



## Healthier Cooking tips for Christmas

01

### Using Healthier Ingredients

- 1.Reduce the amount of fat and sodium of a dish
- 2.Look for healthier choice symbol (HCS)
- 3.Go easy on the amount of oil, sugar and salt used

02

### Skip the Drippings

- 1.Avoid using the meatloaf or turkey drippings to make gravy
- 2.Replace with reduced sodium stock

03

### Choose Healthier Cooking Methods

- 1.Boiling, steaming, baking, roasting or grilling can reduce the amount of fat in the dish
- 2.Baking or air-frying can achieve the same crispy effect too

04

### Make Healthier Desserts

- 1.Having fresh fruit as main ingredient for desserts
- 2.Alternative such as yoghurt fruit salad topped with pomegranate and baked apples



Article By:  
Mohamed Fadlil  
ITE College East  
Fulfillment & Execution