How to: Cook healthy at home

Carbohydrates: Reduce extra sugar

- Choose whole grains half the time
- Cut the sugar used in recipes in half
- Sweeten baked goods with applesauce, bananas, or other fruit purees

Proteins: Cut back on saturated fat

- Reduce saturated fat by choosing lean cuts of beef and pork, such as "loin" or "round"
- Remove skin from poultry and fat from meats
- Eat fish regularly
- Try some meatless meals each week using beans, eggs, tofu, lentils, etc. to switch things up

Cooking tips:

- Saute foods in wine, broth, or juice instead of fat or oil, use nonstick sprays instead of oil
- Bake, broil, grill, roast, or stew instead of frying
- Place meat on a rack while cooking to drain off grease
- Season with herbs & spices instead of salt