

10 Tips for Healthy Cooking and Eating Smart

In this section you will find fun and easy cooking tips from Chef Becker specifically for adult patients with type 2 diabetes and high cholesterol.

- 1.** Use fresh ingredients instead of frozen or canned goods whenever possible.
- 2.** Use herbs, like garlic, ginger or oregano, to add a boost of flavor.
- 3.** Use non stick pans when possible to avoid having to use too many fats.
- 4.** Grilling is a great method of cooking that imparts a lot of flavor with very little added fat.
- 5.** Eat vegetables, soy protein and fiber, as your diet plans allows.
- 6.** Use olive or canola oil in place of butter where called for; in moderation these oils are sources of polyunsaturated fats, or “healthy” fats.
- 7.** Use a high speed blender to make fresh fruit smoothies that are delicious and healthful; bananas and strawberries are excellent sources of vitamins!
- 8.** To impart extra flavor into your vegetables, cook them in their own juices, think steaming, roasting or stir frying.
- 9.** Poaching is a method of cooking that retains nutrients and still tastes great, especially for fish.
- 10.** Sauté using water in a non stick pan, it’s easy and I will show you how here on “Two Reasons, One Recipe”.