

Getting the Most:

FLAVOR, NUTRIENTS AND FOOD SAFETY



Academy of Nutrition
and Dietetics

Did you know that how you prepare, store and cook foods can affect not only safety, but also flavor and nutrition? With just a few tips on food preparation and cooking techniques, you can maximize the quality and flavors of your favorite foods.

WASH

Properly handling and preparing food is key to food safety and can also affect the quality of foods.

Whether organic or conventional, wash all fresh fruits and vegetables with cool tap water. Avoid soaking fruits and vegetables as you wash because some nutrients dissolve in water.

COOK

How food is cooked can either enhance or destroy flavor.

Overcooking meat can affect flavor, so use a food thermometer to determine when meat or poultry has reached a safe minimum internal temperature without overcooking.

Cook or steam vegetables in a small amount of water to retain nutrients. There's a flavor advantage, too: Unless overcooked, vegetables retain the color and tender-crisp qualities that make them appealing.

REFRIGERATE

Store food correctly to help keep nutrient loss to a minimum and flavor and food quality at their peak.

Slow bacterial growth that spoils food and ruins flavor by storing perishable foods within two hours in a refrigerator set at 40°F or below.

Wrap food well or store in air-tight containers to prevent cross-contamination, moisture loss and absorption of other odors.

When freezing, pack food items in freezer bags or airtight containers. Squeeze air from bags before sealing and leave some space in containers in case foods expand. If moisture escapes, frozen food can become dry, tough and tasteless and may develop freezer burn.



For more information on reducing the risk of food poisoning, download the free "Is My Food Safe?" app, now available for Apple devices and Android phones. Learn more at www.HomeFoodSafety.org/app.

For more tips, visit HomeFoodSafety.org

