

## Healthy Cooking Tips

1. Wash vegetables and fruits (including those with a removable outer skin) with a food grade veggie wash. (DON'T USE DISH SOAP!)
2. Use a separate cutting board for meats and vegetables, and wash utensils with hot soapy water to avoid cross-contamination of these foods.
3. Steam vegetables lightly to maintain their optimum nutrition.
4. Substitute at least half whole grain flour for white flour in baking recipes.
5. Use more fresh herbs and less salt (especially processed salt) in your food.
6. Bake foods instead of frying whenever possible.
7. Use olive oil for cooking instead of other less healthy fats like margarine or lard.
8. Replace up to half or more of the mayonnaise or sour cream in many recipes with organic fat-free Greek yogurt.
9. Use refrigerated leftovers within a week.
10. Partially cook meat before grilling, and avoid charring the meat to reduce the production of carcinogens.