



Eat well
under \$4

Recipes for people with diabetes



Acknowledgements

“TOUCH Diabetes Support would like to thank all student and staff contributors from Nanyang Polytechnic for the hard work that went into developing this recipe book. We hope that this book will be helpful in encouraging the community of people with diabetes to prepare healthier meals and adopt healthier eating habits. We would also like to appreciate our sponsor, AstraZeneca, for their support to raise diabetes awareness amongst youth.”

~ **TOUCH Community Services**

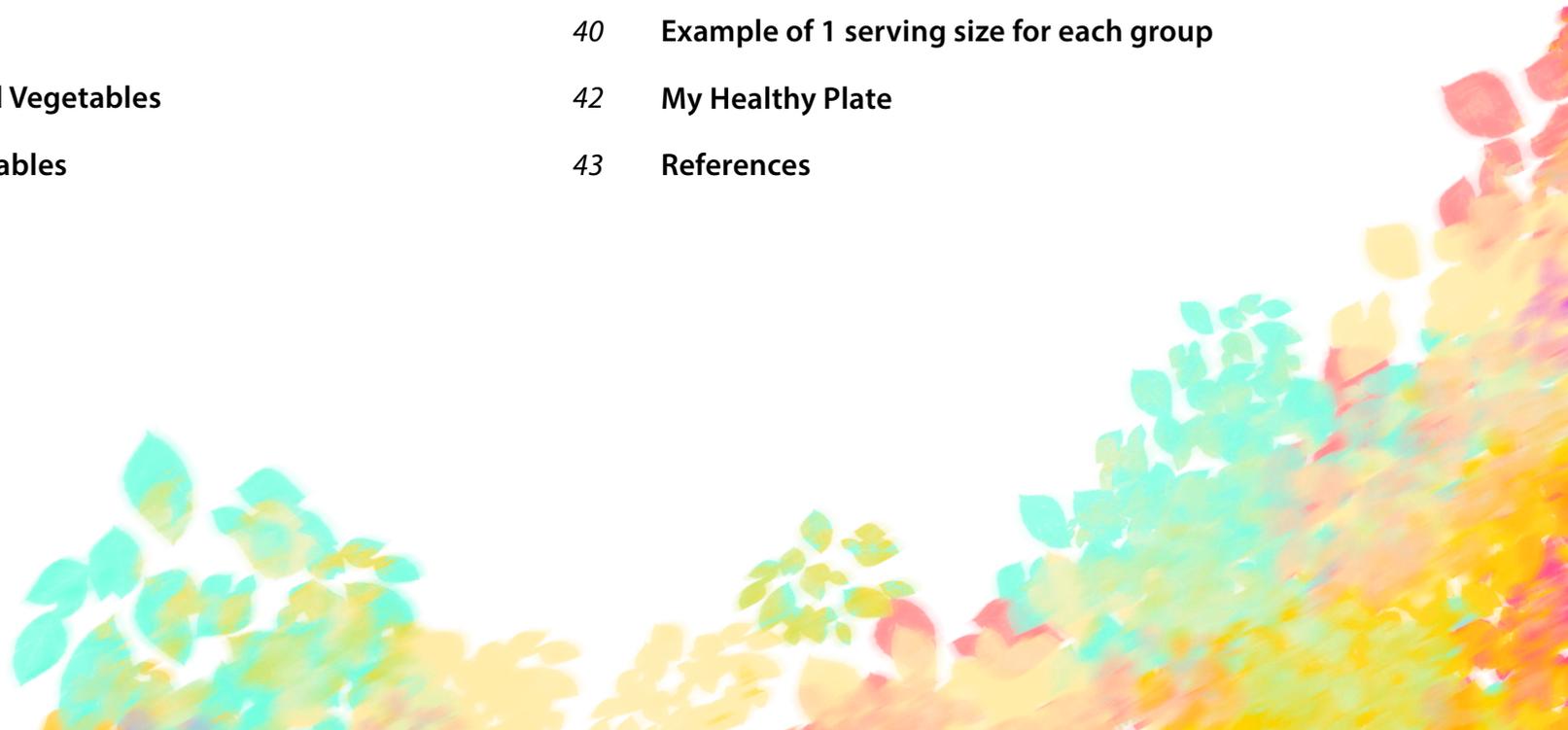
“Nanyang Polytechnic would like to thank TOUCH Community Services for being a partner in working with youths to raise diabetes awareness in the community. Together, Nanyang Polytechnic and TOUCH Community Services hope to encourage the community of people with diabetes to prepare healthier meals and adopt healthier eating habits.”

~ **School of Chemical & Life Sciences, Nanyang Polytechnic**



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Avocado Yoghurt Sandwich

Ingredients:

¼ tsp (1.25g)	Black pepper
¾ tsp (3.75g)	Canola oil
90g	Chicken breast, boneless, skinless, cut into strips (<i>may be replaced by lean pork</i>)
25g	Iceberg lettuce, washed, shredded
¼ piece (25g)	Lemon
1 tbsp (15g)	Plain Greek yogurt
½ piece (10g)	Ripe Avocado, halved, pitted
1 piece (41g)	Tomato, washed, sliced
2 slices (60g)	Wholemeal bread

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
327	23	13	3	8	31	390

Preparation time: 15 minutes, Cook time: 15 minutes, Cost: \$1.95

Chicken

- Marinate chicken with black pepper.
- Heat up ¾ teaspoon of canola oil in a saucepan for 30 seconds.
- Pan-fry sliced chicken in the sauce pan till golden brown over medium heat.
- Squeeze ¼ of a lemon and sprinkle the lemon juice onto the shredded chicken.

