



How to Prepare Your Food Healthy

- Try and use a nonstick pan or nonstick spray coating in place of oil while preparing snacks at home.
- Bake or microwave in place of instead of frying, you can avoid using any fat or liquid.
- Part-skim mozzarella, string cheeses, farmer's cheese are comparatively lower in fat compared to other cheese varieties.
- Replace cow's cheese with goat cheese where required
- Choose low-fat or baked versions of potato chips and tortilla chips
- Use whole-grain breads for sandwiches and also as addition to meals
- Try having hot and cold cereals which are whole grain for a better nutritional variety.
- Instead of margarine, butter, mayonnaise and sour cream use herbs and yogurt as seasonings
- Instead of high-fat sauces, use herbs, spices and nonfat marinades
- If you need to use eggs, substitute two egg whites for one whole egg
- For those snack recipes which use sour cream, replace with yogurt, cottage cheese, or low-fat/ non-fat sour cream.
- Baking, broiling and roasting are the healthiest way to prepare snacks with poultry products.
- When recipes call for chocolate chips, try using ½ chocolate chips and half raisins.
- When a recipe calls for nuts, use half the amount and toast them in the oven first. This brings out the flavor. Or try substituting raisins or browned rolled oats instead.