



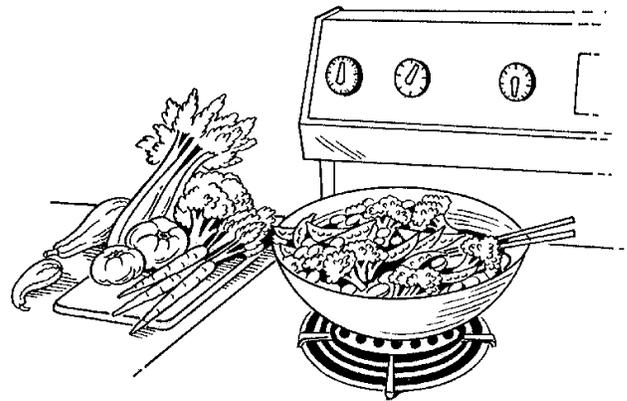
American Heart Association® | American Stroke Association®

Learn and Live®

How Can I Cook Healthfully?

A healthful eating plan means more than choosing the right foods to eat. It's important to prepare foods in a healthy way. Some ways of cooking are better than others in cutting cholesterol, saturated fat, *trans* fat, total fat and calories. At the same time, you want to get as much nutritional value as possible.

You don't have to give up taste or the things you love. Just learn some heart-healthy cooking techniques and you can have it all (almost)!



Stir-frying is healthful and delicious! The high temperature and constant movement of the food keep it from sticking and burning. For vegetables, poultry or seafood, use a tiny bit of peanut oil.

What are good ways to cook?

- Roast — with a rack so the meat or poultry doesn't sit in its own fat drippings. Set at 350 degrees to avoid searing. Baste with fat-free liquids like wine, tomato juice or lemon juice.
- Bake — in covered cookware with a little extra liquid.
- Braise or Stew — with more liquid than baking, on top of the stove or in the oven. Refrigerate the cooked dish and remove the chilled fat before reheating.
- Poach — by immersing chicken or fish in simmering liquid.
- Grill or Broil — on a rack so fat drips away from the food.
- Sauté — in an open skillet over high heat. Use nonstick vegetable spray, a small amount of broth or wine, or a tiny bit of canola oil rubbed onto the pan with a paper towel.
- Stir-fry — in a Chinese wok with a tiny bit of peanut oil.
- Microwave — needs no extra fat; in fact, you can drain food of fat by placing it between two paper towels while it cooks.
- Steam — in a basket over simmering water.

How can I cut fat without losing taste?

- After browning, put ground meat into a strainer lined with paper towels.
- To make gravy without fat, blend a tablespoon of cornstarch with a cup of room-temperature broth by shaking them together in a jar. Heat the rest of the broth and add the blended liquid, simmering until thick.
- Make scrambled eggs or omelets using only one egg yolk per portion, and add a few extra egg whites to the batch. Or use an egg substitute product.
- Remove oils by draining canned tuna, salmon or sardines and rinsing them in water.
- Don't overcook vegetables. Steam or bake them instead of boiling so they keep more of their natural flavors and nutrients.
- Mix creamy salad dressing with plain low-fat yogurt.
- Use finely chopped vegetables to stretch ground poultry or meat.
- Use herbs and spices to add flavor to foods.

How can I learn more?

1. Talk to your doctor, nurse or other health-care professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721) or visit americanheart.org to learn more about heart disease.
3. For information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit StrokeAssociation.org.

We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

Knowledge is power, so *Learn and Live!*

What are the warning signs of heart attack and stroke?

Warning Signs of Heart Attack

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- **Chest discomfort**
- **Discomfort in other areas of the upper body**
- **Shortness of breath with or without chest discomfort**
- **Other signs including breaking out in a cold sweat, nausea or lightheadedness**

Warning Signs of Stroke

- **Sudden weakness or numbness of the face, arm or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking or understanding**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble walking, dizziness, loss of balance or coordination**
- **Sudden, severe headache with no known cause**

Learn to recognize a stroke. Time lost is brain lost.

Call 9-1-1 ... Get to a hospital immediately if you experience signs of a heart attack or stroke!

Do you have questions or comments for your doctor or nurse?

Take a few minutes to write your own questions for the next time you see your healthcare provider. For example:

What about desserts?

What's a good, healthful cookbook?

Your contribution to the American Heart Association supports research that helps make publications like this possible.

The statistics in this sheet were up to date at publication. For the latest statistics, see the *Heart Disease and Stroke Statistics Update* at americanheart.org/statistics.

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