

# Healthy Cooking

**W**ho does most of the healthy cooking at your house? Your mom? Your dad? Your grandmother? What about you? Do you like to cook? Do you know how to cook healthy meals? If not, you're missing out. You're missing a chance to learn some important skills. You're missing a chance to take more control of your life. Learning to cook will help you be a healthy eater for life.

Cooking is an important job. It's also fun. It's a chance to be creative. It's a chance to do things as a family. Of course, it begins way before you start cooking. It's a process. Remember what's involved?

1. **Find healthy recipes.** Be a detective. Find healthy recipes in cookbooks. Find them online. Be a creative food scientist. Make recipes healthier by using GREEN or YELLOW foods instead of RED foods.
2. **Plan healthy meals.** Start planning meals with your parents. Planning for a week at a time takes less time than doing it day by day. You could help plan 1 or 2 meals a week.

3. **Make a grocery list.** This way you will have all the foods and spices you need. Use the Help Sheet.
4. **Use the grocery list to shop for healthy foods together.** Shopping together helps your parent. It also gives you a chance to learn more about healthy foods.
5. **Prepare the food.** You can't do this well unless you have followed the other steps. This is the fun part. Cooking can be fun.
6. **Enjoy the food you planned and prepared.** Knowing it's healthy makes it even better.

Talk to your parents about this process. Ask them to help you get involved. Pick 1 or 2 meals each week that you will help cook. Practice the healthy cooking tips. Look for recipes that you especially like to cook and eat. Make these your specialties!

**KEY GOALS**

*Keep working to meet your 4 key goals:*

- ⊙ Limit RED foods
- ⊙ Increase GREEN activity
- ⊙ Hold Family Meetings
- ⊙ Keep Track of Weight

**MAINTENANCE TIP**

**Master the Healthy Cooking Tips.**

Good habits make it easier to do healthy cooking all the time. Here are some healthy cooking tips. These are really healthy tricks you do with food. Use them to make food taste good—and be healthy. Go over them with your parents. Which ones are your family



**Here's what you'll learn about in this module:**

- ▶ Planning healthy meals
- ▶ Healthy ways to flavor and prepare your food
- ▶ How to get started doing cooking your personal favorites



doing now? Which ones could you start doing? The more you cook healthy food, the easier it becomes. Soon, it's a habit. You don't have to think about it. You just do it. It's automatic.



## Making healthy toppings

- ▶ Eat your bagel plain. Or add cinnamon, all-fruit spread, or low-fat cream cheese.
- ▶ Mix dry seasonings with water, vinegar, or both, to top salads.
- ▶ Put strawberries, bananas, or cinnamon on your oatmeal instead of brown sugar, maple syrup, or honey.
- ▶ Top low-fat pancakes or waffles with applesauce or cinnamon instead of syrup. Or try fruit such as blueberries, strawberries, or bananas.
- ▶ Use lemon or vinegar (oriental or balsamic) as salad dressing.
- ▶ Use low-fat or non-fat yogurt instead of sour cream.
- ▶ Use non-fat margarine sprays instead of butter/margarine on vegetables and hot cereal.
- ▶ Use salsa for salad dressing or on potatoes.
- ▶ Use wheat germ, bran, or whole-wheat breadcrumbs instead of buttered crumbs as a topping for casseroles.



## Preparing meat

- ▶ Avoid bacon, beef jerky, and sausage.
- ▶ Avoid duck, goose, and processed poultry.
- ▶ Buy skinless poultry. Or, remove the skin of poultry before cooking. This avoids adding extra fat.
- ▶ Buy the leanest ground meats. At least 90% lean. Or buy lean ground turkey.

## Flavoring your food

- ▶ Add flavor to rice and noodles with bouillon cubes or broth instead of butter/margarine.
- ▶ Add flavor to vegetables by sautéing them in broth. Use low-sodium broth if you want less salt.
- ▶ Brush what you are frying with canola, olive, safflower, or sunflower oil if you do fry. Brushing uses less oil. Or use non-fat cooking spray.
- ▶ Make no-fat gravy. Mix a tablespoon of cornstarch with a cup of room-temperature broth. Shake it in a closed container. Add it to the rest of the broth. Simmer until it thickens.
- ▶ Mix water with any of these foods for stews, sauces, or sautéing: applesauce, chilies, flavored vinegar, fruit juice, garlic, ginger, herbs, ketchup, lemon, lime, mustard, non-fat milk, onion, pepper, spices, or vegetable juice.
- ▶ Use as little butter/margarine and oil as you can.
- ▶ Use non-fat vegetable oil sprays instead of oil or butter/margarine.
- ▶ Use non-stick cookware instead of oils or sprays.

