

Helpful Tips for Fruits and Veggies:

- Keep all fresh produce in the fridge, except fresh potatoes, onions, bananas and melons.
- It is good to wash all fresh produce with cool tap water.
- Keep prep areas of fruits and veggies away from raw meats.
- In season fruits and veggies can be affordable; check out your local farmer's market for some local foods!

Resources:

All cooking resources described in this brochure can be found at eatright.org.

The food & nutrition topics are a great for tips on nutrition and healthy eating for the public.

Picture references:

1. Allcucina.com
2. <http://www.reluctantgourmet.com/the-secret-to-great-saute/>
3. Waferlacrosse.org
4. <http://www.eatright.org/Public/content.aspx?id=4294967441>

Basic Cooking Tips for Healthy Eating

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Keeping Your Meals Heart Healthy

When changing your cooking style to be more heart healthy, there are a few things you can do to lower the bad fat in your diet and bring in good fats, as well as lower salt. This can help reduce risk of heart disease.



Getting Started

- Begin to phase out use of cooking with animal fats and shortening, both the “bad fats.”
- Increase cooking in oils, such as canola oil or olive oil, which are both “good fats” for you.
- Slowly cut back on table salt. You can “unlearn” your love for salt by slowly cutting back.
- Trim visible fats on the meats you prepare.

Although hard at first, slowly changing your diet for you (and your family) can be great for your heart health!

Breakdown of Kitchen Vocab:

Confused by terms in recipes? No fear! Here are the meanings of some common cooking terms:

Mincing: cutting food into really small pieces

Roasting: cooking uncovered meat or vegetable in the hot oven air

Simmering: cooking food in a hot liquid, but not boiling

Dicing: cutting food into same size, square pieces

Sautéing Secrets

Cooking your veggies in a pan with a bit of oil adds a lot of flavor and can be a fun way to cook. The following steps make it easy:

1. Turn the burner on to a medium heat. Add the oil. Be careful of too much oil! Add enough to cover the pan in a thin layer of oil, but beware that too much oil adds more calories and can be a mess with splattering.
2. Cut your veggies about the same size so they cook evenly.
3. Tough veggies like carrots, onions, and potatoes take the longest cooking time, followed by peppers, broccoli, mushrooms, and lastly spinach and greens, so plan ahead.
4. Season with herbs and spices and enjoy!

Chef's Knife vs. Serrated Knife

Serrated knives (with little teeth) are good for breads, but the better choice when chopping fruits and veggies is the chef's knife (no teeth), which uses less constant slicing.



Cooking for One?

It can be a hard job to cook meals for one (or two) people with lots of food, but these tips can help make it easier:

- Try using bulk bins to buy smaller amounts of food (found at the Co-Op).
- Zip-lock bags are handy for freezing single portions.
- Fresh produce is great, but frozen can also be just as healthy with no worry of it going bad.



Basic Knife Skills

- Place the knife in your hand you use most often.
- With the other hand, hold the food item with your fingers curved (nails on the item) to stop cuts.
- Use a downward, rocking motion to make the cut. Hold the knife how you like, but the photo above gives a good example.