

DEPARTMENT OF
NUTRITION & DIETETICS

Healthier Cooking Methods



Why cook?

How can you make cooking healthier?



WHY COOK?

- ⊙ To create healthier dishes
- ⊙ Allows you to choose healthier ingredients (e.g lean meat/chicken or more vegetables)
- ⊙ Allows you to control the amount of oil/fat and condiments added to foods (e.g sugar, salt, sauces)
- ⊙ More affordable to buy groceries in bulk and share cooked meals with family/friends instead of eating out

HOW CAN YOU MAKE COOKING HEALTHIER?

Use healthier cooking methods:

1. GRILL

- ⊙ Place food on a grill pan or grate to cook food over heat (e.g stove, charcoal fire)
- ⊙ Minimal to no oil needed
- ⊙ Use for cooking meat, chicken, fish and vegetables



2. STEAM

- ⊙ Helps to preserve nutrients so that food stays nutritious
- ⊙ Place food in a colander or pan over boiling water and cover
- ⊙ No oil required
- ⊙ Use for cooking meat/chicken, fish, eggs, vegetables, rice, idli



HOW CAN YOU MAKE COOKING HEALTHIER?

3. MICROWAVE

- ⊙ Uses radiation to create heat to cook food
- ⊙ Use microwave-safe bowls or plates and follow microwave instructions for heat settings and cooking time
- ⊙ Minimal or no oil needed
- ⊙ Use for cooking seasoned chicken/meat, vegetables, eggs or rice



4. BOIL

- ⊙ Place food in a pot and cook in boiling water over heat
- ⊙ No oil required
- ⊙ Use for making soups/curry with meat/chicken, seafood, fish, vegetables



5. STIR-FRY

- ⊙ Food is cooked in a frying pan directly over heat
- ⊙ Quick way of cooking a variety of vegetables and meat or both at the same time
- ⊙ Use little oil
- ⊙ Use for cooking, meat/chicken, seafood, fish, vegetables, rice, noodles





TIPS TO PREPARE HEALTHIER MEALS

- ⦿ Choose unsaturated oils (e.g canola oil, sunflower oil) for cooking
- ⦿ Remove skin/fats from meat and poultry
- ⦿ Use less oil for stir-frying
- ⦿ Avoid using butter or ghee in cooking
- ⦿ Replace full fat dairy with low fat or skim alternatives
- ⦿ Skim off layer of oil or solidified fat on curries/gravies before serving
- ⦿ Substitute red meat with fish, eggs, lentils, beans, peas on some days of the week



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