




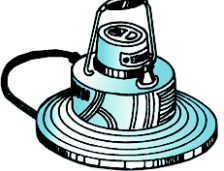



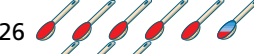







Healthier cooking methods

Try these healthy cooking methods which can help to cut down use of fat or oil.

 <p>Boil</p> <ul style="list-style-type: none"> no oil is needed soup is rich in nutrients and tasty top layer of fat can be removed easily 	 <p>Grill/roast/bake</p> <ul style="list-style-type: none"> food is crisp & fragrant flavour is not lost little oil is needed extra fat is drained off 	 <p>Stew/crockpot</p> <ul style="list-style-type: none"> soup is rich in flavour tough and cheaper cuts of meat can be made tender 	 <p>Steam</p> <ul style="list-style-type: none"> food can be cooked without using any oil flavour is not lost
 <p>Microwave</p> <ul style="list-style-type: none"> short cooking time nutrients are not lost no oil is needed 	 <p>Stir-fry</p> <ul style="list-style-type: none"> little oil is needed nutrients are not lost meat and vegetables are not over-cooked 	 <p>Turbobroil</p> <ul style="list-style-type: none"> short cooking time extra fat is drained off food is crisp oil is not needed 	 <p>Pressure cook</p> <ul style="list-style-type: none"> short cooking time flavour is not lost good for tough meats, fruits, and nuts

How you cook your food can make a difference

to the amount of fat it contains. For each serving of the following food types, you can cut down the fat content by at least half by choosing a healthier cooking method.

Type of food	Fat content (g/teaspoons)	Type of food	Fat content (g/teaspoons)
Chicken		Egg	
Deep fried	26 	Fried	11 
Roasted	11 	Boiled	6 
Steamed	8 	Potato	
Fish		Chips	11 
Fried	9 	Mashed	5 
Steamed	4 