


# TIPS FOR HEALTHY COOKING



The way you cook your food can make a big difference in its nutritional value.

- Go easy on fat, sugar and salt when preparing foods. 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 using rich sauces or gravy. Experiment with different seasonings to find unique combinations that you and your family enjoy.
- Opt for homemade dessert to save money and make it healthier. When you are baking yourself, you can use sugar substitutes and other tricks to make it more nutritious.
- Remove skin from poultry before cooking to lower the fat content.

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