

Cook Healthy at Home

There are so many good reasons to make home cooked meals – you can control the amount of fats and oils in your cooking, you can get the whole family involved in meal prep, and you can save money on eating out! This month, try these tips to make healthier meals in your own kitchen:



Choose healthy proteins, like lean cuts of chicken, beans, fish or tofu.



Eat in color, with lots of fruits and vegetables (whether they're fresh or frozen)!



Make healthy swaps, like skim milk instead of heavy cream or vegetable oil instead of butter.



Get creative with salads, try making a hearty, protein-filled salad to boost your fiber and nutrients!



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