

# Tips for healthy cooking



Next to making healthy food choices it is also important to pay attention to the way of preparing meals. Healthy cooking can be easy.

## General suggestions

Limit (deep) frying foods. Vary among the different cooking methods (e.g. stir-frying, roasting, grilling, steaming, baking, braising, poaching or microwaving);

When grilling avoid over cooking and remove the burned part of the food;

Include raw vegetables in each meal;

Replace highly refined foods (e.g. white flour, white bread) with whole grains (e.g. whole wheat flour, brown rice, oat, barley) whenever possible;

## Choose the right fats to cook and pay attention to the quantities;

Reduce saturated fats intake as from using animal fats by preferring vegetable plant oils/ derived margarines to cook;

Use low-fat yoghurt/ milk instead of full fat yoghurt/milk, cream;

Trim visible fat from meat and ham; take the skin off from chicken;

## Minimize the nutrient loss

When boiling foods (especially vegetables), use as little water as possible; don't over boil the food;

Microwaving and steaming can be a valid alternative to boiling to preserve vitamins and minerals;

Steaming is one of the healthiest cooking methods that allows the food to retain the maximum amount of vitamins and minerals;

## Cutting down salt

Taste the food before adding salt;

Herbs and spices can be used in recipes to partially or wholly replace salt. They also enhance the food taste;

Prefer vinegar or lemon juice over salt for seasoning

Prefer fresh or frozen vegetables and legumes since canned vegetables and legumes tend to be packed with salt;

Choose reduced salt bread and breakfast cereals (read the nutritional facts);

Avoid high-sodium seasoning like soy sauce;

Limit the consumption of salty processed meat (read the nutritional facts);

Avoid herb and spice mixes because they often contain a lot of salt. Use fresh/ dried herbs whenever possible;