

These days, the Internet is a cook's best friend. From recipes to cooking classes, you will find the answers to most of your nutrition questions and concerns. Here are a few of our favorite sites—all guaranteed to lead you to a healthy eating adventure!

### Healthy Substitutions

[www.diabetes.org.uk/eatwell/adapting](http://www.diabetes.org.uk/eatwell/adapting)

<http://mardiweb.com/lowfat/cooktip.htm>

[www.nhlbi.nih.gov/hbp/prevent/h\\_eating/tips.htm](http://www.nhlbi.nih.gov/hbp/prevent/h_eating/tips.htm)

[www.ivillage.com/food/experts/cookcoach/qas/0,,165850\\_88885,00.html](http://www.ivillage.com/food/experts/cookcoach/qas/0,,165850_88885,00.html)

[www.nutritiondata.com/facts](http://www.nutritiondata.com/facts)

### Healthy Snacks

[www.mosescone.com/bodypat.cfm?id=594](http://www.mosescone.com/bodypat.cfm?id=594)

<http://my.webmd.com/content/article/58/66578.htm>

[www.ci.tucson.az.us](http://www.ci.tucson.az.us)

[www.sparkpeople.com](http://www.sparkpeople.com)

### Mealtime Fun

[www.mealtime.org](http://www.mealtime.org)

[http://my.webmd.com/content/chat\\_transcripts/1/105052.htm](http://my.webmd.com/content/chat_transcripts/1/105052.htm)

<http://my.webmd.com/content/article/91/101350.htm>

[www.eatright.org/Public/NutritionInformation/92\\_nfs0900.cfm](http://www.eatright.org/Public/NutritionInformation/92_nfs0900.cfm)

[http://kidshealth.org/parent/nutrition\\_fit/nutrition/habits.html](http://kidshealth.org/parent/nutrition_fit/nutrition/habits.html)

[www.fathers.com/articles/articles.asp?id=638&cat=49](http://www.fathers.com/articles/articles.asp?id=638&cat=49)

### Entertaining the Healthy Way

[www.arthritis.org](http://www.arthritis.org) “Entertaining with Ease”

<http://geoparent.com> “Planning a Party: Step by Step”

[www.creatinghomestyle.com](http://www.creatinghomestyle.com) “Basic Table Setting”

[www.diy.net](http://www.diy.net) “Wine, Flowers and Beyond-Entertaining Tips: Setting the Table”

[www.applesforhealth.com](http://www.applesforhealth.com)

## More Help

### Stocking Your Cupboards

[www.ochef.com/231.htm](http://www.ochef.com/231.htm)

### Basic Tools for Healthy Cooking

[www.azcentral.com/home/food/cooking101/lesson3.html](http://www.azcentral.com/home/food/cooking101/lesson3.html)

[www.extension.umn.edu/info-u/nutrition/BJ778.html](http://www.extension.umn.edu/info-u/nutrition/BJ778.html)

[www.ehow.com/how\\_13912\\_select-cooking-utensils.html](http://www.ehow.com/how_13912_select-cooking-utensils.html)

<http://busycooks.about.com/library/lessons/blkitchendrawer.htm>

### Healthy Cooking Methods

[www.mayoclinic.com/invoke.cfm?id=NU00201](http://www.mayoclinic.com/invoke.cfm?id=NU00201)

Find more tips on

Eating Healthy at

[www.checkyourhealth.org](http://www.checkyourhealth.org)

The screenshot shows the 'Check Your Health' website interface. At the top, there are navigation links for 'State Online Services', 'Agency List', and 'Business.utah.gov'. Below that, a search bar and a 'GO' button are visible. The main header area includes the text 'Eat Healthy, Get Active' and the phone number '1-888-222-2542'. A large red checkmark logo is on the left, and a photo of a woman is on the right. The main content area is titled 'Tips for Eating Smart and Watching Calories' and features a section for 'Ask Questions' with a list of tips for dining out. Below this is a section for 'Entrées and Side Dishes' with a list of tips for ordering food.

**Ask Questions**

- Ask about preparation methods
- Ask if sauces or gravies are served on the side
- Ask how large portions are
- Ask if baked and broiled items are basted while they cook
- Ask if vegetables are cooked in butter or margarine
- Ask about substituting a high-fat, high-calorie item with something that is lower in fat and calories

**Entrées and Side Dishes**

- When ordering grilled fish or vegetables, ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.
- When ordering pasta dishes, look for tomato-based sauces rather than cream-based sauces. Tomato-based sauces are much lower in fat and calories. In addition, the tomato sauce (or marinara sauce) can count as a vegetable!
- Ask for salsa with a baked potato instead of sour cream, butter, cheese, or bacon. Salsa is very low in calories and a healthy alternative with a lot of spice.
- Order sandwiches with mustard rather than mayonnaise or "special sauce." Mustard adds flavor with virtually no calories.
- Look for items on the menu that are baked, grilled, dry-sautéed, broiled, poached, or steamed. These cooking techniques use less fat in the food preparation and are generally lower in calories.
- Don't be afraid to ask for special low-calorie or low-fat preparation of a menu item. The restaurant industry is one of hospitality and customer choice.
- Choose entrees with fruits and vegetables as key ingredients. Fruits and vegetables are a good source of dietary fiber as well as of many vitamins and minerals.
- Enjoy foods that are flavored with fresh herbs rather than fats such as oil and butter. Herbs add a unique flavor to any dish!
- Choose foods made with whole grains. Examples include whole-wheat bread and dishes made with brown rice.
- Order steamed vegetables as a side dish.
- If you have a choice of side dishes, opt for baked potato or steamed vegetables rather than french fries. Even if choices are not listed, ask your server to substitute vegetables or a baked potato for french fries.