

Ten Cooking Tips to Better Weight Management

1. Remove visible fat and skin from meat or choose lean cuts of meat
2. Use a non-stick pan to cook which requires minimal oil
3. Use an oil spray or brush to coat the pan instead of pouring oil to cover the pan
4. Skim fats off stews and stocks, or chill them overnight and remove the top layer of solidified fat before reheating and serving
5. For dishes that require coconut milk, replace all or part of it with low fat milk or low fat evaporated milk
6. For dishes that require coconut cream, try experimenting with low fat yoghurt with a few drops of coconut essence in replacement of the cream
7. When roasting meats, cover with foil to contain the moisture instead of basking the meats with the oil collected at the bottom of the pan
8. Bulk up the meat dishes with more vegetables and lentils which are lower in energy
9. Go easy on all salad dressings. Use clear dressing such as French dressing rather than creamy ones like mayonnaise that would have higher energy content
10. Add a 'fruity' touch to the main meals by enhancing the sweetness with fresh or dried fruits

Please contact KTPH Dietitian at 6602 2420 or YCH Dietitian at 6807 8584 if you have any nutrition related question.

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Admiralty Medical Centre • (65) 6807 8000 • www.admiraltymedicalcentre.com.sg

Khoo Teck Puat Hospital • (65) 6555 8000 • www.ktph.com.sg

Yishun Community Hospital • (65) 6807 8800 • www.yishuncommunityhospital.com.sg