

Top Tips and Activities

Asian Cooking



Asian cooking can be high in fat, salt and sugar. Many traditional dishes are often fried in the traditional Ghee which is similar to clarified butter. Ghee is used in all types of Indian cooking from making sweets, snacks and main Indian meals. Ghee is an unhealthy food as it is made up of mostly saturated fat. To make the Indian diet healthier try following the 5 top tips listed below.

5 top tips to make Indian cooking healthier!

1. Instead of using ghee use olive oil, this is healthier as it comes from a natural source which is packed full of vitamins. The olive fruit is packed full of good fatty acids and antioxidants which will keep you fit and healthy through the winter.
2. Use more vegetables in curries such as peppers, cauliflower, broccoli, spinach and peas.
3. Bake traditional foods such as onion bhajis and samosas instead of frying in ghee.
4. Season foods with traditional herbs and spices like turmeric and cumin so you don't use excess salt.
5. Make tomato based curries instead of milk or coconut milk ones. Try and eat boiled rice and whole grain where ever possible instead of pilau as this has added fat.

Muslim, Hindu's and Sikhs are all religions which avoid some or all meat products for a number of reasons eating a predominately vegetarian diet. Vegetarians can miss out on important nutrients such as protein, iron and calcium.

5 top tips on getting protein when a vegetarian!

1. Using lentils, beans and pulses in curries not only bulks out a curry and counts towards your 5-a-day they also are an excellent protein source without the added fat of some meat protein.
2. Tofu is made up of bean curd and is a perfect choice to add into curries as an alternative protein source. Tofu like many other vegetarian protein sources takes on the flavour of the food it is cooked with so there is no need for anyone not like it.
3. Quorn is one of the newest sources of protein alternatives and like tofu Quorn

takes on the flavours of the food it is cooked with.

4. Make an egg based curry. One egg on average contains 6g of protein making it a good protein source and eggs are proven to keep you fuller for longer so it can help you resist those sweet treats.
5. Try using Soya based products in the form of milk for the creamier curries or soya mince as a nice change to beans and pulses.

5 top tips on getting more Iron when a vegetarian!

1. Add spinach to curries as an extra iron boost.
2. For breakfast eat cereals such as bran flakes or muesli.
3. Dried figs and apricots are a great snacks and a fab source of iron.
4. Chickpeas are one of the best sources of iron and are great in any curries.
5. For a breakfast change or as a snack have baked beans on toast.

5 Top tips on getting more Calcium when a vegetarian!

1. Add vegetables such as broccoli and bok Choy to curries and stir fries.
2. Soya based foods are a great source of calcium and can be enjoyed in many different ways.
3. Add tofu to curries this is not only a good protein source but is full of calcium too.
4. Rice milk is a good source especially added to curries for a creamier taste.
5. Snack on dried figs or add them to a curry for a fruitier taste this would be perfect in both tomato and creamy based curries.