HEALTHY COOKING TIPS

How food is prepared can be just as important in controlling diabetes as the food you eat. Here are some healthy cooking tips you may find helpful:

Skim fat from the top of soups and stews. Fat floats to the top as soups and stews chill. Just skim off the fat, reheat, and eat.

Limit salt. Don't add salt to food or cook with salt. Season foods with herbs, spices, vinegar, wine, or lemon juice.

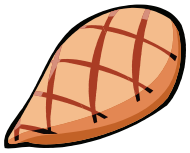
Eat or cook with skim or 1% milk instead of whole milk or 2% milk.

Grill, broil, roast, stir-fry, or poach only low-fat meats.

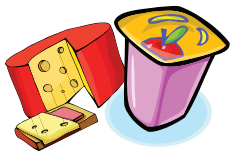
Use lemon or lime on fish and vegetables instead of butter or sauces.

Prepare foods using vegetable oil sprays instead of oil, shortening, or butter. Small amounts of canola or olive oil are best if you use oils.

Prepare chicken or turkey without the skin. Trim fat off meats before cooking.



Use only low-fat or fat-free milk, yogurt, cheeses, and meats in recipes.



Steam vegetables using water or a low-fat, low-salt broth.

Cook with whole-grain products (such as brown rice, oatmeal, barley, bran) rather than refined-grain products.

Add vegetables to casseroles and salads.

Healthy cooking tips are the same for people with or without diabetes. Talk to your diabetes educator, dietitian, or doctor for more information.

CLINICA family health
303.650.4460 www.clinica.org

Provided by Clinica Family Health.
© 2009 Learning About Diabetes, Inc.
All rights reserved. Rev. 2015