

# Cooking Right

Get the most from your meals with these tips.

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Fried foods may taste good, but the combination of oil and batter pack on extra calories and fat. These low-calorie and low-fat preparation methods will help your food retain nutrients without compromising taste.

FOOD	PREPARATION	BEST COOKING METHODS
<b>Meat and Poultry</b>	<b>Don't chew the fat.</b> Trim visible fat off meat and poultry and remember to take off the skin, except when roasting a whole chicken or turkey. In those cases, leave skin on during cooking and remove before eating.	<b>Take it low.</b> Grilling, broiling, roasting, sautéing and baking are low-fat cooking methods that melt away the excess fat.
<b>Vegetables</b>	<b>Clean it up.</b> Thoroughly wash vegetables before eating. If they aren't organic, peel off the skin and discard.	<b>Full steam ahead.</b> Vegetables retain more vitamins when steamed than when boiled. Also, slightly cooking veggies, such as carrots, zucchini and broccoli, helps them retain antioxidants.

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<http://beta.docker.realhealthmag.com/article/Cooking-Right-Meals-19049-8115>