No matter what kind of food you like, adding spices can make it tastier without adding excess salt or too many calories. Here are some examples:

- **Asian**
  - light soy sauce
  - ginger
  - garlic

- **Mexican**
  - cumin
  - peppers
  - tomatoes

- **Southern**
  - low-sodium chicken broth
  - hickory smoke
  - onion and pepper

- **Italian**
  - olive oil
  - garlic
  - tomatoes

### Healthy cooking choices

<table>
<thead>
<tr>
<th>Favorite dishes</th>
<th>Old way of cooking</th>
<th>Healthy choice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken, fish, and shrimp</td>
<td>Fried in hard grease or in deep fat</td>
<td>• Pan-fry with a small amount of oil and then bake until done</td>
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<td></td>
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<td>• Marinate or season and then grill</td>
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<td></td>
<td></td>
<td>• Stir-fry with vegetables</td>
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<tr>
<td>Southern-style greens</td>
<td>Boiled with fat meat</td>
<td>• Steam the greens, add smoked turkey or lean ham hock</td>
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<td></td>
<td>• Steam the greens and season with hickory smoke and chicken broth</td>
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<tr>
<td>Refried beans</td>
<td>Pinto beans fried with lard or vegetable shortening</td>
<td>• Use pinto beans and a small amount of oil</td>
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<tr>
<td></td>
<td></td>
<td>• Use canned low-fat refried beans</td>
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</tbody>
</table>

### Other ways to bring out flavor
- Add lime to seafood
- Add mustard to chicken or tuna
- Use herb-infused oils (rosemary, basil)

This material has been developed by GlaxoSmithKline.