

Healthy Eating Hints

A few adjustments to the way we cook, can make a difference to the fat content of our food.

Avoid frying - it is better to grill, microwave, steam or bake food with the minimum of oil.

Do not use lard or meat fats. You can use poly/mono unsaturated as an alternative, but Virgin Olive Oil is best

Stews and soups can be cooked in advance. When cool, the fat rises to the surface and can be skimmed off with a spoon.

Use low fat live yoghurt as a low calorie dressing for salads or substitute oil based dressings on salads with a lemon juice and herb dressing (See recipe). Try using flax oil which is rich in omega 3s or virgin olive oil.

Try sorbets, low fat frozen yoghurt or lower fat ice creams, as an occasional topping on fruit.

With chicken portions or fish portions, you could coat the portions with low fat live yoghurt then dip in breadcrumbs, grill or oven cook, do not fry. This is much healthier than the usual egg and breadcrumb mix and tastes as if it has been fried.

Spray cans of vegetable/olive oil are available and they use very small amounts of oil. You can get refillable ones.

Cut the fat off meats and take the skin off chicken before cooking, this reduces the fat content greatly.

Instead of adding cream to soups and casseroles, mix together one tablespoon of corn-flour with three tablespoons of cold water and add as a thickener. Alternatively you can use live yoghurt.

Try skimmed milk in recipes and sauces or as a drink. It is low in fat and contains more calcium than other milks. Soya milk is also useful, high in proteins, low fat and beneficial for menopausal



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ladies.

Pan fry minced beef or lamb and pour off excess fat, or allow to cool and skim the fat off the top.

Try low fat Cheddar type cheese, Edam or low fat cottage cheese.

Honey is a very good substitute for sugar - try it as a replacement.
