

COOKING GUIDELINES

COOKING PREPARATION

- **Clean your food**
Thoroughly rinse all vegetables, lettuce, and greens before using. The use of vegetable and fruit soap is recommended for removing pesticide residues. Grains should also be thoroughly rinsed before being cooked. Ask your practitioner for the *Cooking Whole Grains* handout.

COOKING TIPS

- **Use the right cooking oils**
Many commonly used cooking oils are very harmful, especially when heated. Ask your practitioner for the *Cooking with Fats and Oils* handout.
- **Cooking vegetables**
The best way to cook vegetables is to steam them, as boiling destroys their nutrient content. But be careful not to over cook them. Vegetables should be a little crunchy, not soggy.
- **Cooking meat**
Ground meat should be lean and always cooked to “well done”. Other cuts can be cooked to your preference, although medium or medium-rare better preserves nutrients.
- **Cooking poultry**
Remove the skin of all fowl, preferably before cooking, and use a thermometer to determine when poultry is done.
- **Cooking fish**
Fish should smell a bit like the sea but fresh – it *should not* smell bad when it is unwrapped. Make sure fish is cooked all the way through.

TO AVOID

- **Avoid frying**
Do not fry *anything*. Braise, broil, bake, grill, roast, sauté, *but do not fry*.
- **Avoid scrambled eggs**
Cooking scrambled eggs causes oxidation of the cholesterol contained in the yolks, making it a harmful substance. Poaching eggs is best, followed by boiling, then frying.
- **Avoid microwaving**
Not enough is known about the long-term safety of eating microwaved foods, and there are many more arguments against it than for it.
- **Avoid salt**
Do not salt foods until after they have been cooked and you have tasted them.
- **Avoid raw vegetables (at first)**
Raw vegetables can be hard to digest unless you have a healthy digestive system. Steaming is your best choice for the first couple of months of a diet therapy program, unless your practitioner recommends otherwise.
- **Avoid aluminum**
Aluminum is a highly toxic metal. Large numbers of aluminum molecules enter food that is cooked, covered by or stored in aluminum pots, pans, cans and foil. Teflon coatings do not prevent aluminum from leaching into foods.

Ask for these other helpful instructions: Shopping Guidelines, Eating Guidelines, Cooking Whole Grains, and Cooking with Fats & Oils.