Spread

- Mix avocado with Greek yoghurt.

Bread

- Heat a pan with no oil over medium high heat. Drop bread in, allow to crisp for 1-2 minutes, then flip and repeat.

(You may also use a bread toaster to toast the bread slices)



Making a Sandwich

- Spread the avocado-Greek yogurt mix on the toasted bread.
- Add tomato and lettuce in the centre of 1 slice of bread.
- Add shredded chicken.
- Cover with another slice of bread.
- Ready to serve.

Chicken Sandwich with Strawberry

Ingredients:

¼ tsp (1.25g)	Black pepper
65g	Chicken, boneless, skinless, minced
½ tsp (2g)	Corn Starch
1 tsp (6g)	Flaxseed meal
10g	Iceberg lettuce, washed
1 slice (10g)	Lemon
½ tsp (3ml)	Light soy sauce, reduced salt
3g	Sesame oil
60g	Strawberry, washed, green cap removed, thinly sliced
35g	Swiss brown mushroom, minced, washed
2 slices (30g)	Tomatoes, washed, sliced
57g	Wholemeal bread
5g	Yellow onion, finely chopped

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
327	23	13	3	8	31	390

Preparation time: 15 minutes, Cook time: 15 minutes, Cost: \$3.00

Chicken

- Squeeze lemon juice into a small bowl.
- Marinate minced chicken with black pepper, light soy sauce, flaxseed meal, swiss brown mushroom, yellow onion, lemon juice and corn starch. Mix thoroughly and shape it into a patty.
- Heat up of sesame oil in a saucepan for 30 seconds using medium heat.
- Pan-fry the chicken patty for 5 minutes on each side.

Bread

- Heat a pan with no oil over medium high heat. Drop bread in, allow to crisp for 1-2 minutes, then flip and repeat.

(You may also use a bread toaster to toast the bread slices)



Making a Sandwich

- Add tomato and lettuce in the centre of 1 slice of bread.
- Add chicken.
- Cover with another slice of bread.
- Ready to serve.

Chicken Burrito

Ingredients:

25g	Chicken breast, boneless, skinless, minced
95g	Firm pressed tofu
30g	Shiitake mushroom, minced
30g	Swiss brown mushroom, minced
10g	Yellow onion, minced
1 clove (5g)	White garlic, minced
¼ small (20g)	Yellow capsicum, cut into strips
¼ small (20g)	Red capsicum, cut into strips
½ egg (20g)	Egg, beaten
20g	Iceberg lettuce, washed
20g	Carrots, cut into strips
½ tsp (3g)	Stevia Sweetener
¼ small 20g	Tomato, sliced
1½ tsp (20g)	Flaxseed Meal
15g	Raw rolled oats, powder
½ tsp (3ml)	Light Soy Sauce, reduced salt
45g	Reduced carbohydrates tortilla wrap
1 tsp (5ml)	Canola oil

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
501	33	23	4	19	49	394

Preparation time: 25 minutes, Cook time: 30 minutes, Cost: \$3.90

Fillings

- Blend shiitake mushroom, swiss brown mushroom, garlic clove and onion together.
- Heat ½ tsp of canola oil using a saucepan at medium heat for 30 seconds. Then, add in the blended mushroom (*as prepared in Step 1*) and simmer for 5 minutes, or until all liquid is absorbed. Set aside.
- Add stevia, light soya sauce, rolled oats powder, flaxseed meal, firm pressed tofu, beaten egg into the seasoned minced chicken with blended mushroom (*as prepared in Step 2*). Mix well.



Toppings

- Heat ½ tsp of canola oil using a saucepan at medium heat for 30 seconds. Stir-fry the seasoned minced chicken with blended mushroom using medium heat 2 minutes, or until cooked. Set aside.

(You may also use a bread toaster to toast the bread slices)

Wrap a burrito

- Add fillings to the centre of the wrap.
- Add toppings.
- Fold in the two ends over the filling. Press it down lightly with your fingers.
- Fold in the top and bottom to completely close in the fillings. Flip it over, pressing down firmly so the folds stay in place.
- (Optional) Use aluminium foil to wrap the burrito tightly.
- Cut the burrito to your desired length.

Chicken Fried Rice

Ingredients:

- 1g Black pepper
- 1g Black sesame seed
- ½ cup (90g) Brown rice, unpolished, cooked
- 1 tsp (5ml) Canola oil
- 95g Chicken breast, boneless, skinless, cut into cubes
- 3 pieces (5g) Dried black fungus, finely chopped
- 15g Garlic, finely chopped
- 1 tsp (5ml) Light soy sauce, reduced salt
- 5 tbsp (80g) Mixed vegetables, thawed
- 1 stalk (3g) Spring onion, chopped
- ½ piece (50g) Tomato, diced
- 1 cup (180ml) Water
- 50g Whole egg
- 1/8 piece (8g) Yellow onion, chopped

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
383	28	13	4	10	34	365

Preparation time: 15 minutes, Cook time: 25 minutes, Cost: \$2.00

- Soak black fungus in hot water for 10 minutes. Drain off the water.
- Beat an egg in a medium size bowl.
- Heat up the pan at high heat and roast the sesame seeds for 1 minute. Leave aside.
- Using a separate pan, heat up using medium heat. Add canola oil into the pan. Pan fry the chicken cubes for 3 minutes. Leave aside.
- Pan fry both finely chopped garlic and onion until fragrant.
- Add in tomato, mixed vegetables, black fungus and egg. Sauté for 30 seconds.
- Add in cooked rice and season with soy sauce, pepper and sesame seeds. Mix well.
- Garnish the fried rice with spring onion and black sesame and ready to serve.



