

# Five Delicious Ways to Incorporate Whole and Natural Foods into Your Cooking

Eating a healthy diet is essential for overall well-being. However, it can be difficult to know where to start, especially if you're not used to cooking with whole and natural foods. This article offers five delicious ways to incorporate more whole and natural foods into your cooking, without sacrificing flavor or convenience.



## Super Natural Cooking: Five Delicious Ways to Incorporate Whole and Natural Foods into Your Cooking [A Cookbook] by Heidi Swanson

★★★★☆ 4.4 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Print length : 309 pages



### 1. Start with simple swaps

One of the easiest ways to start eating more whole and natural foods is to make simple swaps in your favorite recipes. For example, instead of using white rice, try brown rice. Instead of using white bread, try whole-wheat bread. And instead of using refined sugar, try honey or maple syrup.

These simple swaps can make a big difference in the nutritional value of your meals, without changing the taste or texture too much. And over time, you'll start to crave the taste of whole and natural foods more than processed foods.

## **2. Add more fruits and vegetables to your meals**

Fruits and vegetables are packed with vitamins, minerals, and antioxidants, which are essential for good health. Aim to eat at least five servings of fruits and vegetables each day. You can add them to your meals in a variety of ways, such as:

- Adding them to salads
- Stir-frying them
- Roasting them
- Baking them into muffins or breads
- Blending them into smoothies

## **3. Choose lean proteins**

Protein is an essential nutrient for building and repairing tissues. When choosing protein sources, opt for lean proteins, such as fish, chicken, beans, and lentils. These proteins are lower in saturated fat and cholesterol than red meat, and they're also a good source of fiber.

## **4. Limit processed foods**

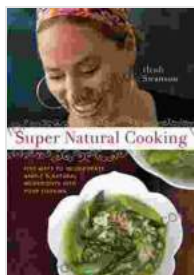
Processed foods are often high in unhealthy ingredients, such as sodium, sugar, and unhealthy fats. These ingredients can contribute to weight gain,

heart disease, and other health problems. Aim to limit processed foods in your diet, and instead focus on eating whole and natural foods.

## 5. Cook more meals at home

Cooking more meals at home is a great way to control the ingredients in your food and make healthier choices. When you cook at home, you can choose fresh, whole ingredients and avoid processed foods. You can also control the amount of salt, sugar, and fat in your meals.

Incorporating whole and natural foods into your cooking doesn't have to be difficult. By following these five tips, you can make delicious and healthy meals that the whole family will enjoy.



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