



Take 10 - In the kitchen

1. **Have the right tools on hand**

Use non-stick cookware. Try spray oil in place of liquid oil – this will stop food sticking, with much less fat. Greased baking paper is also a great idea to use less oil, butter or margarine.

2. **Choose lean meats**

Choose lean cuts of meat and skinless poultry and remove any visible fat from meat before cooking.

3. **Add less fat in cooking**

Try to grill, bake or microwave. And remember, you can fry with water or use a spray oil. When roasting, use a rack so that fat drips away and place a pan of water under the meat to stop it drying out.

4. **Choose the right fat**

When adding fat, choose poly-unsaturated or mono-unsaturated oils and margarines and use less. Eating saturated fats like butter, lard and ghee can increase the risk of heart disease.

5. **Use lower fat ingredients to make a real difference**

Modify recipes to be healthier by substituting lower fat ingredients like low fat milk and reduced fat cheese. Use evaporated skim milk or ricotta cheese in place of cream, filo pastry instead of short crust or puff pastry, natural yoghurt in place of sour cream and evaporated skim milk with coconut essence in place of coconut milk or cream.

6. **Eat less salt**

Food can be low in salt and taste great. Use herbs like oregano, basil and rosemary; spices like chilli, pepper and curry powder; and flavoursome ingredients like garlic, onion, lemon juice and wine.

7. **Make up a kitchen survival kit**

Having the right ingredients on hand makes throwing together a quick, healthy meal easy. In the freezer have frozen vegetables, grated reduced fat cheese, fish and chicken fillets, lean meat and reduced fat oven fries. In the fridge have fresh fruit and vegetables, eggs, low fat milk and yoghurt. In the pantry have pasta, rice, legumes, tinned fish, pasta sauce and evaporated skim milk.

8. **Meat free meals to eat more vegetables**

Have at least one meal each week which is based on vegetables. Try a curry, stir-fry or pasta dish. Include four or five different vegetables for a colourful and nutritious meal.

9. **Cook and serve the correct portion size**

Serve up just enough food to avoid overeating. If there are leftovers, put them away for another meal immediately to stop the temptation of going back for seconds.

10. **Get the right support**

An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at www.healthyweightweek.com.au to find an APD in your area.

Eat better, feel better, move more **NOW!**

