

# Deep-Fat Frying: Healthier Alternatives



## What is deep-fat frying?

The term deep-fat frying means a food is prepared by submerging in hot oil or other fat.

Deep-fat frying is not an allowable method when preparing foods on-site.

“On-site” means at a center, home, or satellite kitchen operating the Child and Adult Care Food Program.



## What are some healthier alternatives?

- Roasting
- Baking
- Broiling
- Grilling
- Stir-frying
- Boiling
- Steaming
- Poaching
- Braising
- Stewing