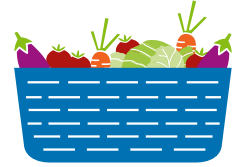


Year 3 Seasoned Sprouts



The Many Benefits of Baking: Why You Should Consider Baking More Often

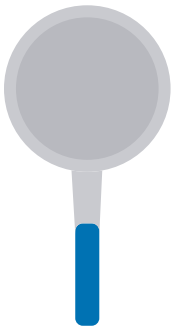


Baking as Cooking



Baking is a common form of cooking. Baking is often considered healthier than other cooking methods, as it cuts down on calories, keeps moisture, and lowers the risk of developing harmful conditions, such as heart disease and obesity. When baking, you also have more control over flavor and ingredients and, as a result, you can support special diet needs.

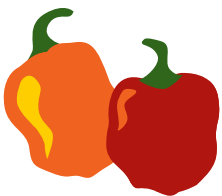
The Alternative to Frying



Baking is a low-fat alternative to frying. Eating fried foods increases the risk for cancer, and the fat absorbed by fried foods mixed with high temperature cooking can lead to heart, kidney, and lung disease. Fried foods are usually packed with saturated fats, which are not very healthy for your heart and blood vessels. They can also reduce the strength of your immune system.

Unique Benefits to Baking

- Keeps the most nutrients without adding salt or fat
- Enhances the flavor
- Promotes healthier lifestyle



Ways to Improve Baking Use

- Swap fried chicken or fries with baked lean meats and potatoes
- Use fresh fruits and vegetables alongside cooked proteins
- Experiment with fresh herbs, spices, and healthy fats, such as olive oil, seeds, and nuts
- Add marinades or juices to enhance flavors

Further Reading: See the Recipe for "[Baked Chicken Fajitas](#)"



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