

life is why  
**Family Health Challenge™**

**Top 10 Cooking Tips**

1. Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying.
2. Use herbs, vinegar, tomatoes, onions and/or fat-free or low-fat sauces or salad dressings for better health, especially if you have high blood pressure or high cholesterol.
3. Use your time and your freezer wisely. When you cook once, make it last longer by preparing enough for several other meals. Freeze it and have a ready-made healthy treat for the next time you are simply too tired to bother.
4. A smoothie can cover a multitude of needs. Throw a banana (you can keep them in the freezer for weeks) into your blender along with frozen berries, kiwi or whatever fruit is around, some orange or other 100% juice, some fat-free or low-fat yogurt. You can get 4–5 servings of fruit in one glass of yummy shake.
5. Prepared seasonings can have high salt content and increase your risk for high blood pressure. Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.
6. Canned, processed and preserved vegetables often have very high sodium content. Compare the sodium content on the Nutrition Facts label of similar products and choose the products with less sodium. If you buy canned, rinse veggies under cold water to reduce the level of sodium.
7. Prepare muffins and quick breads with less saturated fat and fewer calories. Use three ripe, very well-mashed bananas, instead of 1/2 cup butter, lard, shortening or oil or substitute one cup of applesauce per one cup of these fats.
8. Choose whole grain for part of your ingredients instead of highly refined products. Use whole-wheat flour, oatmeal and whole cornmeal. Whole-wheat flour can be substituted for up to half of all-purpose flour.
9. In baking, use plain fat-free or low-fat yogurt or fat-free or low-fat sour cream.
10. Another way to decrease the amount of fat and calories in your recipes is to use fat-free milk or 1% milk instead of whole or reduced-fat (2%) milk. For extra richness, try fat-free half-and-half or evaporated skim milk.

