

# Crispy, Not Fried



# Best Practice

Limit serving of  
purchased pre-fried foods  
to no more than once per  
week.

Fried foods contain high amounts of saturated fats that fill up small tummies, but provide no vitamins or minerals.

Instead of serving  
fried foods, use cooking  
methods that add little  
or no oil.

# Baking

Baking can yield a crisp, crunchy texture without the added saturated fat used in frying.

# Baking

Bake foods with a little extra liquid in covered or uncovered cookware surrounded by the hot, dry air of your oven.

# Poaching

Poaching is healthy because liquid, not oil, transfers heat to the food.

# Poaching

Gently simmer ingredients in liquid in a covered pan until they are cooked through and tender.



# Roasting

Roasting allows for the fat in meat, poultry, and fish to drip away as it's cooking.

# Roasting

Use a baking sheet or roasting pan and place a rack in the pan so the meat or poultry can sit above its fat drippings.

# Steaming

Steaming is a gentle way to cook foods like vegetables or chicken so they'll retain more flavors.

# Steaming

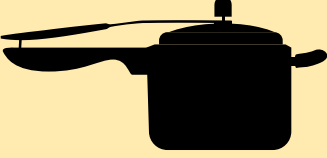
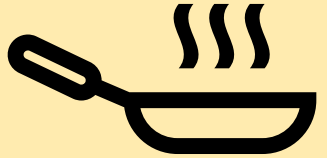
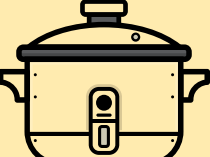
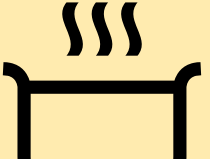
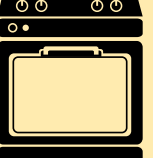
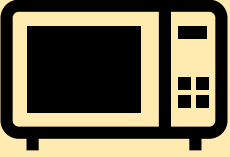

Add ingredients to a steam basket over simmering water. Do not immerse the ingredients in the water. Cover, bring the water to a boil, and reduce to a simmer.

# Sources

- Academy of Nutrition and Dietetics
- American Heart Association
- Mayo Clinic



# Healthy Cooking Methods

	Little/No Oil Needed	Nutrients Retained	Flavor Retained	Short Cooking Time	Desirable Texture
 Steam	✓	✓	✓	✓	✓
 Stir-Fry	✓	✓	✓	✓	✓
 Pressure Cook	✓	✓	✓	✓	✓
 Poach	✓	✓	✓	✓	
 Roast/Bake	✓	✓	✓		✓
 Microwave	✓	✓	✓	✓	
 Boil	✓		✓		

\*Stir-frying and roasting/baking may require a small amount of healthy oils. They are preferable cooking methods to deep-frying.