

A close-up photograph of a clear glass bottle tilted to pour a golden-yellow liquid, likely oil, into a matching glass bowl. The liquid is captured mid-pour, creating a thin, continuous stream that falls into the bowl. The background is softly blurred, showing hints of a kitchen setting with various items on a white surface. The overall lighting is bright and natural, highlighting the clarity and color of the oil.

HEALTHIER

The right choice
&
daily intake

Contents

Body benefits

| | | |
|-------------------|---------------------------|---|
| - CRAFTSMANSHIP - | Lean cooking methods ✓ | 1 |
| - CRAFTSMANSHIP - | Lean usage of oil ✓ | 2 |
| - CRAFTSMANSHIP - | Lean usage of oil ✓ | 5 |
| - CRAFTSMANSHIP - | Less, better no alcohol ✓ | 6 |
| - CRAFTSMANSHIP - | Less salt ✓ | 7 |
| - CRAFTSMANSHIP - | Less sugar ✓ | 8 |

Body benefits

- CRAFTSMANSHIP -

Lean cooking methods ✓

Courses: Body benefits

Collections: Healthiness

Source: OCTOPUS OCEAN - Germany



Ingredients

Both of these concepts diminish the saturated fat content of food and reduce kilojoule levels, aiding in weight management.

Directions

Deep fry

try roasting meat/chicken/fish or vegetables instead in the oven (see 'roasting').

Shallow fry

try using a non-stick frying pan or wok.

Use just a small amount of oil or oil spray such as canola, sunflower or olive. Measure with a teaspoon (one per serve) rather than just pouring.

Add a little water or stock when needed to keep the pan/wok moist if needed.

Roasting

select meat with little fat or remove all fat that is visible. Put the meat on a roasting/cake rack in a baking dish containing 1-2cm of water. Enhance the flavour by adding herbs, spices, and/or mustard to the meat in the water.

Try applying a marinade to the meat with a brush in order to keep it from drying out. Or cover the meat with a lid or aluminium foil for part of the cooking process to keep moisture in.

Roast vegetables; peel or wash the veggies, ensuring you dry them thoroughly with a clean paper or tea towel.

Toss initially with a small amount of unsaturated oil (a plastic bag works well for this).

Put baking paper on the tray to make it easier to wash up.

Schedule the cooking times so that you remove the meat 10 min before the vegetables are finished. Cover the meat and let it rest for 10 min. before slicing. This helps meat to stay moist.

Casserole/dish

before cooking, remove chicken skin and trim all visible fat from the meat.

include a generous amount of vegetables and/or legumes once cooked, cool down the casserole/stew so that any fat solidifies on top. Remove this before reheating and thickening.

If you need to speed things up, add some ice cubes for a quick surface chill.

Dairy products

such as milk, yogurt, or cream

Utilize options that are low in fat or have reduced fat content.

Ricotta or blended cottage cheese mixed with a little icing sugar (with or without vanilla) serves as an excellent substitute for whipped cream.

Light and creamy evaporated milk or double-strength powdered skim milk can serve as a substitute for cream in soups, quiches, sauces, and casseroles, providing a rich flavour.

Sour cream

blend low or reduced fat milk with cottage cheese or ricotta to achieve a cream-like consistency. If you want to create a sour flavour, add a little lemon juice or vinegar.

Utilize natural yogurt with low or reduced fat (excellent on jacket potatoes, Mexican cuisine, and homemade potato wedges).

In cooking, replace sour cream with a mixture of light & creamy (skim) evaporated milk and a hint of lemon juice or buttermilk.

Cheese

attempt to lessen the required quantity utilize cheese types with reduced fat content

Use a fine grater for parmesan cheese, as it provides more flavour and requires less quantity. You need less cheese.

Combine grated reduced-fat cheese with oats or breadcrumbs to use as toppings on baked dishes.

Utilize a potato peeler to create thin shavings for sandwiches and toast.

Butter/margarine/oil

Use unsaturated margarine as a substitute for butter, dairy blends, lard, cophera, or cooking fat

Light or reduced-fat spreads have fewer kilojoules and are excellent for spreading, but they may not be suitable for cooking.

Use different types of oils for cooking, such as canola, sunflower, olive, peanut, and sesame oil, depending on the desired flavour.

When cooking, use a teaspoon to measure oil instead of pouring it directly.

