

# Chef Solus' Healthy Cooking Tips



In general, most recipes can be made healthier using these simple guidelines:

## Start with Healthier Ingredients!

### Healthier food listed by food groups:

#### Grains Group:

- Using 100% whole grains make bread, pasta, flour and rice give recipes a fiber punch that is great for the heart and tummy!
- Look for the word “whole” on the package.

#### Dairy Group

- Use reduced fat or low fat ingredients such as low fat cheese or skim milk.

#### Protein Group

- Skinless white meat chicken/turkey are low in fat. Lean ground turkey is a healthy substitute for ground beef.
- Use lean cuts of meat, remove the white fatty parts
- Add nuts or seeds to salads and cereals.
- Some recipes taste great with beans and tofu instead of meat.

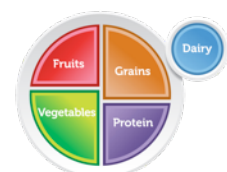
#### Fruit and Vegetable Groups:

- Add fruits and vegetables as side dishes
- Add vegetables in sauces and soups for more flavor.
- Use more fruit for sweetening up desserts and instead of sugar.

#### Healthy Oils:

- Healthy oils (fat) usually comes from unrefined products such as fish, nuts, avocado, seeds, and olives
- Use a small amount of healthy oils instead of butter, shortening or lard. Using a teaspoon or brush helps control the amount of oils you are using.

#### Chef Solus Healthy Recipes



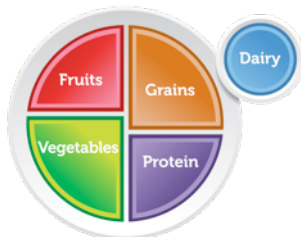
# Chef Solus' Healthy Cooking Tips

Next look at the cooking method:

## Healthy Cooking Tips

Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying.

- Use low fat cooking methods such as grilling, steaming, boiling, or baking.
- Use small amounts of high salt ingredients such as soy sauce or chicken broth. Add water to dilute the amount.
- To lower sodium, you can replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.



[Play our Play our Chef Solus Cooking Game!](#)

