

Healthy Cooking

PARENTS ASK:

What's involved in healthy cooking?

Cooking healthy meals and snacks begins way before you start cooking. It's a process.

1. **Find healthy recipes.** You can find healthy recipes in cookbooks. You can find them online. You can make recipes healthier by using GREEN or YELLOW foods instead of RED foods.
2. **Plan healthy meals.** Planning for a week at a time takes less time than doing it day by day.
3. **Make a grocery list.** This way you will have all the foods and spices you need.
4. **Use the grocery list to shop for healthy foods.** Shopping together gives you a chance to talk to your child about healthy foods. It's also more fun. Use the Help Sheet.
5. **Prepare the food.** If you have done the other steps, this is the fun part.
6. **Enjoy the food you planned and prepared.** Knowing it's healthy makes it even better.

Are you following these steps? What could you do better? It's easy to slip into poor habits. It's important to take a look at how

things are going from time to time.

PARENTS ASK:

How can I get my child involved in cooking? He really isn't involved. I do most of the work.

You're doing an important job. But your child is missing a chance to learn some important skills. Learning to cook will help him be a healthy eater for life. It's also fun. It's a chance to be creative. It's a chance to do things together.

Sit down with your child. Talk about how he can get involved. Explain why it's important. Point out how much he's missing. Point out that you would like his help. Then schedule at least 1 or 2 times a week that you will cook together.

KEY GOALS

Continue to help your child meet her 4 key goals:

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

Go over all the healthy tips you will use. Talk about the tips as you do them. Get him involved in preparing part of the meal, like sauces. Or cutting fat off the meat.

Encourage him to find some meals that he especially likes to cook.



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

- ▶ Planning healthy meals
- ▶ Healthy ways to flavor and prepare your food
- ▶ How to get your child involved in cooking
- ▶ How to plan what foods you will need for each meal



Learning to cook will help you and your child be healthy eaters for life.



Master the Healthy Cooking Tips.

Good habits make it easier to do healthy cooking all the time. Here are some healthy cooking tips. These tips are really tricks you do with food. Use them to make food taste good—and be healthy. Which ones are your family doing now? Which ones could you start doing? The more you do healthy cooking, the easier it becomes. Soon, it's a habit. You don't have to think about it. You just do it. It's automatic.



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.



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.
- ▶ Place cooked meat in a colander lined with a paper towel so fat can 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 in.
- ▶ Stew or braise meat or poultry the day before you plan to eat it. 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.

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. 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)

How did Tyrone's father involve him in cooking?

How could you involve your child?

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.

- ▶ 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.



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.



Creative cooking

- ▶ Use low-fat or non-fat yogurt instead of sour cream.
- ▶ 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.

Healthy Serving Tips

- ▶ Allow no eating outside of the kitchen.
- ▶ Keep extra food off the table.
- ▶ Remind your family to be careful about portion sizes.
- ▶ Serve food yourself until your child learns to handle portion sizes.
- ▶ Serve on small plates.
- ▶ Store extra food for eating later in the week before serving the meal.

How to help your child learn to do healthy cooking

- ▶ Teach your child the healthy cooking tips.
- ▶ Involve your child in cooking at least 1 or 2 times a week.

How to help yourself do more healthy cooking

- ▶ Get to know the healthy cooking tips.
- ▶ Start to use them.
- ▶ Identify a few favorite recipes.

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.

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

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.



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

Weekly Family Meal Menus

Write down your menus for family dinners next week. Think about these 5 food groups. What foods do you need to put on your grocery list? Write them down.

Sunday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Monday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Tuesday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Wednesday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Thursday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Friday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

Saturday Dinner	Food
Grains	
Vegetables	
Fruit	
Meat or Protein	
Milk or Milk Product	

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

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.



Get your child doing healthy cooking

- ▶ Talk to your child about getting involved.
- ▶ Go over the healthy cooking tips.
- ▶ Pick 1 or 2 meals each week that you will cook together.
- ▶ Help your child find some recipes that he likes to cook and eat. These can become his specialties.



Flavoring your food

- ▶ Make non-fat gravy.
- ▶ Mix water with herbs, spices, and other foods to make healthy sauces.
- ▶ Use 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.