



Cook the Healthy Way

Here are some ways to avoid unhealthy fats and limit healthy fats when you cook. Write your ideas in the column that says, "Other Ideas." Check off each idea you try.

Instead of...	Cook the healthy way!	Other Ideas
Frying or deep-frying in unhealthy fat	<input type="checkbox"/> Grill, roast, sauté or stir-fry in a small amount of healthy fat. <input type="checkbox"/> Simmer in water or stock. <input type="checkbox"/> Steam or microwave. <input type="checkbox"/> Use nonstick cookware.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Coating pans with unhealthy fats	<input type="checkbox"/> Coat pans with a squirt of healthy cooking spray.	<input type="checkbox"/> _____ <input type="checkbox"/> _____
Topping foods with fatty sauces	<input type="checkbox"/> Try lemon juice, vinegar, salsa, herbs, spices, hot sauce, plain nonfat yogurt, tomato sauce or low-fat salad dressing made with healthy oil. Look for items that are low in salt (sodium).	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Baking with butter and oil	Bake with: <input type="checkbox"/> Ground-up vegetables or fruit with no added sugar. <input type="checkbox"/> Nonfat plain yogurt. <input type="checkbox"/> Vegetable or fruit juice with no added sugar.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Eating animal fat and skin	<input type="checkbox"/> Take the skin off chicken before you cook it. <input type="checkbox"/> Trim the fat off meat before you cook it.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____