

Simple Tips to Make Your Diet Healthier



Healthy cooking methods

- Steaming retains nutrients and flavours
- Stir frying cooks small pieces of food quickly with minimal oil
- Grilling and roasting in high heat allow fats to drip away from meats
- Baking and microwaving help to retain flavours and aromas in while using minimal oil
- Braising is an ideal way to soften tough meats without oil
- Braising and stewing in low heat are an ideal way to preserve nutrients in all meats and vegetables



Exchange for healthier ingredients

- Use low fat milk instead of santan
- Substitute mayonnaise with yogurt or low fat salad dressing, low fat mayonnaise
- Choose whole grain bread instead of white bread
- Use herbs and spices instead of sauces or salt
- Use fresh or dried fruits instead of sugar



Healthier meal preparations

- Remove visible fats and skins from meats
- Remove prawn heads as these are high in cholesterol
- Wash vegetables and fruits before cutting
- Use vegetables of different colours in your meals for variety to get more phyto-nutrients.
- Cook fish, chicken and meat thoroughly to kill micro-organisms