Tips For Healthy Eating & Cooking At Home

CHUBB®

Whipping up healthy meals at home is the way towards healthy nutrition, which will help boost our immunity to fight off harmful germs.

Here are some tips to help you cook healthier:
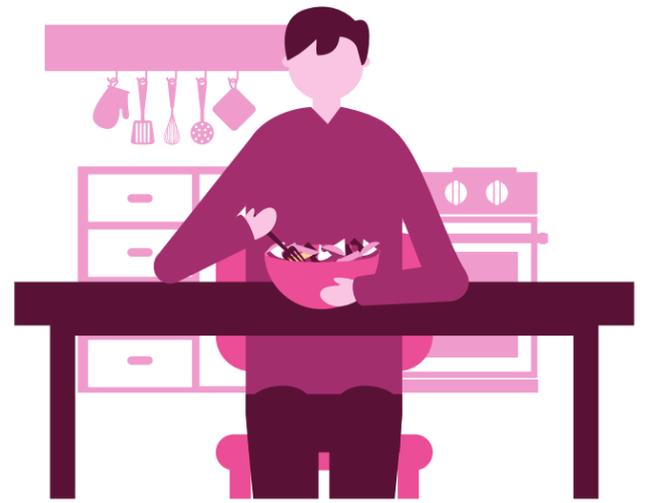
Healthy Eating Practices

- Consume more vegetables and fruits with different colours to ensure that you are getting a variety of these nutrients.

- Eat balanced meals in appropriate amounts.

- Practise mindful snacking. Opt for healthier options if you need to snack.

- Make sure to drink sufficient water regularly throughout the day.

- Do ensure that you have an adequate intake of dietary fibre, such as whole grains, legumes and vegetables.

Tips For Cooking

Cook smart
- Pick recipes you can handle.
- Consider one-pot meals as they are balanced, containing grains, proteins and vegetables, and are easier to prepare.

Choose healthier cooking methods
- Reduce deep-frying and other cooking methods that use a lot of oil.
- Use healthier methods such as blanching, roasting, baking, stir-frying or steaming.

Use healthier ingredients
- Use less oil, salt and sugar in your cooking. Use lean meat as much as possible.

Use natural herbs and spices
- These will help add flavour to your dishes in lieu of salt, sugar and oil. Lime or lemon juice is also a good option to add some flavour.

Source:
The Star - Tips for healthy eating and cooking at home during the MCO

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