

How to make easy, healthy food choices at home

The U.S. Department of Agriculture (USDA) recommends an overall healthy dietary pattern tailored to your personal and cultural food preferences. This pattern can include a variety of vegetables, fruits, whole grains, beans, legumes, fish, skinless poultry, nuts and fat-free/low-fat dairy products. Foods to limit would include sugary drinks, fatty or processed meats, solid fats, and salty or highly processed foods. It's all about making smart choices when you are at home. In order to make smart choices at home, it starts with making healthy choices at the grocery store and having them available in your home when it is time to prepare a meal.

HEALTHY EATING SUGGESTIONS

- **CHOOSE TO STEAM, BAKE, GRILL OR MICROWAVE YOUR FOODS RATHER THAN DEEP FRYING IN OIL**
- **USE NON-STICK COOKWARE**
- **MICROWAVE OR STEAM YOUR VEGETABLES INSTEAD OF BOILING THEM TO HELP RETAIN THE NUTRIENTS**
- **AVOID RECIPES THAT INCLUDE BUTTER AND OPT FOR HEALTHY OILS SUCH AS OLIVE OIL**
- **LIMIT ADDITION OF SALT TO MEALS AND CONSIDER SODIUM FREE SEASONINGS**
- **REMOVE CHICKEN SKIN AND TRIM THE FAT FROM MEATS**
- **EAT MORE FRESH VEGETABLES AND LEGUMES**
- **WHEN PURCHASING FRUITS AND VEGETABLES, REMOVE FROM THE STORE PACKAGING AND PLACE IN YOUR OWN CONTAINERS. PREPARE VEGETABLES BY WASHING AND CUTTING INTO SMALLER PIECES FOR EASE OF SNACKING**
- **OTHER SUGGESTIONS**
 - ⇒ **SPEND TIME ON PRESENTATION, YOU ARE MORE LIKELY TO ENJOY A MEAL IF IT IS VISUALLY APPEALING**
 - ⇒ **TRY TO TURN OFF THE TELEVISION DURING MEALS AND FOCUS ON WHAT YOU ARE EATING. CHEW SLOWLY, PLACING YOUR FORK DOWN BETWEEN BITES**
 - ⇒ **ALLOW YOURSELF THE OCCASIONAL GUILT-FREE TREAT**

SOURCE: [HTTPS://WWW.BETTERHEALTH.VIC.GOV.AU/HEALTH/HEALTHYLIVING/HEALTHY-COOKING-TIPS](https://www.betterhealth.vic.gov.au/health/healthyliving/healthy-cooking-tips)