Stuffed Capsicum with Chicken

Ingredients:

- 5 stalks (20g) Asparagus, diced
- 4 dashes (1g) Black pepper
- 15g Broccoli, washed, finely chopped
- ½ cup (90g) Brown rice, unpolished, cooked
- 2.5ml Canola oil
- 120g Chicken breast, boneless, skinless, minced
- 1 slice (10g) Lemon
- 5ml Light soy sauce, reduced salt
- 30g Mixed vegetables, thawed
- 160g Red capsicum, washed
- 30g Tomatoes, chopped
- 400ml Water
- 5g Yellow onion, chopped

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
383	28	13	4	10	34	365

Preparation time: 15 minutes, Cook time: 20 minutes, Cost: \$3.35

Capsicum

- Use a paring knife to cut around the stem and gently remove it. Leave aside.
- Squeeze the lemon juice. Leave aside.

Chicken

- Marinate the chicken with lemon juice, soy sauce and pepper.
- Add asparagus, broccoli, mixed vegetables, tomatoes and onions to the marinated chicken. Mix well.



Preparing the Stuffed Capsicum

- Stuff the capsicum with minced chicken and vegetables (*as prepared in the above step*).
- Heat the canola oil using a saucepan at medium heat for 30 seconds.
- Pan fry the stuffed capsicum for 2 minutes, add in 200ml of water and allow the water to evaporate.

(Alternatively, preheat the oven at 175 degrees for 10 minutes. Place the stuffed capsicum into the oven for 25 minutes.)

Tumeric Chicken with Cauliflower Rice

Ingredients:

6g	Blue ginger, skin removed, chopped
70g	Broccoli, washed, chopped
1 tsp (5ml)	Canola oil
20g	Carrots, cut into strips
100g	Cauliflower, finely chopped
100g	Chicken breast, skinless, diced
2.5 tbsp (45g)	Dried barley, washed
1 tsp (5ml)	Lemon juice
6g	Lemongrass
1½ tsp (8ml)	Light soy sauce, reduced salt
20g	Small red onion, skin removed, chopped
1g	Stevia Sweetener
1 tsp (3g)	Turmeric powder
300ml	Water
3 cloves (20g)	White garlic, skin removed, chopped
6g	Young ginger, skin removed, chopped

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
438	37	3	1	9	50	376

Preparation time: 30 minutes, Cook time: 30 minutes, Cost: \$2.40

Cauliflower rice

- In a small pot, bring 250ml of water to a boil.
- Add washed barley into the boiled water and boil for 30 minutes on high heat.
- Using a saucepan, add the cauliflower and sauté for 5 minutes on medium heat. Stir from time to time.
- Mix the cooked cauliflower and barley together and place it on the serving plate.

Marinade

- Add blue ginger, small red onions, garlic and young ginger into a motor and pestle. Grind for 5 minutes to form a rough paste.
- Add turmeric powder, stevia, 1 tsp (5ml) of light soya sauce into the grinded mixture (as prepared in the above step). Continue to grind for additional 30 seconds to form a smooth paste.



Every 100g of cauliflower provides 2g of dietary fiber. Helps you to feel fuller for a longer period of time.

Chicken

- Marinate the chicken breast with the marinade. Let the chicken breast sit for at least 20 minutes or overnight in the fridge.
- Heat 1 tsp of canola oil using a saucepan at medium heat for 30 seconds.
- Pan-fry the marinated chicken breast and cook for 4 minutes.
- Add in 3 tbsp (~60g) of water, 1 tsp of lemon juice and cover with a lid and cook for 3 more minutes.

Vegetable

- Heat 1 tsp of canola oil using a saucepan at medium heat for 30 seconds. Add in broccoli and carrot and stir-fry using medium heat for 1 minute.
- Add 2 tbsp (~40g) of water and ½ tsp of light soya onto the stir-fried broccoli and carrot. Cover to cook for 3 minutes. Leave aside.

Plating

- Plate the stir-fry broccoli and carrot and chicken and ready to serve.

Pork with Mixed Vegetables Set

Ingredients:

- ¼ tsp (1.25g) Black pepper
- 100g Brown rice, unpolished, cooked
- 3ml Canola oil
- 35g Carrots, peeled and washed, cut into thin strips
- 16g Chinese cabbage, washed, cut into bite-sized
- 15g Cucumber, washed, cut into thin strips
- 5g Dried, black fungus, cut into bite-sized
- 1 clove (5g) Garlic clove, sliced
- 60g Lean pork, minced (*can be replaced by chicken*)
- 1 tsp (5ml) Light soy sauce, reduced salt
- ¼ tsp (1.25ml) Sesame oil
- 265ml Water
- 50g Whole egg, beaten

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
323	21	11	2	7	33	344

Preparation time: 27minutes, Cook time: 20 minutes, Cost: \$2.20

Vegetables

- Soak black fungus in hot water for 10 minutes. Drain off the water.
- Mix black fungus, carrots and chinese cabbage in a bowl and season with 1/8 tsp (~0.625g) of black pepper.

Pork

- Marinate the minced pork with 1/8 tsp (~0.625g) of black pepper. Leave aside for 10 minutes.
- Heat canola oil using a saucepan at medium heat for 30 seconds. Add in sliced garlic and fry for 30 seconds until fragrant.
- Pan-fry the pork until it is slightly cooked and add ½ cup of water. Wait for 5 minutes, or until all liquid has evaporated.
- Add the vegetables (*as prepared in the above step*).



