

Is it OK to re-use the frying oil?

Oil is important in preparing meals. However, since their chemical structure can easily deteriorate and render them harmful for your health, you need to directly add it to the meals, not burn them before. Oven baking and boiling should be preferred to frying. If you are to fry, deep frying is better.



Deep frying is much better as the crumbs are less, the food is evenly fried and less oil is absorbed. Re-using the frying oil over and over is not right. That is why after each time you fry something, you need to filter the oil, keep it in a dark and cool place, in a tightly closed container. The frying oil can be used 3 times at most and in a short period of time. Once again, frying should be the least favored option in cooking.



Is it right not to give children fish and eggs until the age of one?

Only breast milk should be given to babies in the first six months. Fish and eggs are rather nutritious foods. Thus, after the first six months, fish and eggs need to be given to babies during infancy when their growth and development rates are the highest. However, you must use correct cooking methods.



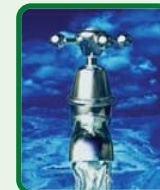
What is healthy and safe water?

Water that chemically, microbiologically and radioactively fits into the parameters listed in the Regulation for Water for Human Consumption is defined as healthy water. Safe water does not have harmful bacteria, chemicals and poisonous elements in it.



Which water is safe to drink?

Tap water, natural spring water licensed by the Ministry of Health and sold commercially, drinking water and natural mineral water production of which are controlled by the Ministry of Health are healthy types of water.



How do we know if the water is clean or not?

Impure, stinking, dirty water should not be consumed. Even if the stream looks clear, this does not mean you can drink it. Spring water emerging to the surface cleanly can be contaminated later with leakages and microbes carried through air. Whether the water is clean or not is decided following an inspection by health authorities. That is why only water that is approved by them should be used.



Which one is more efficient in weight control? Dieting or exercise?

Dieting or exercising can be efficient by themselves in weight loss; but they both have advantages and disadvantages. When applied together, they affect each other positively and create balance.



Negative energy balance created with dieting may induce quick weight loss at the beginning of the weight loss program. However, in this circumstance, fat-free body mass and resting metabolic rate will decline. Exercising results in less weight loss but keeps and even increases the fat-free mass, prevents the resting metabolic rate from declining.

When you lose weight by dieting you lose 75% of the fat mass, 25% of the proteins. If exercising is applied along with dieting, the loss of proteins is just 5%. The benefits of exercising still continue if you apply weight loss diets along with it.

Are the foods prepared in microwave ovens unhealthy?

With the short electromagnetic waves from the microwave ovens, the food in the oven absorbs the microwave energy and turns it into heat.

Microwave ovens help to defrost frozen food quickly and without deformation.

You should put your food in glass, ceramic, porcelain or microwave safe containers while using the microwave.



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