

Healthy Cooking Tips

Eating healthy food doesn't mean giving up your favourite 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. Below is Cooking Tips.

- 1> MUST avoid all processed foods and physi drinks
- 2> Replace fats that contain saturated fat with olive oil, corn oil or canola oil etc.
- 3> Broil, roast, bake, steam, or grill foods instead of frying them, or stir-fry with just a little added oil.
- 4> Trim all visible fats from meat before cooking. Remove the skin from chicken or turkey etc.
- 5> Scrub vegetables rather than peel them, as many nutrients are found close to the skin.
- 6> Substitute Low fat yogurt, sour cream, or cottage cheese for sour cream and mayonnaise in dips and dressings.
- 7> Add herbs to all types of meals. They are also rich in health-protective phytoestrogens.
- 8> Herbs such as coriander, ginger, garlic, green chilli, Turmeric and lemongrass are especially complimentary in vegetable-based stir-fry recipes.
- 9> For meat products you may add Ajwain, Cardamom, Cinnamon, Clove, Coriander seed, Cumin, Black Cumin, Garlic, Ginger, Black Pepper, Turmeric.
- 10> Always prefer to cook in Low to medium heat. Always avoid over cook or under cook.
- 11> 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>

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).

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