

## PRINCIPLES FOR FOOD PREPARATION, COOKING

Preparation and cooking processes of foods may increase or decrease their values. Below are some examples of these processes.

- Leavening the dough for bread, buns or cookies increases its nutritive value.
- Bran bread or brown bread is more nutritive than white bread. If thinly sliced and toasted, its nutritive value will decline.
- Eggs should not be consumed raw. Cooking the egg until the yolk turns green round the edges will decrease the protein value and the taste.
- Throwing away the water of the yoghurt causes vitamin loss.



- Tarhana is a nutritious food. Adding chick peas, lentil, carrots while cooking increases the nutritive value.
- When tarhana is sun dried, milk and yogurt are stored in a sunny environment, amount of **B<sub>2</sub>**, **B<sub>6</sub>** and **folic acid** will decline.
- It is easier to digest legumes if cooked well and their protein value will increase. You may throw away the presoaking water of these foods but throwing away the boiling water leads to vitamin loss.
- Nutritive values of desserts made with eggs, milk, tahin (sesame paste), pekmez (grape juice concentrate), cheese, and yoghurt are more than the ones made with flour, sugar, and fat.
- You should not leave the cooked food in room temperature more than 2 hours, but put them in the fridge. You need to consume the reheated food, not put it back in the fridge.



- Fats should be used without burning. Fat added to meals after burning becomes unhealthy.
- You should refrain from frying as a cooking method. The frying oil can be used 3 times at most and in a short period of time.
- If vegetables are not processed right after cutting, boiling-cooking water is thrown away, salads are not consumed right after adding lemon or vinegar; their vitamin A and C levels will decrease.
- Even though you keep freshly cut fruits and fresh fruit juice in the fridge, vitamins, mainly vitamin C and antioxidants will lessen.



## FOOD PRESERVATION PRINCIPLES

- Meat, poultry, and fish that will not be consumed within 1-2 days should be separated into amounts sufficient for one meal, packaged in a flat shape and frozen. Defrosting should be done in the fridge.
- Grains, legumes, sugar and etc. should be stored in a dark, dry (moisture level 50-60%), and cool (20 °C at most) place.
- Defrosted foods should not be frosted again.
- Butter, margarine, and vegetable oils should be kept in the fridge.
- Leftovers with meat should not be kept in the fridge more than 1-2 days and 3-4 days for vegetable meals. You should reheat as much as you will eat and consume vegetable meals on the day of preparation if possible.



## THINGS TO KEEP IN MIND WHILE USING CONTAINERS.

- Containers should not be exposed to extreme heat.
- Plastic containers should not be used in storing cooked meals.
- You should not scour the container while washing, if there are burnt or stuck remains in the container, the container should be reheated with water to enable washing without scouring.
- You need to rinse the container well after washing and use small amounts of dishwashing soap.



THE MINISTRY OF HEALTH  
General Directorate of Primary Health Care  
Department of Nutrition and Physical Activity

Healthy Nutrition  
Series Number: 03

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