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
Meat and Poultry	**Don't chew the fat.** 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.	**Take it low.** Grilling, broiling, roasting, sautéing and baking are low-fat cooking methods that melt away the excess fat.
Vegetables	**Clean it up.** Thoroughly wash vegetables before eating. If they aren't organic, peel off the skin and discard.	**Full steam ahead.** 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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