

Cooking Healthy at Home

Tips for quick, easy and inexpensive meal preparation.

Healthy substitution.

Keep the flavor, reduce the fat.

In this guide, we're going to show how low-calorie, low-fat cooking can fit any budget. Keep this chart handy and use it as a quick reference guide when you shop or cook.

Use This	Not This
Evaporated skim milk	Heavy cream
Skim or 1/2% milk	Whole milk
Two egg whites or 1/4 cup of egg substitute	Whole egg
Three tablespoons of cocoa powder mixed with one tablespoon vegetable oil	One ounce of baking chocolate
Non- or low-fat plain yogurt or low-fat sour cream. Reduced-fat or fat-free cream cheese or Neufchâtel cheese	Sour cream, cream cheese
Non-stick cooking spray. Sauté or steam with water, fruit juice or broth. Use minimal oil	Butter, margarine or oil for cooking
Equal parts of applesauce and/or fruit baby food. Works well on muffins, quick breads and cakes	Butter, margarine, oil or shortening for baking
Canadian bacon or lean ham	Bacon
Ground turkey meat (white meat no skin), ground sirloin, or extra-lean ground beef (less fat)	Ground beef
Reduce amount of nuts by half, then toast	Nuts in baked goods
Fresh fruit, fruit sauce or a small amount of powdered sugar. Substitute marshmallow cream for butter or margarine	Cake frosting

healthy living tips

- Choose foods that are naturally low in fat like fruits and vegetables, pasta, rice and whole-grain breads and cereals.
- Use non-stick cookware and go easy on the oil.
- Try using non-stick cooking spray instead of oil.
- Tenderize lean meats with fruit juice or vinegar-based marinades.
- Try grilling instead of frying.

Simple substitutions

Follow the chart below and save calories with a few simple substitutions:

USE THIS	NOT THIS	AND SAVE
Broiled chicken	Fried chicken	141 calories
Ground venison	Ground beef	180 calories
Baked catfish	Breaded or fried catfish	201 calories
Bagel	Glazed donut	147 calories
Water	Soft drink	150 calories
Small fries	Large fries	180 calories
Single hamburger	Double hamburger	335 calories
Baked potato	French fries	90 calories

Working off the calories

A little exercise can get rid of those calories. Just follow the tips below:

FOOD	WALK IT OFF	RUN IT OFF	SITTING ON THE COUCH
1 large apple	19 minutes	5 minutes	78 minutes
1 glass of beer	22 minutes	6 minutes	88 minutes
1 chocolate chip cookie	10 minutes	3 minutes	39 minutes
3/4 cup of ice cream	37 minutes	10 minutes	148 minutes
1 glazed donut	44 minutes	11 minutes	176 minutes
T-bone steak	45 minutes	12 minutes	181 minutes



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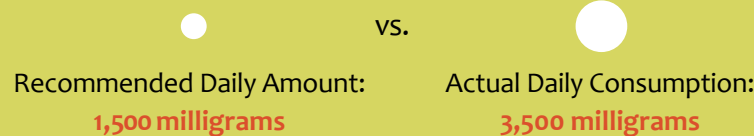
Tips for quick, easy and inexpensive meal preparation.

Halt the salt.

Salt is in just about everything we eat. Salt has been proven to lead to serious health problems such as hypertension, stroke and heart disease. Salt encourages water retention, which leads to excessive strain on the heart and fluid weight gain.

did you know?

Americans consume **more than twice** the recommended daily amount of salt.



Common sodium traps

These foods are known for the amount of sodium they contain:

Canned meats, ham, bacon, sausage, hot dogs, luncheon meats (bologna, salami, etc.) • Fish, canned in oil or brined
Canned shellfish • Salted nuts, seeds and snack mixes • Soy protein products • Pizza • Lasagna • Frozen dinners
Soups • Cheeses • Instant cocoa mixes • Bouillon cubes Olives, pickles, pickle relish • Seasoning salts

Read the label

Remember to always read the label and look out for these sodium code words.

They hide extra calories and extra pounds and could lead to health problems:

Salt • Sodium • Monosodium glutamate (MSG) • Baking powder • Baking soda • Disodium phosphate
Sodium benzoate • Sodium hydroxide • Sodium nitrite • Sodium propionate • Sodium sulfite

Here are a few tips in lowering your salt intake
and improving your health in the process:

- Limit salty snack foods like potato chips, corn chips, salted pretzels and salted popcorn.
- Choose **reduced-sodium** products whenever possible, such as reduced-sodium soups, soy sauce, canned tuna, spaghetti and barbecue sauce.
- Look out for canned or frozen vegetables. Many have large amounts of **added sodium**.
- Nearly all **processed** foods contain sodium. Opt for fresh foods as often as you can.
- **Avoid** fast-food restaurants whenever possible. Menu items are usually **very high in sodium**.
- Use **salt-free** seasoning blends.
- Season with herbs and spices. Most are **sodium-free**.



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staying hydrated

Water. You can't live without it.

- Water is necessary for life. And, it's the most overlooked nutrient of all. Water transports nutrients, carries away waste, and keeps our skin, nose and eyes moist.
- Experts say adults should drink at least eight cups of water a day. Other fluids and high-water foods contribute to our daily intake, but coffee and tea containing caffeine do not.
- Water is a better "on-the-go" beverage choice than soft drinks. Fill water bottles for an easy, earth-friendly way to stay hydrated.

Tips and suggestions on keeping your water intake up:

- High heat and humidity put great strains on our body's cooling system – be sure to drink plenty of water, perhaps more than eight glasses. It will help you stay cool.
- If you're exercising in the heat and humidity, be sure to drink plenty of water before, during and after your exercise session.
- Water is THE best thirst quencher. Most beverages billed as thirst quenchers are, in fact, high in calories and low on nutrients.
- Children need to drink plenty of water each day. Do NOT rely on juices or soft drinks when they're thirsty. Limit their juice intake to ½ cup daily and avoid soft drinks.
- Alcohol and caffeine increase the need for water by increasing fluid loss.
- For a cool summer thirst quencher, try mixing half a glass of sugar-free Sprite or water with half a glass of juice.

Nothing adds sweetness to any dish like sugar. But beware, you will pay a price in both empty calories and excess weight. Here are some quick tips to avoid sugar without losing the sweetness you're after:

- Eat less food that's high in sugar, such as soft drinks, juice drinks, candy, cakes, cookies, ice cream and frozen yogurt.
- Try choosing canned or frozen fruits processed without added sugar.
- For soft drinks, try fruit juices mixed with sugar-free Sprite or water.
- Go for unsweetened cereals sweetened with fruit.
- Reduce the amount of sugar in recipes. You'll find cutting the amount called for in half won't compromise the flavor.
- Heated cinnamon applesauce over pancakes is a great alternative to syrup.
- On bread or sandwiches, mashed bananas are a great alternative to jams or jellies.
- When it comes time for a snack, reach for the dried fruit instead of candy.

Read the label

An informed consumer is the best consumer.

Read the label and look out for these sugar code words:

Sucrose • Maltose • Dextrose • Invert sugar
Levulose • Fructose • Corn syrup • Brown sugar
High fructose corn syrup • Glucose • Turbinado sugar

Flavor enhancers

Try these great substitutes without giving up sweetness:

Allspice • Cardamom • Cinnamon • Cloves
Fennel • Ginger • Nutmeg

TIP: Try extracts of maple, coconut, banana and chocolate to also enhance sweetness.



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