar or honey for each cup of flour. To compensate, cut back a little on any sour or bitter flavors in the recipe (such as vinegar or lemon) and use a bit more of flavors such as vanilla or cinnamon that give the impression of sweetness.
- 4** Season your dishes with herbs, spices, lemon juice, and flavored vinegars rather than high-fat or high-sugar sauces.
- 5** Add beans, vegetables, and fruits to your favorite dishes to boost the nutrition quality of your meal.