



Western
Health
Advantage



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Cut Out the Fried Foods

Most people love fried foods. However, frying adds calories and often unhealthy fats. When foods are fried in oil, they absorb some of the oil's fat. That's partly why eating fried foods increases your risk of obesity, stroke, heart disease, cancer and type 2 diabetes.

Instead of frying your foods, try one of these healthier cooking options, which require little or no added oil:

- **Broil/Grill/Roast:** Place meat or poultry on a rack placed inside a pan so that the fat drips away.
- **Bake:** Use covered, oven-safe cookware with a little liquid.
- **Steam:** Cook vegetables in a basket over simmering water. Your veggies will retain more flavors, and steaming preserves certain nutrients lost when cooking other ways.
- **Poach:** Cook chicken or fish by immersing it in simmering liquid.
- **Sauté:** Using a pan made with a nonstick surface, sauté meats or vegetables with a small amount of broth or wine.

Should you choose to fry your food, use as little oil as possible. Try an oil sprayer/mister, which lets you cover the entire pan with just a teaspoon of oil. Also, eat fried foods in small amounts, pairing them with healthy foods like fruits and vegetables.