

Employee Worksheet

Cooking Healthy Tips

*Fit & Fun
Families*

Cook Healthy...

**All the flavor without the fat
Delicious taste without the salt**

What?

Start with the basics

Use the five “how to” tips below, to make simple changes with the way you cook

Five “How To” Cooking Tips

1. Use lower fat ingredients.
2. Trim and skim fat.
3. Reduce fat in baking.
4. Add flavor without salt.
5. Be creative with color and flavors.

Healthy Online Recipes

Delicious Decisions
The American Heart Association
<http://www.deliciousdecisions.org/>

The Virtual Grocery Store
The American Diabetes Association
<http://vgs.diabetes.org/recipe/index.jsp/>

How?

Tip #1. Use lower fat (and lower saturated fat) ingredients.

- Use olive or canola oil in place of other cooking oils.
- Substitute reduced fat versions or mozzarella cheese for regular cheese.
- Use reduced fat cream cheese (no fat cream cheese doesn't melt well, but is okay to use when heating isn't necessary).
- Try nonfat or reduced fat sour cream or nonfat yogurt.
- Use reduced fat mayonnaise and other salad dressings.
- Substitute skim for whole milk or half and half. If you want a little more richness, try evaporated skim milk.



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How?

Tip #2. Trim and skim!

- Buy lean and trim fat from meat before cooking.
- Rinse and drain cooked ground beef.
- With a spoon, skim fat off the top of soups, stews, and chili. Or, after cooking, put the soup in the refrigerator right away to chill. The fat will harden on the top and can be easily removed.

Tip #3. Reduce fat in baking.

Reducing fat in baked foods like cookies, breads, and cakes can be done, but may require a little experimenting to get the healthier product you like best! Have fun trying the following options:

- Substitute oil for solid fat, but in a smaller amount.

To determine the amount oil to measure, reduce the amount of solid fat by 25%. For example, if the recipe calls for 1 cup of shortening, use 3/4 cup of oil.

- Substitute applesauce, prune puree, or pumpkin for some or all of the oil. (The pumpkin will give a different flavor to the product.)

Begin by replacing 1/2 the oil. For example, if a recipe calls for 1 cup of oil, use 1/2 cup of oil + 1/2 cup applesauce. If the product is good, the next time try a 1/4 cup of oil and 3/4 cup of applesauce. Keep experimenting until you find the lower fat combination and product you like best.

Tip # 4. Add flavor without salt.

- When cooking, omit salt, or cut the amount in half.
- Rather than use seasoning salts, mix-up your own salt free spices and herbs.
- Substitute garlic powder for garlic salt; cut the amount in half.
- Substitute low sodium soy sauce for regular soy sauce.

References

The American Heart Association
www.americanheart.org

The American Diabetes Association
www.diabetes.org



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How?

Tip #5. Be creative with color and flavor.

Try the following ideas, or come up with some of your own.

Add flavor, not fat

- Add cran raisins, grapes, strawberries, or pineapple to low fat chicken salad.
- Mix it up! Mix 1/2 cup nonfat sour cream (or unflavored yogurt) with 1 teaspoon of dry mustard. Add chopped green onion and use a spoonful as a sauce for poultry.
- Salsa it up! Use salsa to replace sour cream or margarine as a baked potato topping.
- Use ideas from the professionals. An ordinary low fat turkey sandwich becomes a deli special when you toss some greens with a little nonfat Ranch Dressing, add slices of tomato, and put the “fixings” on a whole grain bun.

Add flavor, not salt

- Use chopped vegetables as a garnish and for flavor. For example, sprinkle chopped green and red peppers over a rice dish or sprinkle grated carrots over cooked green beans.
- In place of salt, squeeze lemon on fish or vegetables. A healthy flavor tip: purchase lemons on sale. Slice thinly and spread the lemon slices out on a clean baking sheet to freeze. Once frozen, place the slices in a freezer bag.

What?

Below, write the lower fat and salt changes you want to make.

If there are items you need to make the change, make a note of them, and add the ingredients to your grocery list.

Changes I want to make	Ingredients I'll need

