

# The Recipe For Healthy Ageing

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## Recipe Book



# From Nutrition to Nourishment.

**You know the science. It's time to savour the flavours.**

In the Nutrition Guide, you've learned the right quantity and kinds of foods you should be eating based on My Healthy Plate and the importance of protein and calcium, in your diet. Here are the important points to remember:



**Have meat, fish, or tofu in every meal** – Look out for recipes with a palm, it meets your protein needs for that meal.



**Bone up on Calcium** – Look out for calcium stars in each recipe. Aim for 10 calcium stars a day.



**Fill up on wholegrains, fruit and vegetables**



**Lighten up on salt**



**Choose Healthier Choice Symbol (HCS) Products where possible.**

Healthy eating does not need to be bland and boring. You can still enjoy the food you love with the right recipes. With this recipe book, you can cook up a delicious menu of good food for great health!

**Let's get cooking!**

# Chicken and Brown Rice Spicy Soup

Serves 2



**Prep time: 10 mins**

**Cook time: 20 mins**

## Ingredients:

- 1 cup (200g) cooked brown rice
- 2 tbsp red curry paste
- 100ml low-fat coconut milk
- 100ml low-fat milk
- 100ml water
- 1 onion, quartered
- 1 thumb size of fresh ginger, sliced
- 1 green capsicum, roughly chopped
- 1 carrot, sliced
- 2 tomatoes, diced
- 200g lean chicken, sliced (can be replaced with other meats such as beef or fish)
- 3 tablespoons fresh coriander leaves, roughly chopped or 1 tablespoon dried coriander
- 3 kaffir lime leaves, sliced

## Method:

1. In a heated pot, add the curry paste, onion and ginger and stir fry for about 1 minute.
2. Add the chicken, vegetables, coconut milk, milk and water to the pot. Mix well and bring to boil.
3. Bring to a simmer for 10-15 minutes or until chicken is cooked through and vegetables are tender.
4. Add the rice, coriander and lime leaves to the pot and bring back to simmer for 2 minutes.
5. Serve hot.

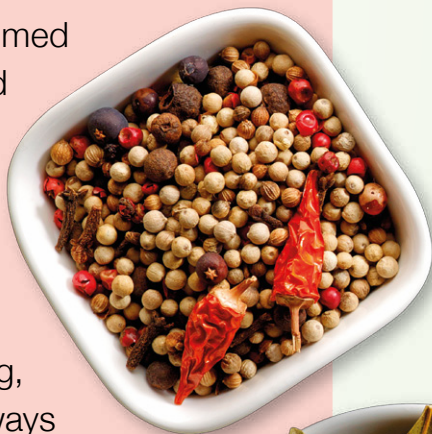
Protein  
Calcium



## Healthier Eating Tips

Reducing the amount of salt consumed can help manage high blood pressure. Cutting out the salt doesn't mean you have cut out the flavour. Use herbs and spices to give flavour to your food.

If you have problems chewing, stews and soups are really good ways to soften food. Rice and vegetables can be softened by cooking them longer. Swap chicken for fish and minced meat for easy chewing.





# Chickpea Delight

Serves 2

**Prep time: 20 mins**

**Cook time: 5 mins**

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## Ingredients:

- 1½ cup chickpeas, soaked and boiled
- 1 cucumber – sliced
- ½ carrot, sliced or grated
- ½ onion, sliced
- 1 tomato, diced
- 1 tbsp coriander leaves, chopped

## Dressing:

- 2 tsp olive oil
- 2 tsp lemon juice
- 1 tsp toasted sesame seeds
- ¼ tsp sugar
- A sprinkling of salt

## Method:

1. Put the chickpeas, cucumber, carrot, onion, tomato and coriander into a bowl.
2. Mix all the ingredients for the dressing in a separate bowl.
3. Pour the dressing over the salad and toss well.
4. Serve.

Protein



## Healthier Eating Tips

Pulses (peas, beans, lentils) and bean products (e.g. beancurd and tempeh) are good sources of protein and low in saturated fat. If you are trying to manage your cholesterol levels, replacing meat with bean or bean products a few times a week can be a way to reduce saturated fat in your diet. A diet high in saturated fat can increase cholesterol levels.

Calcium-enriched bean products are also good sources of calcium that can help preserve your bone mass.





