

# Healthier Cooking – Local Cuisine

## Chinese



- Steam dumplings instead of frying
- Switch to brown rice
- Control the amount of sodium (e.g., salt and soy sauce)
- Use herbs and spices

## Malay



- Choose Ikan Bakar or Ayam Panggang
- Use low-fat or skimmed milk in curries and gravies, instead of coconut milk
- Cook meat together with gravy instead of stir-frying separately
- Use leaner cuts of meat

## Indian



- Use healthier oil options
- Grill, boil, steam & bake where possible
- Use low-fat plain yoghurt as a substitute