Add just one teaspoon per serve.

Reduce the amount of margarine or oil used or leave out if possible (such as on bread).

Use ricotta, cottage cheese, hummus, avocado or unsalted nut spreads as an alternative spread on bread for variety.

- CRAFTSMANSHIP -

Lean usage of oil ✓

Courses: Body benefits

Collections: Healthiness

Source: OCTOPUS OCEAN - Germany



Ingredients

Knowing the smoke point of different oils allows you to choose the right oil for each cooking method.

232°C. Soybean oil, refined

204°C. Rapeseed oil, refined

227°C. Sunflower oil, refined

An increase in temperature of 10°C doubles the speed of the processes taking place in the oil during food preparation. In general, overheating of cooking oils should be avoided, since at too high temp. (>200°C.) the triglycerides of each cooking oil are thermally split & harmful products such as acrolein are formed. Excessively high temp. during frying/deep-frying considerably shorten the shelf life of a cooking oil **without the food being cooked faster. Roasting at 130-140°C. & frying at 160-170°C. are considered optimal.**

Conclusion: Refined vegetable oils, such as refined rapeseed oil, are well suited as frying oils. They can be heated to relatively high temperatures, offer nutritionally beneficial properties and are neutral in taste.

Directions

Applying oil as a flavour finisher rather than a primary cooking foundation & utilizing the proper cooking tools and procedures are the key to achieving lean (minimum) oil consumption in the galley. **Fill the oil into a medium-sized, handy bottle equipped with a bottle pourer dosing aid.**

Keep an eye on your daily intake: **The typical healthy adult need only 2-3 tbsp (28–42 ml) of oil daily** consumed at all meals. **“It is a known fact that many oils tend to carry more calories - around 120 to 130 - per tbsp, - so pay attention to total .**

Choose different cooking techniques:

Instead of deep-frying or pan-frying, choose for culinary techniques like baking, roasting, steaming, or grilling that use little or no oil.

Shallow frying and braising:

When frying, use a shallow frying pan and think about covering the pan with a lid. The contained moisture helps food cook with less oil.

Water or broth as a base:

To avoid sticking and burning when sautéing veggies, use small amounts of water or broth. If desired, add oil at the very end for taste. This is a typical low-oil stir-frying method.

Make use of appropriate cookware - use a well-seasoned cast iron or carbon steel pan or a high-quality non-stick pan.

Controlling portions while cooking:

Use 1 to 2 tbsp of oil, depending on the size of the pan, to completely coat the bottom of the skillet. Use just enough to lightly coat the item during roasting.

Reuse and filter frying oil safely: Unless it has been smoked or used for fish, deep-frying oil can frequently be cleaned & used again a few times.*

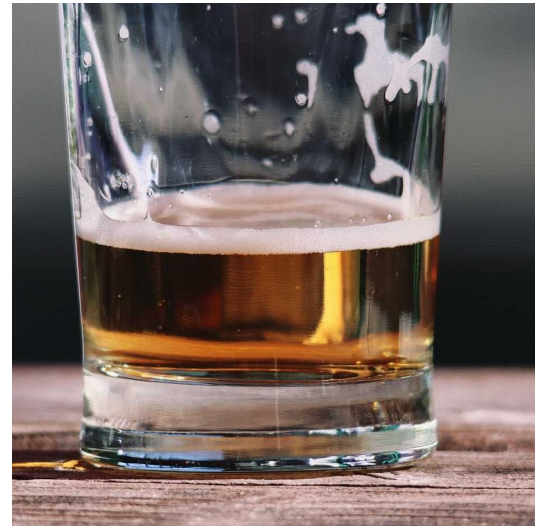
To prevent deterioration & preserve quality, store cooking oil in a cool, dark place away from heat & light.

- CRAFTSMANSHIP - Less, better no alcohol ✓

Courses: Body benefits

Collections: Healthiness

Source: OCTOPUS OCEAN - Germany



Ingredients

Alcohol is nutrient-poor, high in kilojoules, and can contribute to weight gain.

Alcohol is a psychoactive substance that can be addictive. Harmful alcohol consumption is considered to be a contributing factor in more than 200 diseases and is one of the five major risk factors for disease, disability, and death worldwide.

