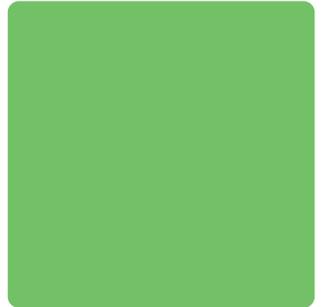
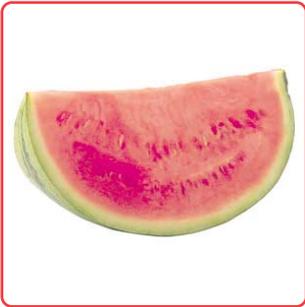
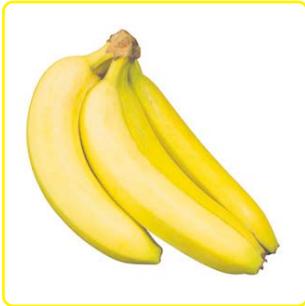
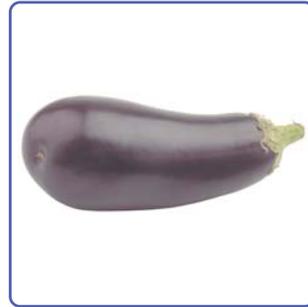


The Cook's Companion



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Your commitment to improving the quality of health and life for all Utahns is to be applauded.



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Check Your Health (CYH) is your source for good information about eating healthy and getting active. Recently, a group of CYH nutrition experts sat around the table brainstorming ideas to help you make healthy eating choices. Someone mentioned a cookbook, and the questions flew fast and furious. What kind of cookbook? Whose recipes? Low fat? Low carbohydrate? Low salt? Weight loss? Feel better cookbook? Then we wondered, “Is another cookbook really the answer?” Finally, we decided that what would help most is a guide for all of the cookbooks already out there. Thus, *The Cook’s Companion - A Guide to Eating Healthy from Check Your Health* was born.

This guide is designed to make eating healthy easy. It will help you plan menus, shop for healthy foods and make tasty meals or treats while using your own cookbooks. You will learn that with a little planning, substituting, and creativity, eating will be more fun, flavor-filled, and healthy for you and your family than you ever thought possible.

The Guidelines

Check Your Health believes that the best advice for eating healthy is included in the guidelines recently released jointly by the U.S. Departments of Agriculture and Health and Human Services. The guidelines are: Maintain a healthy body weight by eating healthy foods and exercising often. It is important to reach a balance between the amount of calories you consume and the amount of calories that you burn.

- Regular physical activity can help to reduce your chances of getting high blood pressure, heart disease, a stroke, certain cancers, and the most common form of diabetes.
- Eat a variety of foods to get the energy, protein, vitamins, minerals, and fiber you need for good health.
- Choose to eat more of the vegetables, fruits, and whole grain products that provide needed vitamins, minerals, fiber, and complex carbohydrates. This will help you lower your intake of fat.



- Choose foods low in fat, saturated fat, trans-fats and cholesterol to reduce your risk of heart attack, certain types of cancer and to help you maintain a healthy weight.
 - Choose foods low in sugars. A diet with lots of sugars has too many calories and too few nutrients and can contribute to tooth decay.
 - Choose foods that are low in salt and sodium to help reduce

The Guide

your risk of high blood pressure. Consume less than 2300 mg (1 teaspoon of salt) of sodium per day. Eat plenty of potassium-rich fruits and vegetables instead.

- If you drink alcoholic beverages, drink sensibly. Alcoholic beverages supply calories, but little or no nutrients. Drinking alcohol is the cause of many health problems and accidents and can lead to addiction.

Putting the Guide and the Guidelines Together

In the following sections, you will find many ways to use your cookbooks to make the recipes you enjoy. This guide is designed to be on the counter by your cookbook as you create healthy new mealtime adventures for you and your family. For more help creating a healthier lifestyle, visit www.checkyourhealth.org. We wish you the best of health!