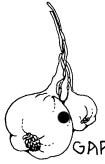




Tips for Healthy Cooking

- Go easy on fat, sugar, and salt. For example, make oven crispy chicken instead of fried chicken or baked cod instead of fried fish. You don't have to leave out all the fat, sugar, or salt— just limit the amount you use.



Flavor foods with herbs, spices, and other low fat seasonings instead of rich sauces and gravy.

- Try whole-grain bread and brown rice instead of white bread and white rice to add more nutrients and variety to family meals.
- Look for large bags of frozen vegetables. They can be bargains and you can cook just the amount you need and save the rest in the freezer for later.
- Some food items— lettuce, cabbage, onions, and carrots— usually cost less in the produce section of the store than at the salad bar. You can save money making your own salads.
- Buy fresh fruits in season, when they generally cost less.
- Buy fat-free or low-fat milk to cut out fat. (Children under 2 years should drink whole milk.)
- Use dry beans and peas sometimes instead of meat, poultry, or fish. They cost less and provide many of the same nutrients. They are also lower in fat and provide fiber.
- Remove skin from poultry before cooking to lower the fat content.
- Buy chuck or bottom round roast instead of sirloin. These cuts have less fat and cost less.
- Use a cooking spray to cut back on the fat.



Marinated Vegetable Salad

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|-----------------------------------|---|
| • 2 cups cauliflower florets | 1. Mix vinegar and next 5 ingredients in a large bowl. |
| • ¾ cup diagonally sliced carrots | 2. Cut the vegetables and put them in the same bowl with the vinegar mixture. |
| • 1 cup diagonally sliced celery | 3. Stir all ingredients together. |
| • 1 green bell pepper, chopped | 4. Serve immediately or marinate in the refrigerator. Makes about 6 servings. |
| • ¼ cup cider vinegar | |
| • 2 teaspoons olive oil | |
| • 2 teaspoons oregano | |
| • ½ teaspoon salt | |
| • ¼ teaspoon garlic powder | |
| • ¼ teaspoon crushed red pepper | |