Deadly Healthy Cooking ideas for your family

Always wash your hands

Boil stews or soups

Use water instead of oil, or use less oil

Cut fat off meat

Add vegetables, including frozen, tinned and fresh

Flavour your food with herbs and spices, mustards and sauces.

Include bush tucker when you can!

 Produced by the DAA Indigenous Nutrition Interest Group for the Australia Healthy Weight Week 2013. Images used from Northern Territory Government and VACCHO