

# Make it Healthy!

Fish or chicken fried in oil or butter with white rice, seasoned with salt and buttery, sautéed green beans on the side. This meal might get your mouth salivating but your body will suffer the consequences. How can we modify this meal so it will taste just as savory and actually energize our bodies and spirits? See below!

## GRILL or BAKE instead of FRY

Fried food is higher in calories because the food absorbs the fat of the oils. Experts know that eating lots of fat-laden food can raise blood pressure and cause high cholesterol, which are risk factors for heart disease.



## BROWN RICE instead of WHITE RICE

White rice is mostly a source of "empty" calories and carbs with very few essential nutrients. Also, our bodies digest white rice faster, so it spikes our blood sugar, which is especially dangerous for people with Diabetes. While brown rice is rich in fiber, which boosts metabolism and is good for weight loss, it also takes longer for our bodies to digest, which makes it safer for people with high blood sugar.



## Season with CILANTRO, LIME, & PEPPER instead of SALT

Pre-packaged meals and generally all food we buy pre-made will be high in sodium. The recommended milligrams of sodium for one adult per day is 2,300, yet most Americans consume over 3,400. One way to limit our intake of sodium is to avoid adding salt to the food we cook at home. Instead of adding salt, season your food with natural herbs, spices, vegetables like onions and peppers, and fruits like lemon and lime. There are many savory and fun combinations of seasonings you can try!



## STEAM VEGETABLES

Steamed vegetables will retain more flavor and nutrients, since they do not leech out into the water during boiling, though boiling is not an unhealthy cooking method. Steaming is more healthy than sauté because it does not require fats like oil or butter. Worried steamed vegetables without salt will lack flavor? Mix vegetables together with your meal's protein and starch for a medley, and season together with natural herbs, spices, vegetables like onions and peppers, and fruits like lime and lemon.

