

Healthier cooking

You can whip up delicious and healthy meals even if you have diabetes. Some tips on how you can do this:

- **Use healthier cooking methods (e.g., steaming, baking, boiling, grilling).**
- **Use healthier ingredients**
 - ↳ Choose wholegrains instead of refined grains. For example, replace white rice with brown rice
 - ↳ Choose lean meat and remove all visible fat before cooking
 - ↳ Reduce salt, instead use natural seasoning (e.g., herbs and spices)
Use condiments and sauces in moderation
- **Plan meals that incorporate vegetables as the main dish (together with fruits, they should make up 50% of your plate), rather than meat or carbohydrates as part of a balanced diet.**

Healthy recipes you can [try](#).

