Through the Beginner and Advanced Nutrition Workshops, you have learned about the types of food that are healthiest for you to eat, foods to avoid, and been given some great ideas for meals and snacks. In the final week of the Advanced Nutrition Workshop, you will learn how to prepare your nutritious food in healthy ways.

Why Food Preparation Matters
Cooking food in healthy ways can help you cut fat and calories. They can also help you best capture the food’s flavor and retain important nutrients. Most cooking methods are healthy. There’s only one you should really avoid, and that’s frying—each tablespoon of oil used in frying adds over 100 calories to your food.

Healthy Cooking Methods
These are just a few of the many cooking techniques that can help you prepare nutritious, delicious food:

- **Baking**: Typically done at a low temperature, this method and slow-cooks foods in the oven. Try baking vegetables, meats, poultry, and seafood.

- **Grilling**: You can grill a variety of foods, from meat to vegetables, and even fruits!

- **Roasting**: Done at a high temperature in the oven, this is a great way to add a rich flavor to your favorite vegetables or meats.

- **Steaming**: Try cooking vegetables in a perforated basket that you suspend above simmering liquid. Or, try cooking fish in foil or parchment paper with some liquid and place it in the oven.

- **Stir-Frying**: With this cooking method, you cook small pieces of food that you quickly stir in a large pan or wok. Try making a stir-fry dish that includes meat, noodles, and vegetables. Avoid using high-sodium sauces, like soy sauce.

Smart Ways to Flavor Your Food
Try these tips for cooking with seasonings:

- Choose fresh herbs whenever possible

- Use dried herbs like thyme and rosemary for added flavor—but they’re powerful, so don’t go overboard

- Avoid using prepackaged seasoning mixes, which may contain a lot of salt

- Vinegar or citrus juice can help enhance food’s flavor—add just before serving

- Finely chopped, fresh peppers can add spice to your food

Next Steps
1. Read “Heart-Healthy Cooking Tips”
2. Read “Top 10 Cooking Tips”
3. Track this week’s intake online in the Health Trackers section of the Wellness website (Optional)

Remember
The way you prepare food can influence how nutritious it is!