

# ***SOUTHEAST AREA EXTENSION SAYS***

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## **Healthy Celebrations**

Many activities this time of year feature delicious foods. How can you resist temptation and keep your goal of healthy living? Here are ten tips for healthier cooking.

1. Limit all fats; use smart fats. Choose unsaturated fats, especially monounsaturated. Canola and olive oils have the greatest percentage of monounsaturated fats. Canola is recommended for cooking, and olive oil for dressings and sautéing. Fats can be reduced by  $\frac{1}{4}$ - $\frac{1}{3}$  in many recipes.
2. Go unrefined. Make at least half of your grains whole.
3. Eat more fruits and vegetables in a variety of colors. Add fruits and veggies to casseroles and baked goods.
4. Choose lean meats. Trim fat and drain grease when possible.
5. Choose low-fat or nonfat dairy.
6. Keep portions reasonable.
7. Choose foods and beverages low in added sugar. Nutrition labels help you compare different foods. Sugar can be reduced by  $\frac{1}{4}$ - $\frac{1}{3}$  in many recipes.
8. Choose and prepare foods with little salt. Most processed foods are very high in sodium.
9. Go for flavor with herbs and spices, and you won't miss the salt.
10. Be mindful and enjoy your food.

All of these will help you have a healthy celebration. For more information on nutrition and wellness, contact your local Extension Office: Baca County 719-523-6971, Bent County 719-456-0764, Cheyenne County 719-767-5716,



**Southeast Area  
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**Bent County**  
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603 North Main St.  
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Crowley County 719-267-5243, Kiowa County 719-438-5321, Otero County 719-254-7608,  
Prowers County 719-336-7734. Or find us on the web at:  
<http://www.extension.colostate.edu/SEA>.

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