- ▶ Place cooked meat in a colander lined with a paper towel to allow fat to drain after browning.
- ▶ Poach chicken or fish in a pan of simmering liquid on top of the stove.
- ▶ Roast meats at a low temperature (350 degrees). This prevents fat from being sealed into the meat.
- ▶ Stew or braise meat or poultry the day before you plan to eat. Refrigerate it overnight. Remove the solidified fat before reheating it for eating.
- ▶ Stir-fry meats and vegetables. Very little fat is needed for this. The high heat and constant motion keep the food from sticking or burning.
- ▶ Trim all fat before cooking.
- ▶ Use a draining rack so the fat can drip from the meat when grilling and roasting.



## Baked goods

- ▶ Limit the baking of cookies, cakes, and other sweets. Baking these types of food are hard to make healthy. You can't just bake one serving. That means you have extra RED foods around the house.
- ▶ Cut the amount of sugar by ¼. Keep cutting sugar where you can.
- ▶ Use a sugar-substitute.
- ▶ Use any pureed fruit as a substitute for oil.
- ▶ Use applesauce instead of oil or butter/margarine.
- ▶ Use low-fat or non-fat



yogurt instead of sour cream.

### Creative cooking

- ▶ Boil, microwave, poach, or steam instead of frying.
- ▶ Replace some of the bread in poultry stuffing with chopped vegetables.
- ▶ Shred or grate cheeses. This makes less cheese go further.
- ▶ Use brown rice instead of white rice.
- ▶ Use beans, lentils, and peas for protein instead of meat.
- ▶ Use cornstarch, flour dissolved in cold water, or puréed vegetables when thickening soups, stews, or sauces.
- ▶ Use half the amount of meat in a recipe that calls for a lot of meat. Use vegetables instead.
- ▶ Use low-fat or non-fat milk, not whole milk.

Tyrone’s father liked to cook. He used to barbeque with lots of heavy sauces. After Tyrone started the TODAY program, his father learned about healthy cooking. His healthy specialty was vegetable frittatas. His family loved it. One day he said he was planning to make it. Tyrone was excited. He knew it was very tasty—and it was healthy.

“Why don’t you help me make vegetable frittatas?” his father said. “I’ll teach you how. Then we could work together to make some other healthy, great-tasting meals. We could learn new healthy ways to cook together.”

“Great,” said Tyrone. “I’d love to do that. There’s so much about healthy cooking that you could teach me! I know you take the basics. Then you make them healthier. I just don’t know how to do it.”

“Here’s what I do,” his father said. “I often use frozen, non-fat hash-brown potatoes. They are non-fat because they are baked. Sometimes I make my own healthy hash browns. First I slice a potato into thin strips. Then I bake the strips in the oven. Because they have no oil, they’re not a RED food.” Tyrone said he wanted to learn how to do this.

“We could take some other family recipes and see what we can do to make them healthier. I’m sure we could come up with some new favorites this way. We could use the healthy cooking tips the TLP gives us,” his father said. “We don’t have to do it all at once. We can take our time and learn how to use a few more healthy cooking tips each week. As time goes on, we’ll learn how to do them all.”

“It’s just like losing weight,” Tyrone said. “One step at a time. Let’s start by making a list of the healthy cooking tips you’ve been using. You can teach me those first.” And they did.

Tyrone’s favorite sandwich was salami and Swiss cheese on white bread with mayo. He knew it wasn’t very healthy, but he was used to it. His father suggested he look for a healthier sandwich. Tyrone found a healthy recipe for a sandwich wrap that he liked. It was nutritious, and he could take it to school. That became his first special recipe.

(recipes on next page)



### Add flavor to your vegetables

Add flavor to vegetables by sautéing them. Mix water with any of these foods to make broth for sautéing: applesauce, chilies, flavored vinegar, fruit juice, garlic, ginger, herbs, ketchup, lemon, lime, mustard, non-fat milk, onion, pepper, spices, or vegetable juice.

Learning to cook will help you be a healthy eater for life.

Why did Tyrone want to learn to cook?

---



---



---



---

How would learning to cook help you?

---



---



---



---

Good habits make it easier to do healthy cooking all the time.

### Skills and Goals for healthy cooking

- ▶ Talk to my parents about how to do more healthy cooking.
- ▶ Plan to cook 1 or 2 meals a week with my family.
- ▶ Get to know the tips for healthy cooking. Start to use them.
- ▶ Identify a few favorite recipes. Begin to use them regularly.

#### Tyrone's Father's Vegetable Frittatas

Serves 4

232 calories per serving

##### Ingredients

- 1½ cup non-fat hash browns
- 1½ cup egg whites
- ½ cup onion, chopped
- ½ cup red pepper, chopped
- 1 cup broccoli florets, cut into small pieces
- ¾ cup low-fat cheddar cheese
- 1 Tbsp. butter/margarine

##### Directions

1. Preheat the broiler.
2. Sauté vegetables and hash browns in 1 Tbsp. of light margarine over medium heat for 5 minutes in a broiler-safe skillet.
3. Spread hash browns and vegetables evenly in skillet.
4. Pour egg whites into skillet over the hash browns and vegetables.
5. Cook until eggs are almost set.
6. Top with low-fat cheese.
7. Broil until cheese melts.