- Add ½ cup (~125ml) of water and stir fry for another 10 minutes, or until all liquid has evaporated.
- Add the beaten egg, followed by light soy sauce and sesame oil.
- Put in 1 tbsp (~15ml) of water and cucumber. Stir-fry for another 3 minutes.

Plating

- Plate and ready to serve.

Steamed Fish with Vegetable

Ingredients:

- ¼ tsp (1.25g) Black pepper
- 50g Broccoli, washed, cut off the floret from stem
- 120g Brown rice, unpolished, cooked
- ½ tsp (2.5g) Canola oil
- 90g Fish fillet
- ½ tbsp (7.5g) Flaxseed meal
- ½ tsp (2.5g) Garlic, minced
- 50g Kai lan, washed
- ¼ piece (22g) Lemon
- ½ tsp (2.5g) Light soy sauce, reduced salt
- 2.5g Sesame oil

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
355	25	11	2	8	40	196

Preparation time: 30minutes, Cook time: 20 minutes, Cost: \$3.50

Vegetables

- Separate the stem of kai lan from the leaf. Cut the stem diagonally.
- Heat canola oil using a saucepan at medium heat for 30 seconds. Add in minced garlic and fry for 30 seconds until fragrant.
- Add Kai lan and broccoli into heated oil and garlic and stir fry for 3 minutes.
- Season with light soy sauce and sesame oil. Toss for another 1 minute.

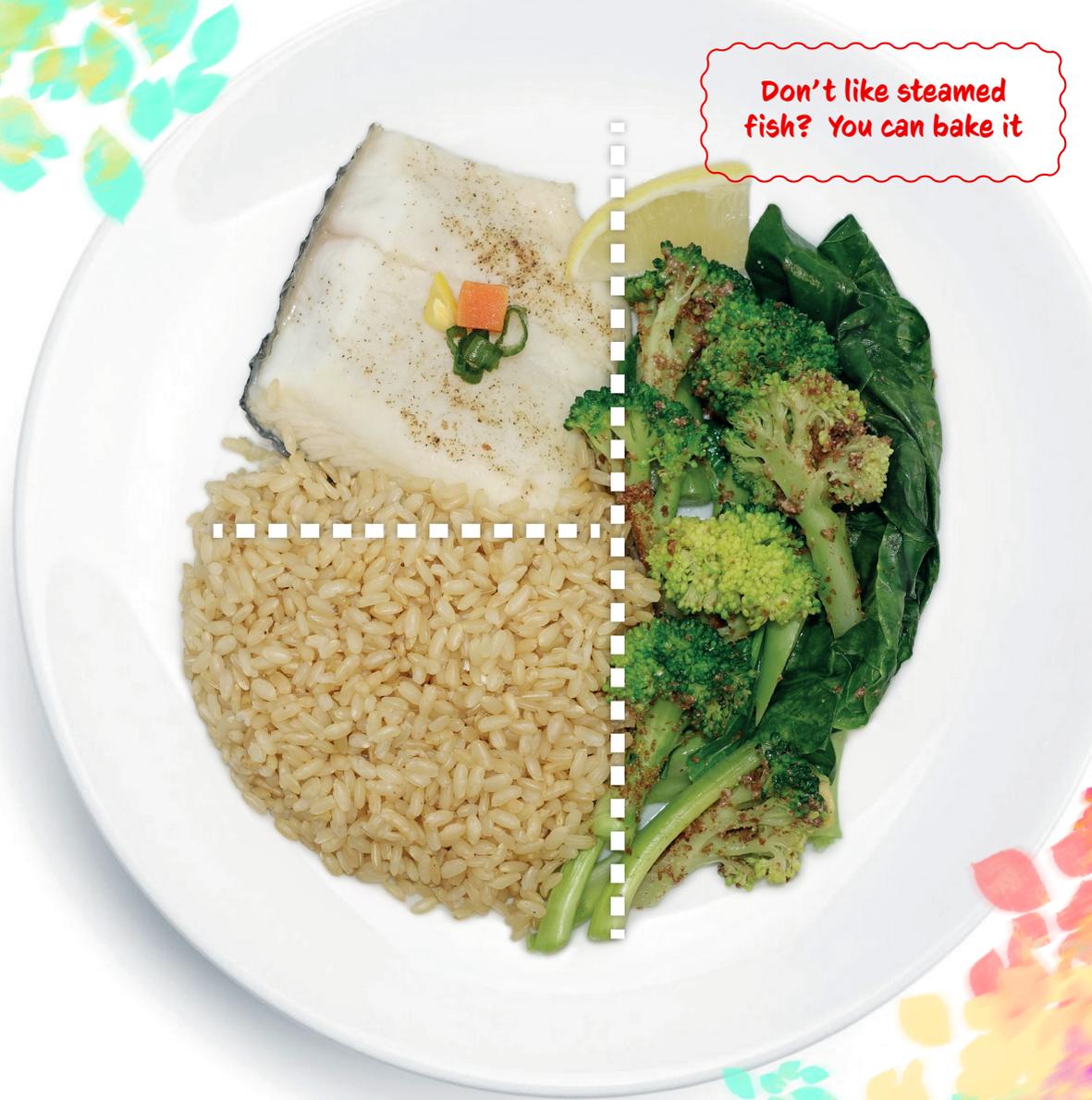
Fish

- Marinate fish fillet with black pepper and sesame oil.
- Steam fish for 7 minutes.
- Squeeze lemon juice onto the fish.

Plating

- Plate stir fry kai lan and broccoli, steamed fish and brown rice onto a plate.
- Garnish with flaxseed meal over the dishes.
- Ready to ready to serve.

