



Healthy Cooking Suggestions

Tips on how to make your food healthier



African Meals



Poached eggs & avocados

Usually served at breakfast

1. Swap to Seeded bread
2. Add vegetable such as avocado



Chicken Stew

Served with rice and salad

1. Use two tablespoons of oil to stew
2. Reduce portion of rice to 3 tablespoons
3. Replace palm oil with natural sources of oil such as Seed oils



Fish Stew

Served with boiled yam.

1. Boil yam rather than frying.
2. Reduce oil to 1-2 table spoon per dish
3. Roast or grill fish rather than frying.
4. Add lots of veg and a small portion of boiled yam.



Spinach Stew

Usually served for dinner

1. Reduce and measure oil.
2. Cover half the plate with green veg or salad.
3. Serve with 1/4 plate of gari



Grilled Fish with waakye

Serve with side vegetables

1. Roast or grill the fish and plantain to use less oil.
2. Measure salt to ensure 1 tsp (6g) per day is not exceeded.
3. Smaller portion of fufu (no more than 1/4 plate).



Roast Chicken, boiled green beans & spinach

1. Add 1-2 table spoon of oil
2. Serve with vegetables



Malva Pudding

Sweet dish

1. Use semi skimmed milk
2. Use single cream instead of double Cream
3. Use less sugar or use sweeteners

