

# 煮得精明 食得健康

## Smart Cooking Brings Healthier Diet

少用煎炸烤焗

Less frying, grilling  
roasting or baking



多選蒸煮滾焯

More steaming  
or boiling



要煎炸的話...

Before frying...



...先蒸一蒸  
或汆汆水

...try steaming  
or parboiling  
ingredient first

