

- ◆ Always wash your hands before handling food. Wash them frequently as you work, especially when handling different ingredients.
- ◆ Go easy on added fat, salt, and sugar.
- ◆ Cook vegetables so that they remain firm or serve them raw in a salad. Don't overcook them.
- ◆ Bake, broil, roast, or steam your food. Avoid frying - that adds fat and calories.
- ◆ Always cook ground beef (try extra lean if you can) to brown it and drain off the fat before adding other ingredients.
- ◆ Serve fruit for dessert. Make fruit crisp by adding oatmeal, cinnamon, and a bit of sugar to sliced apples or peaches and baking them in the oven.
- ◆ Take the skin off chicken or turkey before you cook it. That way you eat less fat and calories.
- ◆ Save the water from boiled vegetables and use it for soups and stews.
- ◆ Ask for help if you need it. Advice can help make cooking easier and fun.