Healthy Cooking Tips & Tricks

Prepare food using vegetable oil sprays instead of butter or margarine. The best oils to use are olive oil, avocado oil, and canola oil

Cook with whole-grains, like brown rice or whole-grain pasta, instead of refined grains

Choose lean meat options, like chicken, fish or turkey, instead of red meat

Pay attention to which fruits and vegetables are in-season as they will be higher in nutrients during that time

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