

In the Name of Allah, Most Gracious, Most Merciful

Healthy Cooking Tips

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Eating healthy food doesn't mean giving up your favorite foods. Choosing healthy foods is an important part of eating right, BUT cooking them in a healthful way is another huge part. Many people are being obese and getting Heart Diseases, High Cholesterol, High Blood Pressure, Diabetics etc. Below are few healthy tips.

Buying Tips:

- 1> Choose lean cuts of Halaal Meat (Chicken, Lamb, Goat or Beef, etc.). Remove all fats from meat.
- 2> Buy low fat and nonfat dairy products.
- 3> Choose those foods that are lower in fat, saturated fat, and cholesterol.
- 4> Include Fish (from open sea which is not bred in the farm) in your weekly buying list.
- 5> Include Fruits & Vegetables in your weekly buying list.
- 6> Avoid all Processed Foods/Drinks and has not breed in farms which includes chicken or fish as well.

Cooking Tips:

- 1> Replace fats that contain saturated fat with olive oil, corn oil or canola oil etc.
- 2> Broil, roast, bake, steam, or grill foods instead of frying them, or stir-fry with just a little added oil or broth.
- 3> Trim all visible fats from meat before cooking. Remove the skin from chicken or turkey.
- 4> Scrub vegetables rather than peel them, as many nutrients are found close to the skin.
- 5> Substitute low fat yogurt, sour cream, or cottage cheese for sour cream and mayonnaise in dips and dressings.
- 6> Add herbs to all types of meals. They are also rich in health-protective phytoestrogens.
- 7> Herbs such as coriander, ginger, garlic, green chili, Turmeric and lemongrass are especially complimentary in vegetable-based stir-fry recipes.
- 8> For meat products you may add Ajwain, Cardamom, Cinnamon, Clove, Coriander seed, Cumin, Black Cumin, Garlic, Ginger, Black Pepper, Turmeric.
- 9> Always prefer to cook in low to medium heat. Always avoid over cook or under cook.
- 10> Avoid chemically coated non-stick pan, since it may cause cancers.

Zero Oil Cooking - By Heart Specialist Dr. Bimal Chajjer

<https://www.youtube.com/watch?v=xLS06na4QBA>

Eating Tips:

- 1> Use less of all fats and oils, especially butter, cream, sour cream, and cream cheese, which have a lot of saturated fats.
- 2> Try nonfat salad dressings.
- 3> Gradually replace whole milk with **2%** fat milk and then **1%** fat milk for adults.
- 4> Eat fish at least once a week.
- 5> Eat Fruits & Vegetables regularly in moderation.

Exercise in Moderation to keep yourself fit and healthy as well.

Avoid Following Ingredients:

Alcohol, Animal Fat, Bacon (Pork), Beef, Fat (Animal Fat including Pork), Gelatin {Pork, Beef (bone and or skin)}, Ham (Pork), Lard (Pork), Lecithin (made from Pork) (while Soya lecithin is Halaal), Rennet (Alcohol), Sausage, Shortening (animal) and Monoglycerides or Mono and Diglycerides made from animal (while Monoglyceride or Mono and Diglycerides made from Vegetable/Plant is Halaal).

Only eating Halaal Food is not enough. Make Sure Your Income is Halaal.

Islaam is based on Truth and nothing BUT the Truth and those who indulge in Falsehood/Unjust are not Muslims.

Read Al-Quraan, the Miracle of Miracles and free from contradictions and errors

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