# Sliced Fish Bee Hoon Soup

Serves 2

**Prep time: 20 mins**

**Cook time: 15 mins**

## Ingredients:

- 300g toman fish fillet or fish of your choice, sliced and blanched
- 80g dried brown rice bee hoon, soaked in water for 20 mins
- 2 tomatoes, cut into wedges
- 2 spring onions, cut into 2 inch lengths
- 10g ginger, sliced
- 2 tsp oil
- 8-10 lettuce leaves, chopped into bite sized pieces
- 1 tsp sesame oil
- ½ cup evaporated milk
- 2 cups (500ml) hot water
- 2 tsp chicken or fish stock seasoning
- Fresh chilli (optional)
- Pepper to taste

## Method:

Protein



1. Heat oil in a non-stick wok, stir fry the sliced ginger for 1 minute or until fragrant.
2. Pour in the 2 cups of water and add stock seasoning. Bring to a boil.
3. Add the brown rice bee hoon, fish slices, tomato wedges, lettuce, spring onions and sesame oil. Cook for 2 minutes.
4. Add evaporated milk and chilli and pepper to taste.

## Healthier Eating Tips

Reducing the amount of salt consumed can help manage high blood pressure. Use the natural flavours of vegetables, herbs and spices to give flavour to your food e.g tomatoes, spring onions, chilli and pepper.

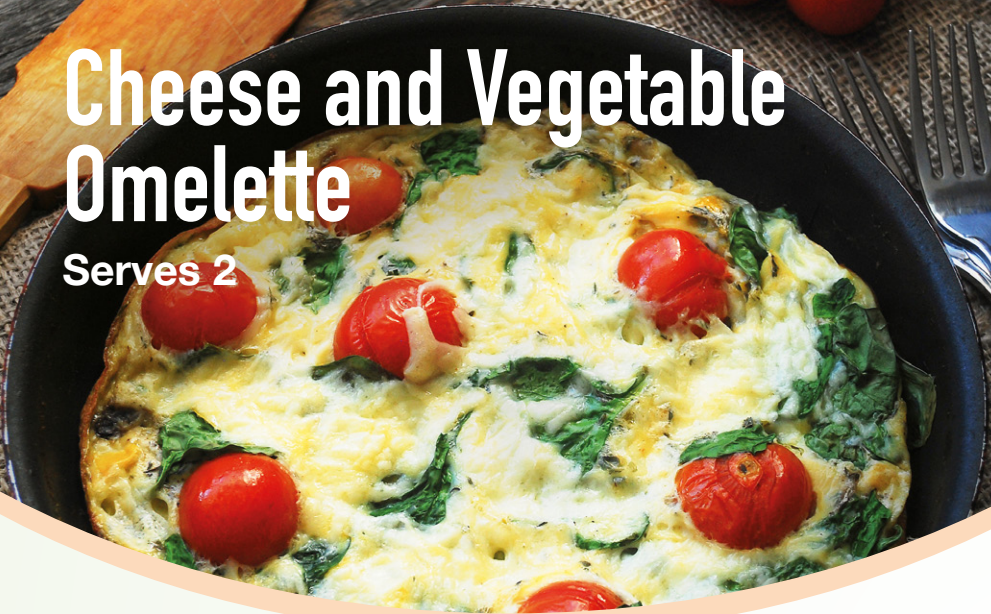
Select HCS or low-salt soup stocks or prepare homemade soup stocks using fresh ingredients, herbs and spices.





# Cheese and Vegetable Omelette

Serves 2



**Prep time: 10 mins**

**Cook time: 30 mins**

## Ingredients:

- ¼ cup spinach (can replace with frozen vegetables or vegetables of your choice)
- 4 eggs
- 1 tomato, diced
- ¾ cup (65g) grated cheese
- 1 clove of garlic, minced
- ½ onion, chopped
- 1 tbsp oil
- ½ cup (125ml) low-fat milk or calcium-enriched soy milk
- Pepper to taste

## Method:

1. Whisk eggs and pepper in a bowl until small bubbles appear. Add vegetables, tomato, cheese, garlic, onion, milk and pepper to eggs. Stir until well combined.
2. In a non-stick 20cm pan, heat 1 tbsp oil.
3. Pour in the egg milk mixture.
4. Reduce heat to low. Cook covered for 20-25 minutes or until set. Let it stand for 2 minutes.

Protein



Calcium



## Healthier Eating Tips

Eggs are a source of good quality protein. It can be an easy way to include protein in your diet, especially if you are not used to eating a lot of meat, or have difficulty chewing. Add an egg to vegetable soups and stews, stir-frys or have a hard-boiled egg as a snack to meet your protein needs.



