

# NUTRITION quick tips

## Lighten-Up in the Kitchen

### Did You Know?

- Ounce for ounce, fat has more than twice the calories than protein or carbohydrates.
- Sugar and corn syrup add lots of calories to many packaged foods, drinks and recipes – with almost no nutrition.
- Whole grain foods have about the same calories as ‘refined grain’ foods, but are better for you and more filling (*so they can help you to eat less and reduce calories in your diet*).

### Rethink Your Recipes

Changing the ingredients you cook with can help you to cut calories, eat healthier and avoid feeling hungry!

A few simple cooking tricks can help you to lighten-up your recipes by:

- Cutting the fat,
- Reducing the sugar,
- Adding some whole grains,
- **WITHOUT SKIMPING ON FLAVOR!**

*Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.*

Our dietitians receive hundreds of questions each year about a wide range of nutrition topics. Their timely and trustworthy insights and ideas can help you and your family lead healthier lives.

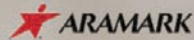


healthy **LIFE**<sup>™</sup>  
for

# healthy chef QUICK TIPS

## Lighten-Up in the Kitchen

Our chefs bring health and flavor together by combining wholesome ingredients, the right touch of herbs and spices and simple cooking techniques. Try some of their quick tips in your kitchen.



### Use Less Meat

Once or twice a week, replace some (or all) of the meat in your soups, stews or casseroles. Pinto beans, lentils, mushrooms or tofu all add flavor and texture with less fat and calories. Also try adding more tomato, lettuce or veggies to your sandwich with a little less meat.

### Spice it Up

Use herbs and spices to flavor foods. They're packed with flavor but low in fat and calories. Try basil with tomato recipes; cilantro with salsas and Asian or Caribbean dishes; mint with lamb or veggies; oregano with beef, chicken or pastas; and thyme with chicken or stews.

### Redefine Sweet

Try cutting back a little on the amount of sugar in your favorite recipes. Try a quarter or third less. Many people don't even notice the difference. If the recipe calls for vanilla, cloves, nutmeg or cinnamon, try a little more of these ingredients for a flavor booster.

### Cook it Right

Try grilling, roasting, broiling or baking chicken and fish instead of deep frying (fat drips into the pan, reducing calories without reducing flavor). Also try cooking sprays instead of butter, margarine or oil on sauté pans to cut calories.

### Bake Better

Add some whole wheat flour or rolled oats to bread, muffin or cookie recipes. Try replacing half the white flour with whole wheat. Try adding a few tablespoons of chopped rolled oats. The heartiness and flavor tastes great and can help you feel fuller longer.

### Go Half 'n Half

Try replacing half the cream or milk in your recipe with non-fat or 1% milk. Replace half the cheese with a lower fat variety. Replace half the butter in baked goods with fruit purée. Use half oil, half low sodium broth for stir fries. There are lots of ways to go half 'n half.