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Beginner lessons for Healthy Cooking

Master Healthy Cooking Basics for a Better Lifestyle!

DEFINITION

Healthy cooking involves preparing meals using nutritious ingredients that promote well-being. It focuses on balanced diets and cooking methods that preserve nutrients.

KEY CONCEPTS

Balanced Diet

A balanced diet includes a variety of foods from all food groups to provide essential nutrients.

Cooking Methods

Healthy cooking methods like steaming, grilling, and baking help retain nutrients and reduce fat.

Ingredient Substitutions

Using healthier alternatives, such as Greek yogurt instead of sour cream, can enhance nutrition.

Portion Control

Controlling portion sizes helps manage calorie intake and supports weight management.

Meal Prep

Preparing meals in advance can save time and ensure you have healthy options available.

EXAMPLES

- Swap white rice for quinoa in stir-fries.
- Use olive oil instead of butter for cooking.
- Prepare a week's worth of salads on Sunday.

MEMORY TIPS

- ★ Remember 'Fruits and Veggies First' for a healthy plate.
- ★ Use the acronym 'SMART' for meal prep: Specific, Measurable, Achievable, Relevant, Time-bound.
- ★ Think 'Baked, Grilled, Steamed' for healthy cooking methods.

COMMON MISTAKES

- ✗ Overusing oils and fats in cooking.
- ✗ Neglecting to read nutrition labels.
- ✗ Ignoring portion sizes and serving too much.

QUICK RECAP

Healthy cooking emphasizes nutritious ingredients and balanced meals. Focus on cooking methods that preserve nutrients and practice portion control for better health.