

# *Healthy Cooking Ideas*

by April Hamilton, Nutrition Educator, Riverside County Office on Aging

**Eating healthy requires cooking healthy. Whether you are looking to cook healthy for medical nutritional health, weight loss or just to maintain a healthy diet, it is important to know some healthy cooking tips. Make your cooking into great tasting, healthy meals.**

**Many people face changing nutrition needs through out their life due to weight concerns, health concerns such as diabetes, high blood pressure and cholesterol. If faced with any health concerns a person should always consult a physician, Registered Dietician, nutritionist or other health professional to help with their nutritional needs and healthy meal preparation.**

**First, some tips on preparing foods with less fat and sodium.**

- **Trim fat from meat and buy lean cuts of meat such as sirloin, top round/loin.**
- **Remove skin from chicken and turkey before cooking.**
- **Use non stick cooking spray.**
- **Use herbs, spices, lemon and lime juices, onion and garlic, low or no salt seasoning mixes.**
- **Use olive oil or canola oil instead of vegetable oils**
- **Use margarine with low sodium instead of butter.**
- **Use low fat, fat free and low sodium foods and ingredients.**

**Here are some herbs and spices to use with common foods. This is a great way to add flavor to foods with out adding salt.**

- **To season beef use allspice, chili powder, cinnamon, cumin, dill, fennel, garlic, lemon pepper, ginger, oregano, paprika, pepper, tarragon, savory, rosemary**
- **To season fish try basil, bay leaf, cayenne, cumin, curry powder, dill, ginger, lemon pepper, marjoram, oregano, paprika, parsley, pepper, saffron, sage, savory, tarragon, thyme**
- **For pasta try basil, oregano, parsley, pepper, poppy seed**
- **On poultry use basil, bay leaf, coriander, dill, ginger, lemon pepper, marjoram, paprika, parsley, pepper, rosemary, saffron, sage, tarragon, thyme**
- **For vegetables try bay leaf, parsley, thyme, lemon pepper, marjoram, mint, oregano, allspice, anise, basil, dill, sage, pepper, chives, nutmeg, cinnamon**
- **On fruits use allspice, anise, basil, cinnamon, cloves, fennel, ginger, mace, mint, nutmeg, rosemary**

**There are several ways to cook foods in a healthy way.**

- **Reduce frying to little or no frying. If you do fry foods, drain oil and pat away oil from food. Use vegetable oil when frying.**

- Broil, roast, bake or steam meats, poultry and fish.
- Stir-fry vegetables with meat, poultry, and/or seafood with a small amount of olive oil. Use seasonings and sauces with reduced or no salt/sodium.
- Sauté meat in nonstick pans with cooking oil, olive oil or low fat vegetable oil.
- Steam vegetables in a sauce pan with steam basket. No salt or addition seasoning needed but may use herbs, lemon or lime juice for added flavor.
- Grill meat, poultry or fish and use a rack to allow fat to drain.
- Use a microwave cookbook for making dishes with reduced fat recipes.
- Use low fat (1% or 2%) milk, non fat milk, skim milk instead of whole milk; use low fat yogurt, low fat cottage cheese or fat free sour cream instead of heavy cream or sour cream

The best cooking oils to use are low in saturated fat with no cholesterol: Olive oil, Peanut oil, Corn oil, Sunflower oil, Safflower oil and Canola oil. Check for possible substitutions in baking and cooking with oil, butter and margarine to make the healthiest choice.

Always think healthy and choose wisely when cooking.

**“Diet is a significant factor in the risk of coronary heart disease, certain types of cancer, and stroke—the three leading causes of death in the United States.” — USDA**

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