

Examples of healthier food ingredients and cooking methods

Ingredients	Suggestions	Examples of healthier ingredients	Examples of less healthy ingredients
Grains	<ul style="list-style-type: none"> Use grains which is low in fat and without added sugar 	White bread, whole wheat bread, white rice, red rice, egg noodles, spaghetti, rice vermicelli, Chinese noodles	Croissant, pastry, “cocktail bun”, “pineapple bun”, bun with lotus seed paste, stir-fried rice and noodles, fried flat noodles, fried instant noodles, E-Fu noodles, Yu-Mein noodles
Vegetables	<ul style="list-style-type: none"> Use fresh, frozen or reduced-salt canned vegetables to replace pickles 	Fresh or frozen vegetables, canned vegetables with reduced salt or after blanching	Preserved mustard greens, pickled vegetables, dried radish, preserved mustard, salted mustard root, pickled mustard
Fruits	<ul style="list-style-type: none"> Use fresh fruit or pure fruit juice (except coconut because it is high in saturated fat) Use fruit products without added sugar 	Fresh fruit, canned fruit in juice, dried and frozen fruit without added sugar, 100% fruit juice	Canned fruit in syrup, dried fruit and juice with added sugar, coconut and its products
Meat and alternatives	<ul style="list-style-type: none"> Use fresh / frozen lean meat to replace processed meat Use non-fried plain bean products Use non-fried nuts without added salt and sugar 	Fresh or frozen lean beef, pork, fishes, seafood such as scallop, shrimp, crab, skinless poultry, canned tuna in water, tofu, soybean sheet, plain vegetarian meat, dry-roasted and plain nuts	Pork brisket, connective tissue under skin of pig (“pig neck”), fatty beef, beef brisket, chicken wings, chicken paw, canned tuna in oil, luncheon meat, sausage, ham, bacon, ready-to-use meatballs, imitation crab meat, Chinese sausage, salted fish, salted eggs, tofu puff, fried soybean stick, fried gluten, seasoned vegetarian meat, fried cashew nut, roasted nuts with added salt
Milk and alternatives	<ul style="list-style-type: none"> Use skimmed, low-fat or reduced-fat plain dairy products 	Skimmed or low-fat milk, milk powder, yoghurt, reduced-fat cheese	Full cream milk, coconut milk, cream, evaporated milk, condensed milk, creamer
Fats & Oils / Salad Dressing / Spread	<ul style="list-style-type: none"> Use healthy vegetable oil Use low- or reduced-fat salad dressing Use spread which is reduced-fat and without added sugar 	Corn oil, olive oil, canola oil, peanut oil, sunflower oil, soybean oil, reduced-fat peanut butter, jam without added sugar	Butter, lard, coconut oil, palm oil, margarine containing <i>trans</i> fat, shortening, salad dressing, condensed milk, jam with added sugar, peanut butter, chocolate spread, kaya, goose liver pate

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Beverages / Desserts	<ul style="list-style-type: none"> Pure fruit juice Beverages or desserts without added sugar (sugar or artificial sweetener can be served separately) 	Water, pure fruit juice, tea, clear soup, soy milk without added sugar, any beverages or desserts without added sugar, e.g. lemon tea, soybean curd dessert and red bean sweet soup	Cordial, soft drinks, ice cream, beverages and desserts with added sugar, e.g. coconut pudding, cheese cake
Seasonings	<ul style="list-style-type: none"> Use natural ingredients to replace seasonings or sauce which are high in salt or fat 	Garlic, ginger, spring onion, onion, lemon or lime juice, vinegar, parsley, five spices powder, mustard powder, star anise	Shrimp paste, fermented soybean curd, salted black bean, chicken powder. MSG, ready-to-use sauces (e.g. black pepper sauce, curry, satay), oyster sauce
Cooking Methods	Suggestions	Examples of healthier cooking methods	Examples of less healthy cooking methods
Methods / Mode of Serving	<ul style="list-style-type: none"> Replace quick deep-frying with blanching to prepare meat Blanch noodles before stir-frying to reduce the usage of oil Blanch canned vegetables to reduce sodium content Use low-fat cooking methods Serve low-fat salad dressing or sauce separately Serve grains dishes with sauce separately, except baked rice, baked pasta, pizza and baked potatoes Thin spread or serve spread separately for sandwiches and toasts alike Provide beverages and desserts without added sugar, sugar and sweetener can be served separately 	Boiling, steaming, grilling, baking, stewing, stir-frying or pan-frying with small amount of oil	Deep-frying (including the quick deep-frying process of meat prior to cooking), braising in heavy sauce, pour salad dressing or condiments over the dishes