



## 10 Commandments of Healthy Cooking

1. For baking, use whole grain flour instead of all white flour. Consider mixing half and half.
2. Cut the amount of sugar you use in baking by half.
3. In egg dishes, use egg substitute in place of half the eggs.
4. Reduce the amount of oil by half. Consider using fat-free sour cream, orange juice, low-fat yogurt, and applesauce in baked goods.
5. Cook with reduced-fat or fat-free products when available and when they taste good.
6. Cut down on the amount of salt, and consider using herbs and spices to boost flavor.
7. Substitute brown for white - this applies to rice, pasta, and whole grain bread.
8. Reduce or eliminate the amount of processed foods you use, and watch out for preservatives.
9. Never deep fry when you can oven fry or pan fry with a lot less oil. Consider using a cooking spray in a non-stick pan.
10. Cook with more fruits and vegetables.