



## Cook at Home

### CHALLENGE

Prepare meals with healthy ingredients

How much do you know about cooking at home with healthy ingredients? Take the quiz to find out:

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- To use less salt, you can season foods with more herbs and spices and still enjoy good flavor.
- Applesauce works well in place of butter, margarine, oil, or shortening.
- When a recipe calls for white flour, you can swap at least half of it for whole-grain flour to make the recipe healthier.
- Mashed bananas, pureed dates, or applesauce should never be used in place of sugar.
- You can replace sour cream or whole milk in a recipe with low-fat plain yogurt, soymilk, or even pureed vegetables.



How did you do? If you missed a few, you could benefit from learning more about how to cook healthy foods at home. Frozen pizza and microwave meals don't count. Cook at home with healthier ingredients. For example, mashed bananas, pureed dates, or sugar-free applesauce are good substitutes to sweeten food in place of sugar. In many cases, small changes to a recipe can make it healthier without sacrificing taste. In fact, you don't have to use as much sugar, salt, or high-fat ingredients called for in most recipes.

Answers: 1. True. 2. True. 3. True. 4. False. 5. True.

## Requirements to complete this HEALTH CHALLENGE™

1. Read "Cook at Home."
2. Create a plan to prepare healthy meals at home.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Kansas resident Kelli Poles played college basketball, she felt unstoppable. She played hard. She trained with her team every day. She exercised in the gym. And her diet was always healthy.

But when an injury sent her to the sidelines, Kelli felt defeated. She quit training. She ate a lot of burgers, fries, soda, and other junk food. Pretty soon, her diet was her toughest opponent. When she tipped the scale at more than 100 pounds overweight, Kelli decided it was time to make a change.

With a little help, she learned to make healthier food at home. She skipped the drive-thru for more plant-based foods like fruits, vegetables, whole grains, nuts and seeds, and legumes. And she lost 123 pounds in a year.

When you learn to eat better and choose the right foods, it can have a positive impact on your overall health. Take the month-long health challenge to Cook at Home with healthy ingredients.

## Eat This, Not That to Live Longer

People who have healthy habits—like making smart food choices—live 12 to 14 years longer than those who don't.<sup>1</sup> Taking a closer look at what you're eating can be a good measure of your overall health.

**Anyone can cook at home more often and eat healthier.**

Here's some food for thought the next time you whip up a recipe. Recipes that call for things like butter or shortening, heavy cream, whole milk, cups of sugar, added salt, or white flour aren't all that healthy. Why?

These things are higher in calories, fat, sodium, and sugar. And they can harm your health.

It's tough to eat healthy all the time if you get your meals from a package, fast food restaurant, or the nearest quickie mart. But it doesn't have to be that way. When you know what to do, you can cook healthy meals at home.