

Healthy cooking tips

Healthy eating doesn't mean saying goodbye to your favourite recipes. With some simple changes to your cooking methods, you can reduce the calorie and fat content of your meals and retain more of the healthy nutrients.

Choosing fats to cook with

- ✓ When frying or roasting, choose healthier options such as olive oil or rapeseed oil.



Olive oil can be cooked at temperatures up to 180°C, but above this it may burn and can form harmful compounds.

Saturated fats such as butter, lard and coconut oil can be cooked at higher temperatures but are much higher in saturated fat, so should be used sparingly.



To prevent oils from going rancid, store them in a cool, dark place and never reuse them.

Reducing the amount of fat you cook with

- ✓ Use a non-stick pan so that you can cook without or with less oil. Allow for 1tsp oil per person, per meal.
- ✓ If frying or browning meat, trim the visible fat off and use the fats released naturally during heating rather than adding extra oil/fat.
- ✓ Cook ingredients in low-fat liquids instead of oil, such water, stock, vinegar or lemon juice.
- ✓ When frying vegetables, add them to a dry hot pan *then* spray or drizzle with oil to reduce the amount of oil absorbed by the veg during cooking.
- ✓ Replace full fat dairy ingredients with reduced-fat versions (e.g., low fat yoghurt instead of cream)
- ✓ If ingredients are sticking to your pan while frying, add a little water and reduce the heat rather than adding more oil.
- ✓ Consider alternative cooking methods to frying and roasting.





Healthy seasoning

Experiment with herbs and spices to add flavour to your meals without the need for added salt, sugar or oil.

Healthy cooking methods

Using fats to fry or roast can significantly increase the calorie content of your meals. Did you also know that boiling veg causes some vitamins to leach into the water?

- ✓ Instead of roasting veg, consider microwaving or steaming it first, then crisping it up under a grill.
- ✓ Wash and scrub veg rather than peeling it to retain more of the fibre and vitamins.
- ✓ Avoid over-boiling veg and consider steaming or dry stir-frying veg instead.
- ✓ If you regularly fry or roast food, consider using an air fryer. These work by circulating hot air containing fine oil droplets around the food, such as meat, fish, veg and potatoes. Although this means they still fry food, the amount of fat needed is substantially lower than roasting or deep fat frying.
- ✓ Slow-cookers allow you to cook with less fat while preserving more nutrients than roasting, boiling or frying. They are also energy efficient and offer a cheaper alternative to the conventional oven!

