

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.

- Fat floats to the top as soups and stews chill, so 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.
- Drink or cook with 1% instead of whole or 2% milk.
- Use low-fat meats only and grill, broil, roast, stir-fry, or poach them.
- Use lemon or lime on fish and vegetables instead of butter or sauces.
- Add vegetables to casseroles and salads.
- 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 and trim fat off 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, and bran, rather than refined-grain products.

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

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