Eat Right and Avoid Fried Foods

Whether you already live a healthy lifestyle or are trying to be healthier, reminders about how you can improve your overall health and wellness are helpful. To help you reach your goals, Nutrition Services brings you this series of nutrition tips to “Eat Right”. This month’s focus is on reducing fried food in your diet.

Fried foods add many calories and fat to your diet - which can increase your weight, cholesterol and blood sugar. By making some creative changes to your favorite deep fried foods, you can enjoy them without feeling guilty. For example, bake or grill to cut the amount of fat in the food. Bake with a coat of bread crumbs or panko helps to mimic the crunch of fried foods without the added calories.

Here are a few ways to turn your familiar fried favorites into a healthy alternative:

1. **Fried chicken** - Without a doubt, fried chicken is one of the most popular fried foods. To make it healthier, try breading the chicken and baking it without the skin.

2. **Fried fish** - While it is a healthy habit to eat fish a few times a week, consuming fried fish undermines the benefits. Try seasoning the fish with your favorite herbs and spices and grill to get a tasty flavor.

3. **French fries** - To lower fat and calories and increase nutrition, try oven-baked sweet or white potato fries. For a homemade taste, simply cut potatoes, toss in olive oil, season with herbs and cook at 450 F for about 30 to 45 minutes depending on thickness.

At the Medical Center, we put these tips into practice by removing all deep fryers from our Seasons Café and Buckeye Gardens.