


# TIPS FOR HEALTHY COOKING



**The way you cook your food can make a big difference in nutritional values.**

- Go easy on fat, sugar and salt when preparing foods.
- Flavor foods with herbs, spices and other low-fat seasonings, instead of using rich sauces or gravy.
- Opt for homemade dessert to save money and make it healthier.
- Remove skin from poultry before cooking to lower the fat content.



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