

Cooking Healthy at Home

Tips for quick, easy and inexpensive meal preparation.

staying hydrated

Water. You can't live without it.

- Water is necessary for life. And, it's the most overlooked nutrient of all. Water transports nutrients, carries away waste, and keeps our skin, nose and eyes moist.
- Experts say adults should drink at least eight cups of water a day. Other fluids and high-water foods contribute to our daily intake, but coffee and tea containing caffeine do not.
- Water is a better "on-the-go" beverage choice than soft drinks. Fill water bottles for an easy, earth-friendly way to stay hydrated.

Tips and suggestions on keeping your water intake up:

- High heat and humidity put great strains on our body's cooling system – be sure to drink plenty of water, perhaps more than eight glasses. It will help you stay cool.
- If you're exercising in the heat and humidity, be sure to drink plenty of water before, during and after your exercise session.
- Water is THE best thirst quencher. Most beverages billed as thirst quenchers are, in fact, high in calories and low on nutrients.
- Children need to drink plenty of water each day. Do NOT rely on juices or soft drinks when they're thirsty. Limit their juice intake to ½ cup daily and avoid soft drinks.
- Alcohol and caffeine increase the need for water by increasing fluid loss.
- For a cool summer thirst quencher, try mixing half a glass of sugar-free Sprite or water with half a glass of juice.

Nothing adds sweetness to any dish like sugar. But beware, you will pay a price in both empty calories and excess weight. Here are some quick tips to avoid sugar without losing the sweetness you're after:

- Eat less food that's high in sugar, such as soft drinks, juice drinks, candy, cakes, cookies, ice cream and frozen yogurt.
- Try choosing canned or frozen fruits processed without added sugar.
- For soft drinks, try fruit juices mixed with sugar-free Sprite or water.
- Go for unsweetened cereals sweetened with fruit.
- Reduce the amount of sugar in recipes. You'll find cutting the amount called for in half won't compromise the flavor.
- Heated cinnamon applesauce over pancakes is a great alternative to syrup.
- On bread or sandwiches, mashed bananas are a great alternative to jams or jellies.
- When it comes time for a snack, reach for the dried fruit instead of candy.

Read the label

An informed consumer is the best consumer.

Read the label and look out for these sugar code words:

Sucrose • Maltose • Dextrose • Invert sugar
Levulose • Fructose • Corn syrup • Brown sugar
High fructose corn syrup • Glucose • Turbinado sugar

Flavor enhancers

Try these great substitutes without giving up sweetness:

Allspice • Cardamom • Cinnamon • Cloves
Fennel • Ginger • Nutmeg

TIP: Try extracts of maple, coconut, banana and chocolate to also enhance sweetness.



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