



# Cook Up Healthy Meals

Brought to you by:



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## Cook Up Healthy Meals

# 1 Prepare healthy meals using the following methods:

- Steaming** keeps nutrients and flavours in
- Stir frying** cooks small pieces of food quickly using minimal oil in non-stick pans
- Grilling and roasting** in high heat allows fat to drip away from meat



# Cook Up Healthy Meals

**1** Prepare healthy meals using the following methods (ctd):

- Baking/Microwaving** helps to keep flavours and aromas in while using minimal oil
- Braising** is an ideal way to soften tough meat without oil
- Stewing** is an easy and fast way to cook different types of foods using a slow cooker



## Cook Up Healthy Meals

### **2** Exchange with healthier ingredients:

- Use low fat milk** instead of ‘santan’
- Substitute mayonnaise** with yoghurt or low fat salad dressing or low fat mayonnaise
- Choose wholegrain bread** instead of white bread



## Cook Up Healthy Meals

# 2 Exchange with healthier ingredients

(ctd):

- Eat **brown rice** instead of white rice
- Use **herbs and spices** instead of sauces or salt
- Use **fresh or dried fruits** instead of sugar



## Cook Up Healthy Meals

### 3 Tips for healthier meal preparations:

- Remove visible fat and skin from meat
- Remove prawn heads as they are high in cholesterol
- Wash vegetables and fruits before you cut



## Cook Up Healthy Meals

### **3** Tips for healthier meal preparations (ctd):

- Use vegetables of different colours** in your meals for more variety and to get more phytonutrients
- Cook fish, chicken and meat thoroughly** to kill microorganisms



# GETTING BACK TO FOOD



**IS THIS YOUR FOOD PYRAMID???**



