

Healthy Meal Preparation

Healthy meal preparation means that food cannot be prepared in following ways

1. Fried in oil or in a deep fryer
2. Too salted
3. Fried
4. Slightly fried
5. Too sweet

Healthy meal preparation **includes** the following:

1. Fresh food
2. Braised meals have advantage
3. During braising , a chicken or vegetable bouillon is added
4. Steam cooking
5. Cook vegetable without chopping it
6. Seasonal grocery shopping