##### Variations

1. Use other vegetables.
2. Add ½ cup of extra lean ham, chicken, or turkey to increase protein.
3. Make your own healthy hash browns. Slice a potato lengthwise into thin strips. Bake them in the oven.

#### Tyrone's Club Sandwich Wrap

Serves 1

297 calories per serving

##### Ingredients

- 1 low-fat wheat tortilla, 7" diameter
- 2 Tbsp. mustard
- 1 oz. lean and low-sodium turkey slice
- 1 oz. lean and low-sodium ham slice
- 1 oz. low-fat Swiss cheese slice
- 1 iceberg lettuce leaf
- 2-3 tomato slices

##### Directions

1. Spread mustard on one side of the tortilla.
2. Lay the lettuce, turkey, ham, Swiss cheese, and tomato on top of the mustard on the tortilla.
3. Bring the sides of the wrap in.
4. Roll it up
5. Wrap it in plastic wrap.
6. Slice the sandwich wrap in half just before eating.
7. Remove the plastic wrap.



*Notes to myself—some things I want to keep in mind this week:*

---



---

# Healthy Cooking

## Healthy Eating Tips

List the healthy eating tips you are already using.      List the healthy eating tips you would like to try.


## What Do You Remember About Healthy Cooking?

Fill in the blanks with the correct answers.

- Learning to cook healthy meals will help you \_\_\_\_\_.
  - Eat healthy
  - Have fun
  - Be creative
  - All of the above
- A healthy way to flavor your food is to \_\_\_\_\_.
  - Use butter/margarine and oil
  - Sauté vegetables in broth
  - Mix water with fruit or vegetable juice for sautéing
  - B and C
- A healthy topping is \_\_\_\_\_.
  - Salad dressing
  - Salsa
  - Syrup or maple sugar
  - Butter/margarine
- Prepare food in a healthy way by \_\_\_\_\_.
  - Trimming all fat
  - Buying lean ground meat and skinless poultry
  - Poaching chicken or fish in simmering liquid
  - All of the above
- Other tips for healthy cooking include \_\_\_\_\_.
  - Using brown rice instead of white rice
  - Switching to low-fat milk in recipes
  - Shredding or grating cheeses to make less cheese go further
  - All of the above

Answers 1. D 2. D 3. B 4. D 5. D

## What Are Your Favorite Meals?

List some of your favorite family dinners. These could be meals that you would like to learn how to cook. Use your list to suggest 1 or 2 meals that you would like to help cook this week. You could cook other meals on your list another week.

1. Tyrone's Club Sandwich Wrap
2. Tyrone's Father's Vegetable Frittatas
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

Your family is learning to plan meals a week in advance. This also saves time. It helps with shopping. Be sure to talk to your parent about your ideas. Talk to your parents about helping to cook 1 or 2 meals each week.

## What Will You Need For Your Meals?

Write down what you would need for two family dinners next week. Think about these 5 food groups. Do you need to check the recipe? Talk to your parent about the foods you will need. What foods do you need to put on your grocery list? Write them down.

Meal:	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Meal:	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

List some of your favorite vegetables.	How do you like them prepared?
1.	
2.	
3.	
4.	
5.	

# Healthy Cooking

## TLP Grocery Shopping Tips

- ▶ Be sure to check the Nutrition Facts labels. Look for foods with less fat, fewer calories, and less salt. Check the date to be sure your food is fresh.
- ▶ Stick to your list when you shop. Buying on impulse often leads to bringing home RED foods.
- ▶ Avoid processed and prepared foods whenever possible.
- ▶ Make meat a side dish. Build your meals around fruits and vegetables.
- ▶ Pick firm fruits and vegetables.
- ▶ Ask your PAL for more grocery lists. Fill out a new one whenever you plan your weekly menu.

## Main Meals: Your Week At A Glance

*Plan out one meal for each day of the week with your parent. Think about the foods you will need.*

Day	Meal	Name	Foods
Sunday	Brunch	Vegetable Frittatas	Cheddar cheese (non-fat), eggs, hash browns, onion, and red pepper

# TLP Grocery List

Use this grocery list to shop for healthy foods. Check off each item you need to shop for this week. Note: the items are color coded to match the TLP Food Reference Guide.