# Sweet Potato Oats

Serves 2



**Prep time: 10 mins**      **Cook time: 20-30 mins**

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## Ingredients:

- 100g sweet potato, cubed
- $\frac{3}{4}$  cup oats
- 400ml low-fat milk
- 2 tsp sugar (optional)

## Method:

1. In a pot, bring the milk and oats to a boil using low heat.
2. Once boiled, add the sweet potatoes and sugar (if desired).

3. Simmer and cook until oats and sweet potatoes are soft and the mixture thickens.
4. Serve warm.

Calcium ★★★★★

### Healthier Eating Tips

Besides being a good way to include calcium into your diet, this recipe makes a good meal containing wholegrains.

Similar to porridge, this meal is a suitable soft food for easier chewing.

Wholegrains such as brown rice and harder vegetables such as carrots and broccoli can be softened by cooking them longer.



# Barley Dessert

Serves 2



**Prep time: 10 mins**

**Cook time: 30 mins**

## Ingredients:

- $\frac{3}{4}$  cup pearl barley
- 100g sweet potato, chopped into cubes
- 200g papaya, cut into cubes
- $\frac{1}{4}$  cup white fungus, washed and soaked
- 2 tsp (10g) rock sugar (optional)
- 1.2L water
- 6 pieces dried or fresh longan, shell removed and pitted

## Method:

1. Rinse the barley and boil it in water for 15-20 minutes.
2. Add the sweet potatoes.

3. Once the barley and sweet potatoes are soft, add the white fungus and rock sugar (if desired).
4. Mix well.
5. Add the papaya cubes and longans.
6. Serve hot or chilled.

## Healthier Eating Tips

Wholegrains such as barley contain fibre that can help lower cholesterol and manage blood glucose levels. However if you are diabetic, be mindful when having this dessert. You may want to have a smaller portion.

If you have problems chewing, this dessert is one you can enjoy because the ingredients have been softened from boiling.



# Mee Goreng

Serves 2



**Prep time: 25 mins**

**Cook time: 20 mins**

## Ingredients:

- ½ tbsp oil
- 1 tbsp chilli paste
- 1 clove of garlic, chopped
- 2 shallots, sliced,
- 2 tsp dried shrimp, soaked, drained and ground
- 100g minced meat
- 200g prawns, peeled
- 120g chye sim, stalks and leaves separated and cut into 3cm lengths
- 300g wholegrain yellow noodles
- ¼ cabbage, diced
- 80g bean sprouts
- 2 tbsp low sodium tomato sauce
- 2 stalks spring onions, cut into 2 cm lengths

## Method:

1. Heat oil in a non-stick pan. Fry the shallots, garlic, and chilli paste for 1 minute or until aromatic. Add ground shrimp and fry for another minute until fragrant.
2. Add minced meat, followed by prawns. Stir-fry for 3-5 minutes. If the mixture is too dry, add  $\frac{1}{4}$  cup water.
3. Add chye sim stalks to the wok. After 1-2 minutes, add the noodles and cabbage, followed by the chye sim leaves. Cook until the vegetables are tender and soft.
4. Add the bean sprouts, spring onions and tomato sauce. Mix well.
5. Serve hot.

**Protein**  
**Calcium**



## Healthier Eating Tips

Vegetables need not be tasteless. You can add them to your favourite dish to increase your fibre intake. Fibre can help to lower blood cholesterol levels and slow digestion to allow for a slower release of sugar into the bloodstream for better blood sugar control.

Adding minced meat and prawns to a plain noodle dish ensures that you get some good quality protein in your meal that will help build and repair your body.



# Laksa Fried Rice

Serves 2



**Prep time: 10 mins**

**Cook time: 20 mins**

## Ingredients:

- 1 ¼ cup (250g) cooked brown rice, refrigerated for at least 3 hrs
- 300g fresh prawns, heads removed, shells removed, and de-veined.
- 1 piece fish cake, sliced
- 100g bean sprouts
- ½ cucumber, grated
- 1 egg, beaten
- 1 bunch laksa leaves, chopped
- 2 tsp oil
- 1 medium onion, chopped
- 50ml low-fat coconut milk
- 2 tsp dried prawns, washed and pat dried
- 1 stalk lemon grass – bruised with the back of a knife
- 2 tbsp laksa paste
- Pepper to taste

