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# Nutrition Matters

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## Healthy Cooking Is... Easier Than You Think

Healthy cooking means you can still use your favourite recipes if you make a few simple changes. These include increasing the amount of fibre, and reducing the fat, sugar, and salt content.

A pizza, for example, can be made lower in calories, sodium, and fat, and higher in fibre by making a few changes to the ingredients. Choose vegetables such as broccoli, onion, sweet peppers, tomatoes, zucchini, mushrooms and partly-skimmed mozzarella cheese instead of anchovies, olives, pepperoni and regular mozzarella cheese for toppings.

Try some of the following tips to help you reduce the fat, sugar, and salt and increase the fibre content of your favourite recipes.

<p>Use light sour cream. Substitute yogurt for the sour cream or mix yogurt and sour cream half and half.</p>	<p>Bake with vegetable oils that are high in polyunsaturated fats like sunflower, safflower, soya, corn and sesame, or mono-unsaturated fats like canola, peanut, and olive.</p>	<p>Avoid non-dairy substitute creamers and whipped toppings. They contain saturated fats such as coconut and palm oil.</p>
<p>Make single crust pies or better yet try fruit crisps or cobblers.</p> 	<p>If you use cream cheese or mayonnaise, choose the low fat versions.</p>	<p>Use margarines made from non-hydrogenated oils.</p>
<p>Include fish such as cod, sole, halibut, tuna, and salmon in meals at least once a week.</p>	<p>Switch to low fat salad dressings. Make your own creamy-type salad dressings by replacing most of the fat with a low-fat yogurt or buttermilk.</p>	<p>Trim all visible fat from meat before and after cooking.</p> 

<p>Use low fat cooking methods like broiling, baking, steaming, poaching, boiling, stir frying, barbequing, and roasting on a rack.</p>	<p>Use canned fish (tuna, sardines) that are packed in water, mustard or other oil-free dressings. If they are packed in oil, rinse under hot water before using.</p>	<p>Cook onions, celery, and mushrooms in a small amount of water in a non-stick pan or the microwave instead of frying.</p> 
<p>Watch your serving sizes of meat. Three or four ounces, about the size of a pack of cards is all you need.</p>	<p>Choose the leanest cuts of pork like loin, and tenderloin roasts and centre cut loin chops.</p>	<p>After cooking, chill meat stocks, gravies, soups, and stews; then remove the hardened fat that collects at the top.</p>
<p>Choose the leanest cuts of beef like round, tenderloin, sirloin steaks, and roasts. Flank, striploin, ribeye, wing, or club steaks are good choices too.</p>	<p>Serve low fat relishes and sauces like cranberry or mint sauce, with meat, rather than cream sauces or gravies.</p>	<p>Use a small amount of wheat or oat bran, oatmeal or ground flax seeds as toppings for casseroles and as fillers for meat loaf.</p>
<p>Add legumes such as chick peas, lentils, or kidney beans to soups, salads, or casseroles.</p> 	<p>Eat the edible skins of both cooked and raw fruits and vegetables. Choose whole fruits over juices.</p>	<p>Moisten sandwich fillings with a little plain yogurt, light mayonnaise, hot mustard, horseradish, or low-fat cottage cheese instead of mayonnaise.</p>
<p>Use small amounts of ground finely chopped or grated vegetables to stretch ground meat.</p>	<p>Use whole grain breads, English muffins, pita bread, rolls and muffins. Read labels and look for "whole wheat" flour and oatmeal.</p>	<p>Season foods with lemon juice, vinegar, herbs, spices, peppers, ginger, garlic, onion, or wine instead of salt.</p> 
<p>Use unflavoured gelatin and fruit juice rather than packaged presweetened gelatin which consists of 83% sugar.</p>	<p>Reduce the sugar content of recipes. Try using ½ to ¾ of the sugar called for in recipes.</p>	<p>Don't automatically add salt when cooking. Add it if necessary, after tasting.</p>
<p>A little goes a long way. Include a small handful of nuts or seeds as a snack every now and then.</p>	<p>There is more to tomato sauce than flavour! Gain the health benefits by using tomato sauce more often in meals.</p> 	<p>Experiment with soy products by slowly starting to use them in your cooking.</p>