


# HEALTHIER COOKING METHODS

## TRY THESE HEALTHY COOKING METHODS

Which can help to cut down use of fat or oil.

**Boil**




- No oil is needed
- Soup is rich in nutrients and tasty
- Top layer of fat can be removed easily

**Grill/Roast/Bake**



- Food is crisp & fragrant
- Flavour is not lost
- Little oil is needed
- Extra fat is drained off

**Stew/crockpot**




- Soup is rich in flavour
- Tough and cheaper cuts of meat can be made tender

**Steam**




- Food can be cooked without using any oil
- Flavour is not lost

**Microwave**



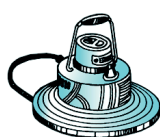
- Short cooking time
- Nutrients are not lost
- No oil is needed

**Stir-fry**



- Little oil is needed
- Nutrients are not lost
- Meat and vegetables are not over-cooked

**Turbooil**



- Short cooking time
- Extra fat is drained off
- Food is crisp
- Oil is not needed






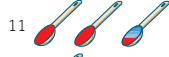


**Pressure cook**



- 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)
<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 