

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK 5: Healthy Cooking-Cook at home and reduce amounts of oils and fats. Increase vegetables!

It is REALLY hard to find healthy choices when eating out...

- 97% of kids' meals at top chain restaurant failed to meet basic nutrition standards. (2013 report by Center for Science in the Public Interest.)
- Restaurant meals are loaded with unhealthy trans fats, sodium and sugar.
- You can't control the ingredients-salt, serving size, fried instead of baked.



BENEFITS of COOKING at HOME!

- Saves you MONEY!
- Safe and clean environment!
- It just tastes BETTER! No chemicals, corn syrup, preservatives. Try using some new herbs and spices! AMAZING flavors!
- Socialize! Invite kids to cook! Invite friends for a dinner party!

HEALTHY COOKING TIPS-Just add veggies!

<http://greatist.com/health/40-unexpected-ways-add-veggies-meal>

- Add vegetables to your scrambled eggs (or make a tofu scramble!)
- Zucchini and carrots can be added to muffins. Pumpkin pancakes!
- Top oatmeal with fruit! Add spinach or kale to a fruit smoothie!
- Did you know you can sauté anything with just WATER!? No need for oil.