Don't like steamed fish? You can bake it



Steamed Tofu with Chicken and Vegetables

Ingredients:

- 100g Brown Rice, cooked
- 70g Chicken breast, boneless, skinless, minced
- 5g Dried black fungus, finely chopped
- ½ tsp (7.5g) Flaxseed meal
- 1 tsp (5g) Light soy sauce, reduced salt
- 43g Mixed vegetables, washed, thawed
- 90g Pumpkin, sliced
- ¾ tsp (3.75ml) Sesame oil
- 45g Tofu, cubes

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
352	21	16	3	10	39	372

Preparation time: 15 minutes, Cook time: 10 minutes, Cost: \$2.00

- Soak black fungus in hot water for 10 minutes. Drain off the water.
- Mix minced chicken, black fungus, tofu, pumpkin and mixed vegetables together.
- Add light soy sauce and sesame oil into the mixture (*as prepared in Step 2*) and mix well.
- Steam the mixture for 12 minutes.
- Garnish with flaxseed meal.
- Plate with brown rice and ready to serve.

Tofu is a rich source of protein, yet low in fats!



Egg with Tofu and Mixed Vegetables

Ingredients:

- 5g Dried black fungus, finely chopped
- ¼ tsp (1.25g) Black Pepper
- 90g Brown rice, unpolished, cooked
- 1 tsp (5ml) Canola oil
- 6g Flaxseed meal
- 5g Garlic, finely chopped
- 1 tsp (5ml) Light soy sauce, reduced salt
- 3 stalks (65g) Long bean, chopped
- 40g Silken Tofu, mashed
- 5g Spring onion, washed, chopped
- 55g Tomatoes, washed, diced
- 2 medium (100g) Whole eggs
- 1/8 piece (18g) Yellow onion, skin removed, slices

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
352	21	14	3	10	39	372

Preparation time: 15 minutes, Cook time: 10 minutes, Cost: \$2.00

- Soak black fungus in hot water for 10 minutes. Drain off the water.
- Crack the eggs in a medium sized bowl. Add soy sauce, flaxseed meal, pepper and spring onion. Mix thoroughly.
- Heat canola oil using a saucepan at medium heat for 30 seconds.
- Add garlic and onion and fry for 30 seconds until fragrant.
- Sauté the long bean for 2 minutes. Subsequently, add tomato and sauté for another 30 seconds. Spread the ingredients evenly on the pan.
- Add the egg mixture (*as prepared in Step 2*) and pan fry until golden brown on each side.
- Plate with brown rice and ready to serve.



Chicken Noodle Soup

Ingredients:

25g	Black fungus, cut into bite-sized
155g	Carrots, cut into 3 parts
3 stalks (150g)	Celery, cut into 1-inch length
5 cloves (44g)	Garlic cloves, finely minced
1¼ tsp (6.25ml)	Light soy sauce, reduced salt
1 tsp (5ml)	Sesame oil
1400g	Whole chicken, neck removed (<i>may be replaced by pork</i>)
2L	Water
120g	Kuay teow
175g	Yellow onion, cut into 4 quadrants

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
453	17	24	3	7	42	164

Preparation time: 30 minutes, Cook time: 2 hrs, Cost: \$1.40

Chicken soup

- Soak black fungus in hot water for 10 minutes. Drain off the water.
- Using a stock pot, blanch the chicken in boiling water for 15 minutes.
- Fill up a separate stock pot with 2 litres of water. Add in the blanched chicken, onion, garlic, celery, carrots, black fungus and 1 tsp of light soy sauce. Cover and cook for 1 hour over medium heat.
- Remove the chicken from the stock pot. Shred all the meat.
- Put the chicken bone back into the soup and continue to simmer for another 30 minutes.
- Season 1 palm-sized (~90g) of the shredded meat with ¼ tsp of light soy sauce and sesame oil. Keep the remaining shredded meat unseasoned.

Chicken Noodle

- Scoop approximately 400ml of soup with 3 pieces (~33g) of carrots, 2 pieces (~30g) of celery, some black fungus from the pot and boil it in a separate pot. Add in the kuay teow and cook for another 45 seconds.
- Dish out and ready to serve.



Remaining chicken and soup

- Once cooled, store the remaining chicken and soup in an airtight containers or zip lock bag separately. Portion the amount you will need per serving.
- Store in the freezer immediately. It can last for 2 months.
- Thaw soup and chicken in chiller one day prior for consumption.
- Using a pot, bring the soup to boil for 15 minutes and add the chicken into the soup.

Kimchi Pasta

Ingredients:

90g	Chicken breast, skinless, sliced (<i>may be replaced by leanpork</i>)
1 tsp (5g)	Canola oil
30g	Kimchi
¾ tsp (3.75g)	Garlic, minced
¾ of a small piece (7.5g)	Red onion, sliced
36g	Broccoli, washed, cut off the floret from stem
1½ tbsp (10g)	Black sesame seeds
1 cup (250ml)	Water
70g	Whole grain penne pasta, uncooked

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
467	26	16	12	11	48	207

Preparation time: 20 minutes, Cook time: 15 minutes, Cost: \$3.00

Penne Pasta

- Add the penne pasta into a pot of boiling water (~400ml) for 12 minutes. Drain the pasta and set aside.

Kimchi Pasta

- Mix Heat up the black sesame seeds in a pan over medium heat for 5 minutes. Stir occasionally until fragrant. Set aside.
- Heat up canola oil in a saucepan using medium heat for 30 seconds.
- Add in the red onion and minced garlic. Fry for 30 seconds, until fragrant. Put in the chicken and stir fry for 3 minutes.
- Add ½ cup (~125ml) water into the saucepan to moisten the chicken.
- Put in the cooked pasta into the same saucepan. Stir fry for 3 minutes.
- Add broccoli and ½ cup (~125ml) of water into the same saucepan and cook for another 4 minutes.
- Mix in Kimchi and stir-fry for another 2 minutes.
- Sprinkle roasted black sesame seed into the kimchi pasta.
- Ready to serve.

