



Stir-Fry With Healthy Oils!

Stir-fry means to cook over high heat while briskly stirring the ingredients so that they cook evenly. Because the vegetables are cut into small pieces, they cook quickly, stay crisp and delicious, and retain most of their nutrients and fresh flavor.

Unlike foods fried in butter, which is high in saturated (unhealthy) fat, stir-fry dishes often have healthy fat, because they are often cooked in healthy oils like vegetable oil.



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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