



Cooking Mistakes That Can Affect Your Weight-Loss

Cooking Mistakes That Can Affect Your Weight-Loss!

One common thing I hear often is, “I’ve been eating all my meals at home, and I’m not seeing any difference”. That can be frustrating if you are training hard and trying to eat right. Let’s look at the 3 most common cooking mistakes that could be causing you to gain weight.

- 1. Adding the wrong oils** - There are many different types of oils and some are better suited for certain cooking methods than others. Portion control is important for oil and butter and you should try to not exceed a teaspoon. If you’re cooking with oil, you should be reaching for something with a high smoke point, such as peanut oil, sunflower or grapeseed oil. Heating an oil past its smoke point can cause it to break down. This means it may lose some health benefits, or the heat may cause some oils to produce free radicals or toxins.
 - **Olive oil** - Olive oil is considered as a ‘heart healthy’ oil as it helps to raise good (HDL) cholesterol and lower (LDL) bad cholesterol. This type of oil is best suited to cold dishes and salad dressings as it doesn’t do too well being cooked over a high heat, it breaks down and creates unhealthy trans fats. If you plan to cook with olive oil, I recommend using it only at a low heat.
 - **Peanut oil** - A great oil to cook over a high heat, as it has a high smoking point. Peanut oil can be quite strong in flavour and is well suited to Asian stir -fry’s and similar dishes. It contains heart healthy phytosterols (an essential plant fat) known to lower cholesterol.
 - **Coconut oil** - Coconut oil is rich in lauric acid, which is a special type of fatty acid believed to improve cholesterol. It is great in meals that require cooking over low to medium temperatures, such as soups, stews, curries, baking, and raw desserts. You do need to watch your portion size with coconut oil as its very calorie dense and has a higher saturated fat content in comparison to other oils.
 - **Canola oil & sunflower oil** - When they’re heated, vegetable oils reach a smoking point, which is the temperature just before they catch on fire. Canola oil and the different sunflower oils are all good sources of heart-healthy unsaturated fats. Both also contain omega-3 fatty acids, which are essential for good health. Sunflower oil, especially the high-oleic type, has a high smoke point suitable for browning and frying. Canola oil has a medium smoke point, which means you can use it for baking and stir frying, but not for a higher deep-frying temperature.



- 2. Underestimating portion sizes** - We can be way too generous when serving meals at home and getting our portions of food right can be difficult. To avoid this, I recommend using measuring cups for grains, pasta and rice so you learn how big a portion should be and so you don't accidentally cook too much. You could also use a smaller dinner plate and fill half of it with vegetables or a salad.
- 3. Using fat, sauces and salad dressings for flavour** - One of the fastest ways to increase your calorie intake is relying on fat, salt or sugar to add flavour to an otherwise healthy meal. Marinades, salad dressings and sauces can sneak a lot of extra sugar onto your plate. You wouldn't add tablespoons of sugar into your food so check the label before you add any sauce to a meal or have a go at making your own sauce. Also try to use herbs and spices instead for flavour. Rosemary, thyme, oregano, chilli, ginger and garlic are a few examples. Adding fresh herbs to dishes can give the meal an extra boost of antioxidants, vitamins and minerals.

Evie's Eats - Banana & Peanut Butter Smoothie (Serves 1)

Ingredients:

- 1 ripe banana
- 1/4 cup rolled oats
- 1 tbsp. peanut butter
- Cinnamon
- 1/2 cup low fat milk (cow, soy, almond, rice or coconut)
- 1/2 cup ice

Method:

1. Blend everything together until you reach a smoothie consistency. Enjoy!



Quote of the Month - Life Can Only Be Understood Backwards, But It Must Be Lived Forwards!



For more health and training tips, recipes and videos like us on Facebook or follow us on Instagram.



Take control your life, be happy! – rock on!

Till next month... *Evie*