

The way a food or drink is prepared can have a significant impact on its nutritional value. Using the cooking methods from the 'use often' section is the healthiest choice and are encouraged in all community venues.

Use often		Use sometimes	Avoid
<ul style="list-style-type: none"> <li>Bake (without added oil/fat)</li> <li>Barbeque</li> <li>Blanch</li> <li>Brush with small amount of oil</li> <li>Boil</li> <li>Braise</li> </ul>	<ul style="list-style-type: none"> <li>Dry fry (non-stick pan)</li> <li>Grill</li> <li>Microwave</li> <li>Poach</li> <li>Steam</li> <li>Steam bake</li> <li>Stew</li> </ul>	<ul style="list-style-type: none"> <li>Shallow fry with a small amount of oil</li> <li>Stir-fry with a small amount of oil</li> </ul>	<ul style="list-style-type: none"> <li>Deep fry</li> <li>Roast in oil or fat</li> <li>Shallow fry in a large amount of oil</li> <li>Stir-fry with a large amount of oil or fat</li> <li>Frying in coconut oil</li> </ul>

## Fats and oils



Use only small amounts of poly or monounsaturated fats e.g. margarine, canola, extra virgin olive, grapeseed, light olive, olive, soybean, sunflower, light coconut milk.



Avoid saturated fats e.g. butter, copha, dairy blends, ghee, lard, palm oil, coconut oil, tallow, coconut cream, cream (all types).

## Healthier methods

Steaming	Grilling	Baking	Poaching
Steaming is considered a healthy cooking technique and capable of cooking almost all kinds of foods e.g. vegetables, fish, dim sims	Grilling is a type of cooking that involves dry heat applied to food, commonly from above or below e.g. meat, eggs, fish, vegetables	Baking uses dry heat by convection, rather than thermal radiation, usually in an oven e.g. savoury pastry products, vegetables, fish, meat	Poaching is the process of gently simmering food in a liquid, generally milk, stock or water e.g. chicken, eggs, fish
			