Cooking with less fat

You can make your child's meal healthier by cooking with less fat.

- Use only a little oil to cook food
- Use a non-stick pan
- Use low fat milk instead of full cream/ coconut milk to cut down the amount of fat by half
- Drain off extra oil from food after deep frying
- Take away the top layer of oil from soups and stews
- Look for foods with "reduced fat" content
- Trim all visible fats from meats and remove skin from chicken/duck

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