## Vegetables

- Artichoke hearts
- Asparagus
- Broccoli
- Brussel sprouts
- Carrots
- Cauliflower
- Celery
- Collard greens
- Corn
- Cucumbers
- Eggplant
- Frozen vegetables
- Leeks
- Lettuce
- Mushrooms
- Onion: red
- Onion: scallions
- Onion: yellow
- Pepper: green
- Pepper: red
- Pepper: yellow
- Potatoes: Idaho
- Potatoes: red
- Potatoes: sweet
- Snow peas
- Spinach
- Squash
- Sugar-snap peas
- Tomatoes: cherry
- Tomatoes: paste
- Tomatoes: plum
- Tomatoes: stewed
- Tomatoes: sun-dried
- Zucchini

## Milk/Dairy

- Milk: non-fat
- Milk: low-fat (skim or 1%)
- Yogurt: non-fat

## Cheese (low-fat or non-fat)

- Cottage cheese: low-fat
- Cottage cheese: non-fat
- Cream cheese: fat-free

- Mozzarella: low-fat
- Parmesan: fat-free
- Swiss: low-fat

## Fruits

- Apples
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Melons
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Prunes
- Raspberries
- Strawberries
- Tangerines
- Watermelon

## Meat/Fish/Eggs

- Chicken breasts or thighs: skinless
- Eggbeaters
- Egg: whites
- Flank steak
- Ground beef: 95 – 98% lean
- Ham lunchmeat: 98% lean
- Pork loin or pork chops
- Roast beef lunchmeat: 98% lean
- Tuna: canned and packed in water
- Turkey: no skin
- Turkey breast: ground, 95 – 98% lean
- Turkey lunchmeat: 98% lean

## Beans (not prepared with lard)

- Black-eye peas
- Chickpeas
- Chili beans
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Navy beans
- Pinto beans
- Wax beans

## Cereal

- All Bran
- Bran Flakes: no raisins
- Cheerios
- Cornflakes
- Fiber One
- Kix
- Oatmeal: unsweetened
- Quaker oats: unsweetened
- Rice Krispies
- Special K
- Wheaties

## Grains/Starches

- Bagels
- Barley
- Bread: whole wheat
- English muffins
- Grits
- Pancake mix: reduced-fat
- Pasta
- Popcorn: air-popped
- Pretzels
- Rice
- Tortillas
- Waffles: low-fat, frozen

## Condiments/Free Foods

- Balsamic vinegar
- Barbeque sauce
- Bouillon cubes
- Chicken broth: low-fat
- Cinnamon
- Herbs
- Garlic
- Ginger: fresh
- Ketchup
- Lemon juice
- Mustard
- Mayonnaise/sandwich spread: non-fat
- Pancake syrup: sugar-free
- Parsley
- Salad dressing: non-fat
- Salsa
- Spices

## Other foods

- Coffee/tea
- Cooking spray: non-stick, non-fat

## Household supplies

- Cleaners
- Dishwashing soap
- Laundry detergent
- Light bulbs
- Tissues
- Toilet paper
- Trash bags



# Healthy Cooking

## What's involved in healthy cooking?

1. Find healthy recipes.
2. Plan healthy meals.
3. Make a grocery list.
4. Use the grocery list to shop for healthy foods.
5. Prepare the food.
6. Enjoy the food you planned and prepared.



## How to get started doing healthy cooking

- ▶ Talk to your parents about getting involved.
- ▶ Pick 1 or 2 meals each week that you will help cook.
- ▶ Practice the healthy cooking tips.
- ▶ Look for recipes that you like to cook and eat. Make these your specialties.



## Flavoring your food

- ▶ Make no-fat gravy.
- ▶ Mix water with herbs, spices, and other foods to make healthy sauces.
- ▶ Use the many other tips like these to flavor food without RED foods like oils or butter/margarine.
- ▶ Pick one or two ways and get started. See what you like.

## Making healthy toppings

- ▶ Use lemon or vinegar for salad dressing.
- ▶ Put strawberries and bananas on your cereal.
- ▶ Use other tips like these to flavor toppings without RED foods like oils or butter/margarine.

## Preparing meat

- ▶ Buy skinless poultry and lean ground meats.
- ▶ Boil, microwave, poach, or steam instead of frying.

- ▶ Cook with less fat and less oil.
- ▶ Use other tips like these to prepare meat in ways that are healthy to eat.

## Baked goods

- ▶ Avoid baking sweets whenever you can.
- ▶ Cut the amount of sugar by 1/4. Keep cutting sugar where you can.
- ▶ Use a sugar substitute.
- ▶ Use any puréed fruit as a substitute for oil.
- ▶ Use other tips like these to bake with less sugar and oil.

## Creative cooking

- ▶ Shred or grate cheeses.
- ▶ Use brown rice instead of white.
- ▶ Use beans, lentils, and peas for protein instead of meat.
- ▶ Use other tips like these for many creative ways to prepare healthy meals.