

Top Tips for Healthier Cooking

Healthy cooking doesn't need to be bland or boring, and you don't need to miss out on your favourite meals. Here are some simple tweaks you can make to your cooking to get the most nutrition bang for your buck.

Non-stick for the win

Make the most of non-stick equipment e.g. non-stick pans, silicon baking tins and baking paper so you don't have to use lots of oil to stop food from sticking.



Make meat dishes go further

Add legumes like chickpeas, black beans, lentils and kidney beans to mince dishes to add extra nutrients and fibre, while lowering the calorie content and cost.



Bring the flavour

Use ingredients like herbs, spices, garlic, onion, ginger, chilli and citrus instead of relying on lots of fat and salt for flavour.



Up the veg content

Grate, blend or finely chop veggies to sneak a bit more into stews, soups and curries..

Serve up extra veg with more indulgent foods to provide a healthy balance without having to miss out on your favourites.

Use healthier cooking techniques

Steam, grill, bake, roast, stir fry, microwave or cook in liquids like stock or water, rather than deep frying.

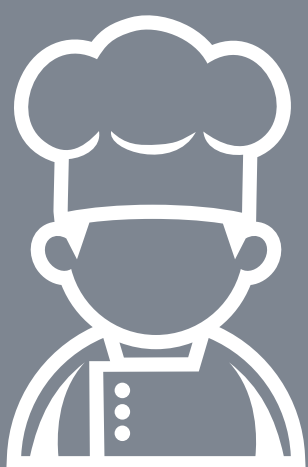


Smart substitutes

- Greek yoghurt instead of sour cream
- Evaporated milk instead of cream
- Use apple sauce to replace half the oil or butter in baking
- Stock, pesto, or tomato-based sauces instead of creamy sauces

Try something new

Experiment with vegetable and legume alternatives to refined carbs - cauliflower 'rice', edamame or black bean noodles, pulse pasta or zucchini noodles ('noodles')



Trim the fat

Remove visible fat from meat - take skin off chicken, cut fat from steaks and skim fat from the top of stews.