## Garnish:

- Spring onions, thinly sliced

Protein



## Method:

1. Heat oil in a wok. Lightly sauté the onions till transparent.
2. Add dried prawns and fry for 2-3 minutes
3. Add laksa paste, lemon grass and ½ of the laksa leaves, fry till fragrant.
4. Add low-fat coconut milk and mix well. Then add bean sprouts, cucumber and fishcake. Stir fry the mixture with the paste.
5. When well incorporated, add prawns, the rest of the laksa leaves and brown rice. Fry for about 3 minutes or until the prawns are just cooked.
6. Mix the beaten egg into the rice. Cook until the egg is well cooked and combined.
7. Add pepper to taste.
8. Garnish with spring onions.

## Healthier Eating Tips

Managing chronic disease doesn't mean you have to miss out on the flavours of delicious local dishes. This recipe allows you to enjoy the original flavour of laksa without having to add salt during cooking. Reducing the amount of added salt during cooking can help to manage high blood pressure.

For those who require a softer texture, replace brown rice with wholegrain noodles and use lean minced meat in place of prawn and fishcakes.

# Nasi Kuning

Serves 2



**Prep time: 10 mins**

**Cook time: 20 mins**

## Ingredients:

- ½ cup (100g) uncooked white rice
- ½ cup (100g) uncooked brown rice
- ½ tbsp oil
- 1 tsp turmeric powder
- 1 tsp coriander powder
- 2 cloves garlic
- 1 tsp peppercorn
- 1 pandan leaf
- ¼ cup low-fat evaporated milk
- Salt to taste
- 2 cups (500ml) water
- 200g canned tuna flakes in water
- 1 tomato, diced
- 50g green peas
- 1 tbsp raisins (optional)
- 1 tbsp almond flakes (optional)

- 3 lime leaves, finely chopped
- 2 tbsp lemongrass, chopped

**Protein**

## Method:

1. Wash the rice and drain.
2. Heat the oil in a non-stick wok. Stir-fry rice, turmeric, coriander, garlic, lemongrass and lime leaves.
3. Transfer to a rice cooker. Add the peppercorns, pandan leaf, salt, low-fat evaporated milk and water. Then bring to a boil with the lid uncovered.
4. Stir to mix. Cover the rice cooker and let it simmer until cooked.
5. Fold in the tuna, diced tomatoes and green peas while the rice is hot.
6. Garnish with raisins, almond flakes, lime leaves and lemongrass.
7. Serve hot.

## Healthier Eating Tips

Reducing the amount of salt consumed can help manage high blood pressure. However cutting out the salt doesn't mean you have cut out the flavour. Use herbs, spices and even nuts to give exciting flavours and even texture to your food.





# Chicken and Vegetable Stew

Serves 2

**Prep time: 10 mins**

**Cook time: 20 mins**

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## Ingredients:

- 1 cup (200g) uncooked brown rice
- 200g chicken breast, pat dried and cut into bite sized pieces.
- 2 tsp oil
- 1 small onion, roughly chopped
- 2 garlic cloves, roughly minced
- ½ cauliflower, cut into florets
- 1 celery stick, chopped into small pieces
- 1 carrot, chopped into bite sized pieces
- 2 tomatoes, cut into chunks
- 300ml water
- Handful of fresh coriander, roughly chopped
- Chilli flakes or fresh chilli, to taste

## Method:

Protein



1. Cook the brown rice according to instructions on the packaging.
2. Heat 2 teaspoons of oil in a deep pan over medium-high heat, sauté onion and garlic over medium-high heat for 30 seconds to 1 minute.
3. Add chicken pieces and cook until chicken pieces are browned.
4. Add vegetables and water. Bring to a boil, then lower heat to simmer for 5-10mins, stirring once or twice.
5. Add chilli flakes or fresh chilli to taste. Stir in coriander before serving.
6. Serve with brown rice. Alternatively, stir the brown rice into the stew and serve.

## Healthier Eating Tips

Including foods high in soluble fibre, such as brown rice, oats, carrots, and peas, can help to lower blood cholesterol levels, and slow digestion to allow for a slower release of sugar into the bloodstream for better blood sugar control.



For more information,  
contact HealthLine **1800 223 1313**  
or visit **[healthyageing.sg/nutrition](http://healthyageing.sg/nutrition)**

An initiative under the Action Plan  
for Successful Ageing