Remove the chicken skin and you can reduce the fat content by 50%!



Shirataki Noodles with Chicken

Ingredients:

130g	Brown rice bee hoon, cooked
½ tsp (3ml)	Canola oil
20g	Carrots, cut into strips
55g	Chicken breast, boneless, skinless, cut into strips
1½ tsp (5g)	Flaxseed meal
20g	Green capsicum, cut into strips
1 tsp (5ml)	Light soy sauce, reduced salt
20g	Oyster mushroom, cut into strips
3 pieces (5g)	Raw cashew nut, chopped
20g	Red capsicum, cut into strips
1 packet (200g)	Shirataki slice konnyaku, drained off
½ tsp (3g)	Sugar
3 cups (750ml)	Water
1 tbsp (15ml)	White rice vinegar
1½ tsp (5g)	White sesame seeds
1 small (40g)	Whole egg

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
404	24	13	2	11	48	371

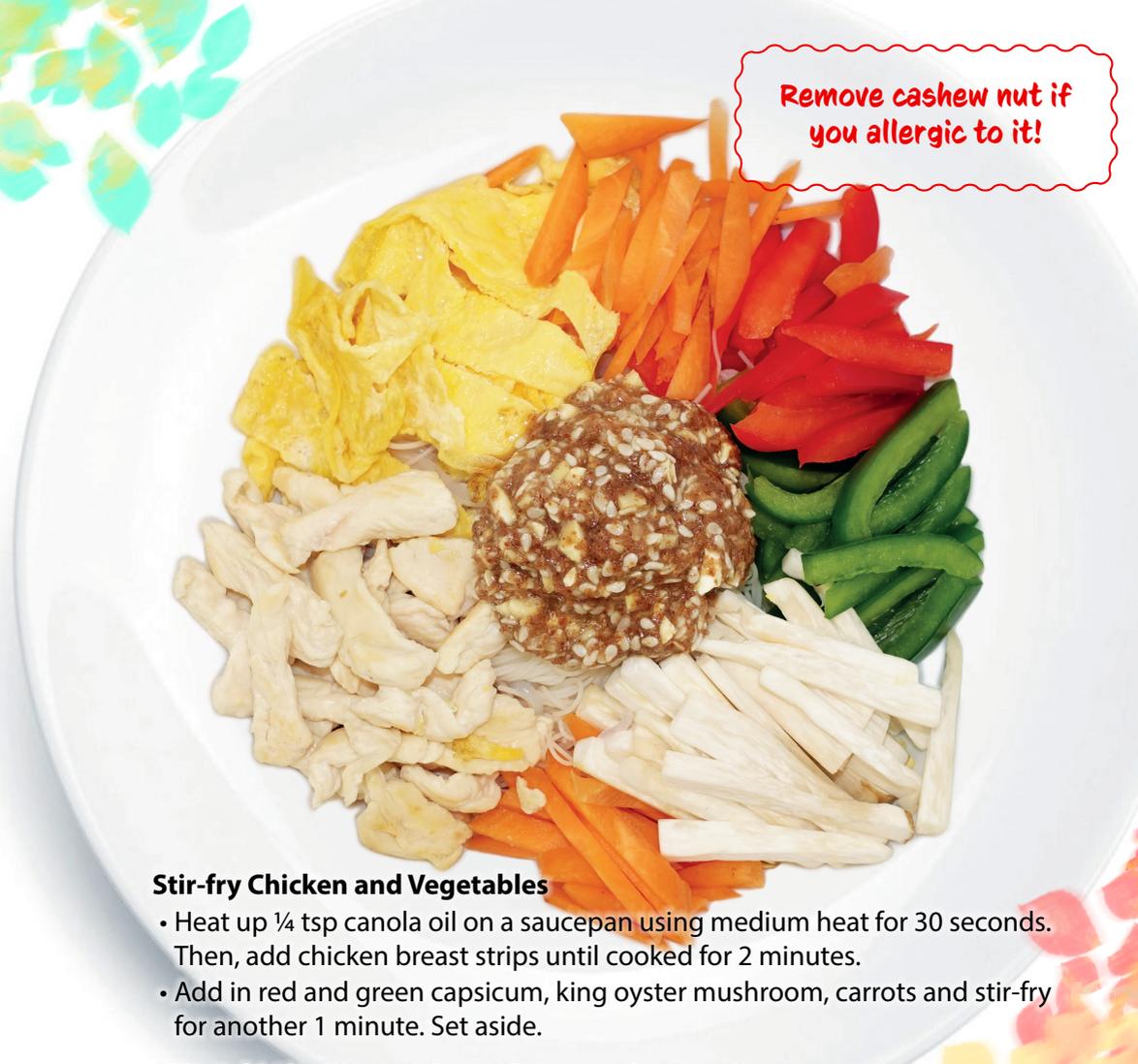
Preparation time: 15 minutes, Cook time: 20 minutes, Cost: \$4.00

Sauce

- Using a saucepan without oil, pan fry sesame seeds, flaxseed meal and cashew nut for 3 minutes using medium heat, until fragrant. Toss the mixture regularly.
- In a bowl, add white rice vinegar, light soya sauce and sugar into the above mixture (*as prepared in Step 1*). Mix well. Set aside.

