

HEALTHY TIPS & TRICKS

how to be a healthy cook



Cooking at home is healthier (and more affordable) than dining out. What you cook is a big part of healthy eating, but HOW you cook matters too. Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. You can use basic cooking techniques to help retain nutrients in foods while enhancing their flavour to get the most out of your meals.

HEALTHY COOKING TECHNIQUES TO TRY

Steaming

Steaming is the best way to retain nutrients in vegetables. Research shows that steaming can help enhance beta-carotene content in carrots and retains the most glucosinolates (helpful for fighting bacterial, viral, and fungal infection) in leafy greens.

Stir-Frying

Stir-frying is one of the best ways to use up all the proteins and fiber-rich veggies you have on hand. It requires minimal oil and makes it easy to maximize the nutrition of your meal with a variety of ingredients.

Roasting

Roasting is a great cooking method for vegetables because it enhances their flavours. When roasting meats, place cuts on a rack so the fat drips away during cooking.

Braising

Braising is done by first searing food with a small amount of oil and then cooking it in flavourful liquid. This means a lot of flavour without a lot of fat. It's great for sturdy veggies like potatoes and carrots and tougher cuts of meats like beef and pork roasts.

Poaching

Poaching is for more than just eggs! Try simmering poultry, fish, vegetables, and fruit in flavourful liquid like broth or wine. Choose a covered pan that fits the size and shape of the food so you can use a minimal liquid and retain nutrients.

Grilling

Grilling is commonly done on a barbecue, but it can also be done on a griddle or grill pan. Grilling helps remove excess fat from meat and adds great flavour to vegetables and fruits.



9 SIMPLE SUBSTITUTES FOR HEALTHY EATING

- 1 Use applesauce instead of oil or butter.** Try substituting applesauce (up to ½ cup) in baking recipes. You'll cut down on calories without losing flavour or texture.
- 2 Eat brown rice instead of white rice.** Brown rice has more nutrients and fiber, which means it's more filling. Try other alternatives like quinoa or riced cauliflower.
- 3 Use fat-free Greek yogurt instead of sour cream.** It cuts calories and saturated fat and contains more protein.
- 4 Thicken soups with vegetable purée instead of cream.** You'll get loads of flavour and a boost of nutrients.
- 5 Cut the sugar.** You can usually reduce the amount in baking by up to half. Or try swapping the sugar for 1-2 mashed bananas.
- 6 Use ground turkey, chicken, or extra-lean beef** in chili, burgers, meatballs, meatloaf, and lasagna to save on calories and fat.
- 7 Swap breadcrumbs for oatmeal.** It's a healthier add-in for meatloaf and meatballs. Grind it coarsely for breading.
- 8 Sweeten with vanilla, nutmeg, cinnamon, and honey.** Replace the sugar in coffee, tea, and baking.
- 9 Watch your condiments.** Top toast with avocado instead of jam, try hummus instead of mayo, and swap store-bought dressings for homemade vinaigrettes.

Sources: www.sciencedaily.com/releases/2017/03/170314150926.htm | www.tandfonline.com/doi/abs/10.1080/17439760.2016.1257049
www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-cooking/art-20049346 | Images by Unsplash