

Healthier Cooking Methods

Not all dishes need to be prepared using fat and oil. **Small changes** such as using a healthier cooking method can make a **big difference** to the nutritional value of the dish.



60

PERCENT

The amount of vitamin (C, B1, B2, B6) loss when foods are boiled. Compared to 25%, when foods are steamed.¹

Healthier cooking methods

The way a food or drink is prepared can have a significant impact on its nutritional value.

Use often

- Bake (without added oil or fat)
- Barbeque
- Blanch
- Boil
- Braise
- Grill
- Non-stick or dry frying
- Microwave
- Poach
- Steam
- Steam bake
- Stew

Use sometimes

- Food brushed or sprayed with a small amount of oil
- Shallow fry with a small amount of oil or fat
- Stir-fry with a small amount of oil

Avoid

- Deep fry
- Roast in oil or fat
- Shallow fry in a large amount of oil or fat
- Stir fry with a large amount of oil or fat



With the different cooking methods in mind, the table below demonstrates the practical application of these across the different food groups and which cooking method to select to make a food healthier.



Regular cooking methods	Healthier cooking methods
Meat and alternatives	
Deep fried meat and alternatives	Bake, barbeque, grill, dry fry without added oil or fat Braise, poach or stew
Eggs	
Eggs fried in oil or fat	Use a non-stick fry pan, poach or boil egg Spray a pan or grill with a small amount of oil
Fish and seafood	
Deep fried fish and seafood	Bake, barbeque or grill without added oil or fat Steam or poach
Fruit, vegetables and legumes	
Deep fried vegetables (e.g. tempura etc)	Bake, barbeque, dry-fry, dry-roast, grill without added oil or fat
Stir-fried vegetables	Blanch, boil, par-boil, microwave, steam or steam-bake
Vegetables roasted in fat	Vegetables brushed or sprayed with oil
Deep or shallow fried legume products (e.g. falafel, vegetable or lentil patties)	Bake or grill without added oil or fat





Hot savoury items

Deep fried formed potato products (eg. potato chips, gems, hash browns, scallops and wedges)	Bake formed potato products without added oil or fat Bake plain potatoes with the skin on without added oil or fat
Deep fried spring rolls, chiko rolls, dim sims	Steam or oven bake without added oil and fat
Deep fried savoury pies and pastries	Bake reduced fat savoury pies and pastries

Savoury snack foods

Popcorn, popped in oil or fat	Air-pop popcorn in a microwave or on a stove top or in a popcorn maker without added oil or fat
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Rice and noodles

Fried rice with added fat or oils	Stir fry the rice, vegetables and lean ingredients in a non-stick fry pan with a small amount of added oil or fat
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Steaming
Steaming is considered a healthy cooking technique and capable of cooking almost all kinds of food



Grilling
Grilling is a type of cooking that involves dry heat applied to food, commonly from above or below



Baking
Baking is a cooking method using dry heat by convection, rather than thermal radiation, usually in an oven



Poaching
Poaching is the process of gently simmering food in a liquid, generally milk, stock or water



¹ http://www.nestleprofessional.com/united-states/en/documents/nutripro/2808_nutripro_2_cooking_meth.pdf