







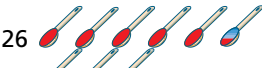

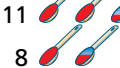





# Healthier cooking methods

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

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

## 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)
<b>Chicken</b>		<b>Egg</b>	
Deep fried	26 	Fried	11 
Roasted	11 	Boiled	6 
Steamed	8 	<b>Potato</b>	
<b>Fish</b>		Chips	11 
Fried	9 	Mashed	5 
Steamed	4 