Egg Crepe

- Crack an egg into a bowl and beat well.
- Heat up ¼ tsp canola oil on a saucepan using medium heat for 30 seconds.
- Add in the beaten egg and cover with the lid for 1 minute. When the top of the egg looks dry, flip over to cook the other side for 30 seconds.
- Turn the heat off and transfer the egg crepe onto a clean cutting board.
- Roll up the egg crepe and slice it thinly. Set aside.



Stir-fry Chicken and Vegetables

- Heat up ¼ tsp canola oil on a saucepan using medium heat for 30 seconds. Then, add chicken breast strips until cooked for 2 minutes.
- Add in red and green capsicum, king oyster mushroom, carrots and stir-fry for another 1 minute. Set aside.

Shirataki Slice Konnyaku and Brown Rice Bee Hoon

- In a small pot, bring water to a boil on high heat.
- Add shirataki slice konnyaku and continue to boil for 4 minutes on high heat. Subsequently, add brown rice bee hoon and continue to boil for another 5 mins.
- Drain both shirataki slice konnyaku and brown rice beehoon. Rinse it with cold water immediately. Set aside in a medium bowl.

Plating

- Plate the bowl of shirataki slice konnyaku and brown rice beehoon with egg crepes and stir-fry vegetables and chicken.
- Add in the sauce and ready to serve.

Sweet Potato Soup with Chicken and Vegetables

Ingredients:

- ¾ tsp (3.75g) Black Pepper
- 66g Broccoli, washed, cut off the floret from stem
- 1 tsp (5ml) Canola oil
- 90g Chicken breast, boneless, skinless, diced
- 10g Dried Cranberry
- 1 tsp (5g) Flaxseed meal
- 1 tsp (5g) Garlic, minced
- 1 tsp (5g) Light soy sauce, reduced salt
- ¼ piece (5g) Red onion
- ½ tsp (2.5ml) Sesame oil
- 100g Sweet potato, skin removed, diced
- ¼ cup (63ml) Water

Energy (kcal)	Protein (g)	Total fats (g)	Saturated Fat (g)	Dietary Fibre (g)	Carbohydrates (g)	Sodium (mg)
404	32	12	2	7	40	320

Preparation time: 30 minutes, Cook time: 25 minutes, Cost: \$2.70

Sweet potato soup

- Add dried cranberries into boiling water for 3 minutes over medium heat. Subsequently, add in sweet potato and continue to boil for another 5 minutes.

Chicken

- Season chicken breast with sesame oil, ½ tsp of light soy sauce and ½ tsp of black pepper. Set aside for 10 minutes.
- Heat up ½ tsp canola oil in a saucepan for 30 seconds using medium heat. Add in red onion minced garlic and stir fry for 30 seconds until fragrant.
- Add in the seasoned chicken breast and stir fry for 2 minutes until golden brown. Then, add water to moisten the chicken. Simmer for another 5 minutes using low heat or, until most of the water is absorbed.

Vegetables

- Add ½ tsp of canola oil, ½ tsp of light soy sauce and ¼ tsp of black pepper to the broccoli. Steam for 5 minutes.

Plating

- Dish out the stir-fried chicken and steamed broccoli onto a plate.
- Sprinkle flaxseed meal onto the broccoli and ready to serve with the sweet potato soup.



Healthier Food Alternatives

Replace the common ingredients with a healthier choice.



Refine grains
(e.g. white rice, white bread)



Wholegrains
(e.g. brown rice, wholemeal bread, rolled oats, etc)



Butter, coconut oil, palm oil



Olive oil, canola oil, peanut oil,
rice bran oil, sunflower oil,
soybean oil



Chicken meat with skin



Chicken meat without skin



Deep-fried snacks
(e.g. fast food, curry puff, deep fried chicken nuggets, muruku, you tiao, hum chim peng, etc)



Roasted and unsalt nuts & seeds,
baked products, unsweetened &
unflavoured popcorn, fruit, whole-
meal bread, rice crackers and nuts



Meat with visible fats



Lean meat
(e.g. loin meat, sirloin meat,
round steak)



Full cream milk



Low fat milk, skimmed milk,
unsweetened soy milk

Eat a Rainbow

The Colourful Food (Whitney & Rolfes, 2016)

Apart from carbohydrates, lipids, proteins, vitamins, minerals and water, foods also contain thousands of other compounds, which includes phytochemicals in plant-derived foods. Each food contains an exclusive range of phytochemicals. Phytochemicals provides tastes, aromas, colours and other characteristics in foods. In the body, they have biological effects such as acting as antioxidants, behaves like hormones, stimulates enzymes, destroy bacteria, etc. However, excessive intake of phytochemicals might also have adverse effects to the body.

Green (IARC Handbooks Of Cancer Prevention, 2005)

Lutein, zeaxanthin and beta-carotene belong to the carotenoids family. Indoles and isothiocyanates are usually found in cruciferous vegetables. Isothiocyanates are also the typical earthy smell of salad vegetables and contributes to the flavour of cooked cruciferous vegetables (such as bok choy and broccoli). Chlorophyll is the green pigment in plants that absorbs sunlight and turns them into food for the plants. They may help to reduce the risk of heart disease as they lower blood pressure and have anti-inflammatory property. They also help to reduce your eyes from macular degeneration and have cancer-fighting properties (leading cause for visual loss as one ages). Examples:



Broccoli



Avocado



Kiwi



Celery & Cabbage



Cucumber



Bok Choy

Red (Khoo et al., 2017) (Clifford et al., 2015)

Anthocyanins and lycopene are providing the red pigment in foods. They act as an antioxidant and have anti-inflammatory properties, that may reduce the risk of cancer and reduce the risk of heart disease. Examples:



