How food is prepared can be just as important in controlling diabetes as the food you eat. Here are some healthy cooking tips you may find helpful:

- **Prepare foods using vegetable oil sprays instead of oil, shortening, or butter.** Small amounts of canola or olive oil are best if you use oils.

- **Skim fat from the top of soups and stews.** Fat floats to the top as soups and stews chill. Just skim off the fat, reheat, and eat.

- **Limit salt.** Don’t add salt to food or cook with salt. Season foods with herbs, spices, vinegar, wine, or lemon juice.

- **Eat or cook with skim or 1% milk instead of whole milk or 2% milk.**

- **Grill, broil, roast, stir-fry, or poach only low-fat meats.**

- **Use lemon or lime on fish and vegetables instead of butter or sauces.**

- **Prepare chicken or turkey without the skin.** Trim fat off meats before cooking.

- **Use only low-fat or fat-free milk, yogurt, cheeses, and meats in recipes.**

- **Steam vegetables using water or a low-fat, low-salt broth.**

- **Cook with whole-grain products (such as brown rice, oatmeal, barley, bran) rather than refined-grain products.**

- **Add vegetables to casseroles and salads.**

Healthy cooking tips are the same for people with or without diabetes. Talk to your diabetes educator, dietitian, or doctor for more information.