

# Tips to modify your diet

1

Choose healthy cooking methods

2

Swap with a healthier version

3

Tips while preparing your meal



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1

# Choose healthy cooking methods To minimise usage of oil



Steaming



Stir Fry



Grilling & roasting



Baking & microwaving



Braising & stewing



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2

# Swap with a healthier version To lower fat content

## Swap



Coconut Milk  
(Santan)

## For this



Low Fat Milk

2

# Swap with a healthier version To lower fat content

## Swap



Mayonnaise

## For this



Yogurt



Low Fat  
Mayonnaise

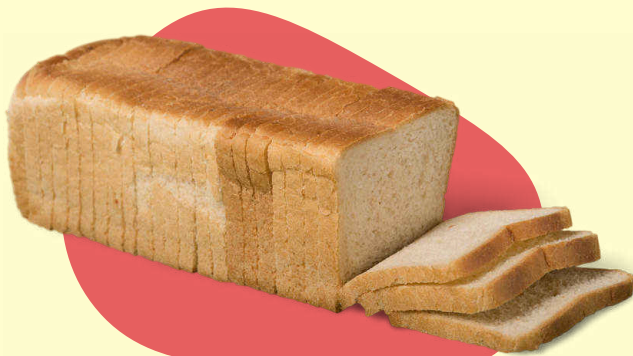


Low Fat Salad  
Dressing

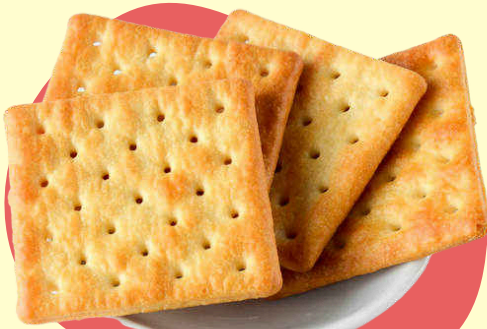
2

# Swap with a healthier version To increase your fibre intake

## Swap



White Bread



Cream Cracker

## For these



Whole Grain Bread



Whole Wheat Cracker

2

# Swap with a healthier version To lower salt intake

## Swap



Sauces



Salt

## For this



Herbs and Spices



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3

## Tips while preparing your meal

Remove visible fats and skin from meats



Skim off the fats from the surface



3

## Tips while preparing your meal

Cook fish, chicken and meat thoroughly to kill any microorganism



Includes different combination colours of fruits and vegetables in your meals to get different nutrients



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