Beetroot



Watermelon



Red bell pepper



Tomato



Chillis



Apples

White-brown (John P. Hunter III, 2014)

Allicin and allyl sulphides are found in chives, garlic, leek, onions and scallions. They contain antimicrobial properties which that may reduce ulcers and may lower blood cholesterol. These phytochemicals may also reduce the risk of cancers. Lignans are found in flaxseeds and whole grains. They are converted into phytoosterols by bacteria in the intestines that may possibly reduce the risk of breast, colon, ovaries and prostate cancer. Examples:



Ginger



Turnip



Mushrooms



Cauliflower



Garlic



Onion

Orange-yellow (Rodriguez-Amaya, 2018)

Beta-carotene, curcumin and limonene are the yellow pigments found in food. They serve as strong antioxidant agent and contain anti-inflammatory properties. This may help to reduce the risk of cancer and heart diseases. Examples:



Papaya



Pumpkin



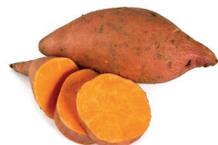
Carrot



Salmon



Tumeric



Sweet potato

Blue-purple (Khoo et al., 2017)

Anthocyanins are responsible for the natural colours (red, purple, blue) in various fruits and vegetables. Together with ellagic acid, they are both from the phenolic group. They bring many health benefits such as acting as an antioxidant, removing cancer causing substances, preventing cardiovascular diseases and improving visual health. Examples:



Grapes



Red cabbage



Eggplant



Blueberries



Purple potatoes



Purple carrot

TIPS

- Human bodies are able to absorb lycopene from cooked tomato & red bell pepper more efficiently (Whitney & Rolfes, 2016).
- Consuming natural and unprocessed foods (such as whole grains, vegetables, fruits and etc) in your diet brings more benefits to the human body than consuming flavonoid-containing supplements (Whitney & Rolfes, 2016).
- Cut fruits and vegetables should be kept in airtight containers and refrigerated immediately to reduce degradation at warm temperatures (Whitney & Rolfes, 2016).

How many servings should I eat daily?

Recommended portion size for respective food groups (Health Promotion Board, 2019)

Daily serving size for healthy adults who are 51 years old and above

Food Groups	Servings
Brown Rice, wholemeal bread & others • Whole grain foods	4 - 6 • of which, 2 - 3
Fruits	2
Vegetables	2
Meat, Beans, Fish & Dairy • Dairy foods or calcium fortified foods	3 • of which, 1

(Health Promotion Board, 2019)

Example of 1 serving size for each group:

(Health Hub, 2020)

Brown rice and wholemeal bread (grains)



½ bowl of cooked rice & noodles (100g)



4 pcs of wholemeal crackers (40g)



2 pcs of wholemeal bread (60g)



1 wholegrain thosai (60g)



2 small pcs wholegrain chapatis (60g)

Fruits



1 small orange, pear or mango (130g)



10 pieces of longan or grapes (50g)



1 wedge of watermelon or pineapple (130g)



1 medium banana



¼ cup⁺⁺ dried fruit
⁺⁺250ml cup

Vegetables



¼ round plate (10-inch plate) of cooked vegetables



¾ mug (250ml) cooked leafy vegetables and non-leafy vegetables (100g)



Raw leafy vegetables (150g)



Raw non-leafy vegetables (150g)

Meat & others



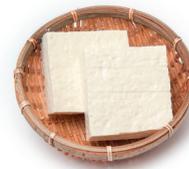
2 glasses of milk (500ml)



Palm size lean meat, fish or poultry (90g)



3 eggs (150g)



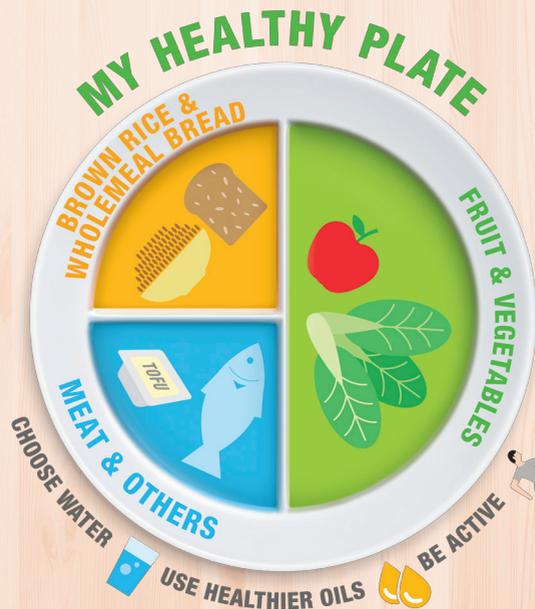
2 small blocks soft bean curd (170g)



5 medium prawns (90g)



¾ cooked pulses [eg, lentils, peas] (120g)



Eat Well, Be Active for A Healthier You

Quarter Plate of Whole-Grains

Choose brown rice, whole-grain noodles, wholemeal bread/biscuits, chapati or oats

Quarter Plate of Meat and Others

Select lean meat and healthier protein food such as tofu and oily fish such as tuna, mackerel or sardines

Half Plate of Fruit and Vegetables

Eat a variety of fruit and vegetables with different colours to gain different nutrients

Choose Water

Drink plain water to quench your thirst instead of sweetened drinks

Use Healthier Oils

Choose healthier cooking oils such as canola, soy, olive, sunflower and peanut

Be Active

Sit less, move more!
Engage in physical activity such as brisk walking, cycling, jogging or swimming

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