

## Healthy Cooking and Eating

Healthy cooking and making healthy food choices can be easy if you plan ahead. Many people avoid healthy cooking because it seems too difficult or too time consuming. A few basic ideas can be a great start to quick and easy healthy cooking. For example, substituting low fat items for higher fat versions can lower fat and calories. Trading high fat preparation methods such as sautéing and deep fat frying for lower fat methods such as braising or broiling can greatly reduce fat. Keeping a regular stock of staple items such as skim milk, whole-wheat flour, and low fat soups will help decrease fat and make foods healthier. Also, using a wide variety of spices adds more flavor to healthier versions. When baking, reducing sugar and fat in recipes by 1/3 is an easy way to create a healthier treat, and it will be difficult to even notice a difference! When fat is reduced in baked goods, add crushed fruit (bananas, strawberries, pumpkin, apples) for added moisture and flavor. Reviewing recipes and making healthy changes can help reach healthy cooking goals. Regularly making the following smart substitutions will put you well on your way to a healthier lifestyle:

### Instead of this

Whole milk  
Whipping cream  
Whole eggs  
Cream soup  
Sour cream  
Cooking oils  
Margarine/Butter  
Cheese  
Cream cheese  
Oils (baking)  
Regular ground beef  
Frostings

### Use this

Skim milk or 1% milk  
Chilled evaporated skim milk  
Egg whites  
Low fat soups  
Non fat sour cream  
Vegetable spray  
Butter sprinkles/low fat butter  
Low fat cheese  
Non fat cream cheese or yogurt  
Applesauce, non-fat yogurt  
Super lean ground turkey/beef  
Chocolate syrup

If you do not have time to cook, there are many ways to eat healthy "on the run." Rather than grabbing an unhealthy snack from the vending machine or local fast food, you can make healthy choices if you just prepare ahead of time. For a snack when you are on the go, bring fruits from home that are easy to eat such as bananas, apples, or dried fruit. You can also bring vegetables such as cut up baby carrots, celery, and cucumbers along with you. Also, think about air popping some popcorn to bring along in a bag. This is an inexpensive and low calorie snack. Other options "on the go" include whole-wheat crackers, whole-wheat bagels, low fat yogurts and smoothies. Consider an energy bar as well. Most energy bars are low in fat and have some protein as well.

If your only option is fast food, consider ordering a grilled chicken sandwich, the "kid's" hamburger rather than the regular burger, a roast beef sandwich, garden salads with a light dressing, low fat milk, or orange juice. Try to avoid french fries, fried fish sandwiches, "double" or 1/4 lb burgers, and sodas. Resist the temptation to "supersize"

your meal. Most adults do not need the extra calories. If you must have dessert, consider a soft serve cone. Usually, these cones are actually ice milk so they are lower in fat than real ice cream.

Finally, remember that cooking and eating healthy just requires a little preparation ahead of time. If you don't prepare ahead and wait until you are hungry, chances are that you will make an unhealthy food choice.

## **RECIPE OF THE MONTH: Healthier Chocolate Chip Cookies**

**Reduced fat by 1/2, Reduced sugar by 1/3, and reduced calories by 40%**

### Ingredients:

2 ¼ cups all purpose flour

1 teaspoon baking soda

¾ teaspoon salt

½ cup (1 stick) butter (“I Can’t Believe Its Not Butter” works great w/ these cookies)

2 tablespoons unsweetened applesauce

½ cup granulated sugar

2/3 cup light brown sugar

1 teaspoon vanilla extract

2 eggs

2 cups (12 ounce package) HERSHEY’S REDUCED FAT (if available) or 1 1/2 cups regular chocolate chips

Heat oven to 375 degrees. Stir together flour, baking soda and salt. In a large bowl, beat butter, sugar, brown sugar, and vanilla with an electric mixer until creamy. Add eggs and applesauce, and beat well. Gradually add flour mixture, beating well. Stir in chips. Drop by rounded teaspoons onto ungreased cookie sheet. Bake 8-10 minutes or until lightly browned. Make sure not to overbake.

Each cookie has approximately 60 calories. Calories from fat is 30%.

## **Unit of the Month**

### **Naval Engineering Support Unit Portsmouth**

LTJG Kevin Keenan became the Health Promotion Coordinator (HPC) of the Naval Engineering Support Unit (NESU) Portsmouth, Virginia in May of this year. In his three short months as the Unit HPC, Kevin has made significant changes at NESU. NESU now has its own Fitness Instruction which allows members to workout five days per week during the workday. The Command also promotes a voluntary unit workout every Monday, Wednesday, and Friday from 0615-0715. Kevin leads this morning workout which includes different activities such as outdoor biking, walking, and weight training.

Members who are on the Weight Program are strongly encouraged to participate in the morning program. Kevin has worked with the members on the Weight Program by creating a personal workout for them and taking the time to show them how to use exercise equipment and workout properly. He also is planning to meet with all the unit members to help them create their own annual personal fitness plan which is required by the recent MAW ALCOAST that established the Coast Guard Fitness program. Further, Kevin has already planned a Cholesterol Screening and Education Day at NESU in September for Cholesterol Education Month. Clearly, Kevin's initiative and personal dedication to fitness and health has made a significant impact on his Command and fellow Coastie's. Great job!

**Special thanks to Sarah Mowchan, Health Promotion Manager at ISC Portsmouth, for writing the Health Promotion Bulletin this month.**



mailto: [TSchneider@COMDT.uscg.mil](mailto:TSchneider@COMDT.uscg.mil)



(202) 267-6624



(202) 267-4798



mailto: [Smowchan@ISCPorts.uscg.mil](mailto:Smowchan@ISCPorts.uscg.mil)



(757) 686-4093



(757) 686-4034