

# Cooking Light Customer Service

Some ways of cooking are better than others for cutting saturated fat, trans fat, sodium, added sugars and calories. At the same time, you want to maximize your nutritional benefits. Knowing a little about cooking methods goes a long way. The healthiest way to prepare our food is by using little or no fat and adding flavor without too much salt or sugar. Cooking methods include ... In particular, the lesson discusses cooking tools as well as best practices for cooking vegetables. It also discusses two ways to cook asparagus and three ways of cooking cabbage. The keys to basic food safety are cooking it to the right temperature and handling it properly. Follow these guidelines to keep you, your family, and your guests safe. Deciding factors for determining the required cooking time of certain products can be water content, molecular density, the starting temperature of the food, as well as the penetration or strength of the ... There are 3 main methods of cooking: dry heat, moist heat, and combination heat. Moist heat cooks food using hot liquid or steam, combination heat cooks food using dry and moist heat methods, and ...

**KEY POINTS**

- Fry - a method of cooking that uses significant amounts of oil, butter, or other fats.
- Sauté - a method of cooking in a large pan that involves moving the food around quickly so that it ...

## **Cooking Basics: What Everyone Should Know**

**2022 Cooking Around the World Cookbook - Veterans Affairs**

**How Can I Cook Healthfully? - American Heart Association**

## **Cooking Methods**

*Nutrition for Life: Healthy Ways to Cook and Season Your Food*

[FOOD AND SOCIETY COOKING BASICS - greenbeetz.org](#)

[FOOD N° 2 6 / 06 - Nestlé Professional](#)

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