

Cooking tips fact sheet

Cook with less fat

Around a third of the fat you eat is added to food during preparation and cooking. Here are some tips to help cut back:

- Don't deep-fry food. Cook without added oil or fats - grill, bake, steam, boil, microwave, poach, barbeque or dry fry in a non-stick pan.
- Sauté, brown or stir-fry food in a non-stick pan with no or minimum oil. Add a little water or stock if food starts to stick.
- Use low fat yoghurt, vinegar, lemon juice and herbs for dressings or choose dressings with no oil.
- Boil or poach eggs or fry in a non-stick pan brushed lightly with oil.
- Try cooking with olive oil or canola spray or use non-stick pans.
- Cut down on dishes with cream, creamy sauces or oily gravies.
- Sour cream can be replaced with light evaporated milk, plain low fat yoghurt or a mix of half ricotta cheese half low fat yoghurt.
- Roast vegetables - skip oil completely and bake on a rack or dry prepared vegetables thoroughly then brush or spray lightly with oil.
- If using pastry, line either the top or bottom of the dish rather than both or use filo pastry and brush every second sheet with oil or margarine instead of butter.