

# 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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