

Healthy and delicious, made your way



Premade processed foods can be quick and convenient. They can also be higher in salt and added sugar than foods we cook at home. So kick those unhealthy ingredients to the curb and add some flavor — prepare it yourself.

Here are some tips to make healthy home-cooked meals that are tasty, too:

5 ways to cook healthier*



1. Swap the salt

Herbs and spices can add a more complex, savory flavor than salt. Try basil, chili powder, coriander, cumin, curry powder, dill and garlic powder.



2. Ditch added sugar

There's a lot of added sugar in the food we buy. When you bake at home, you can look for other ways to add sweetness. You might like vanilla or sweet spices like allspice, cinnamon and nutmeg.



3. Cook with healthier fats

When cooking, try oils like olive oil instead of butter for rich flavors that avoid unhealthy fats.



4. Rethink your drinks

Sugary drinks are one of the main ways we get too much sugar in our diet. Consider making small changes, like drinking water with meals instead of soda.



5. Try different cooking methods.

It's tempting to fry our foods for more flavor. There are plenty of healthier cooking methods that don't cut corners on taste, though. Try grilling, steaming or air frying to avoid extra unhealthy fat.



DID YOU KNOW?

Trans fats and saturated fats increase your risk for heart disease, diabetes and other health issues.



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*National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention https://www.cdc.gov/heartdisease/risk_factors.htm

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