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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

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

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 whole grain broad instead of white broad
 - Choose wholegrain bread instead of white bread

Z 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

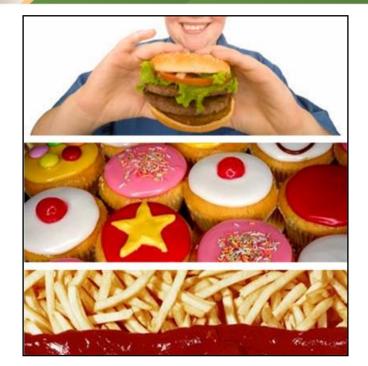
3 Tips for healthier meal preparations:

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

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???