In addition to the health consequences for consumers, the World Health Organization (WHO) also lists the socioeconomic consequences for those affected and the harm to other individuals and society as a whole as consequences of risky alcohol consumption.

The social consequences of harmful alcohol consumption include not only the direct costs to the health care system and productivity losses, but also intangible costs such as loss of quality of life.

Directions

Alcohol is unhealthy for several reasons:

Increased risk of disease:

Regular alcohol consumption increases the risk of liver disease, kidney problems, cardiovascular disease, and various types of cancer.

Brain damage:

Long-term consumption can lead to shrinkage of brain tissue and impair cognitive function.

Neurotoxin:

Alcohol acts as a neurotoxin that damages the entire body and poses a long-term threat to health.

Lower life expectancy:

People who regularly consume large amounts of alcohol have a significantly lower life expectancy.

These points highlight the health risks associated with alcohol consumption.

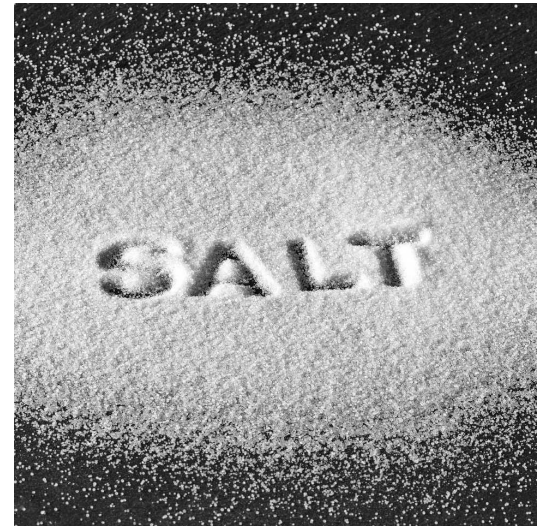
- CRAFTSMANSHIP -

Less salt ✓

Courses: Body benefits

Collections: Healthiness

Source: OCTOPUS OCEAN - Germany



Ingredients

Some salt is necessary for good health, but the average person consumes too much of it. Excessive salt consumption can elevate the risk of high blood pressure, a condition that contributes to heart disease, stroke, and chronic kidney disease.

Most of the salt consumed comes from processed and packaged foods, rather than solely from the salt added during cooking or at the table.

Sodium is an ingredient of table salt. That is the reason why 'sodium' is occasionally employed as a substitute term for 'salt'. As an illustration, this applies to nutrition information panels on product labels.

Directions

Eating less salt

The preference for salty foods is acquired through experience. You can re-train your taste buds to adapt to eating foods that do not have added salt.

Selection of prepared spices and salts in white containers with a ladle.

In order to reduce your salt intake, attempt to:

Consume mainly fresh foods rather than processed items with added salt select canned and packaged foods that have no added salt, are low-salt, or have reduced salt

Utilize food labels to contrast akin items and select those containing lower amounts of 'sodium'.

In sandwiches, opt for canned fish or prepare a small amount of extra meat or chicken when making your main dish instead of using deli meats use only tiny quantities of salty sauces

Use herbs, spices, and other low-sodium flavourings, such as no-added-salt tomato paste, while cooking instead of salt refrain from adding salt at the table.

- CRAFTSMANSHIP -

Less sugar ✓

Courses: Body benefits

Collections: Healthiness

Source: OCTOPUS OCEAN - Germany



Ingredients

Excess sugar in food or beverages can lead to a high kilojoule content, categorizing it as 'energy dense'. This may complicate weight control. There is also a connection to dental caries.

All sugars differ from one another.

Directions

Naturally occurring sugars

These are found in milk, fruit, vegetables and legumes.

They are consumed in small amounts, together with a lot of essential nutrients.

Additional sugars

These are produced from plants like sugar cane through a refinement process. They can be incorporated into food or beverages in substantial quantities to create cakes, cookies, and soft drinks.

Foods and beverages containing added sugars may not provide beneficial nutrients, yet they can heighten the caloric content.

Hence, they are referred to as 'energy dense' and 'nutrient poor' at times.

People sometimes believe that consuming excessive amounts of sugar causes diabetes, as diabetes involves the management of blood glucose (or blood 'sugar').

Diabetes is not directly caused by sugar. Nonetheless, having excess weight raises the likelihood of developing type 2 diabetes, and added sugars can contribute to weight gain.