



Ministry of Health Malaysia

# HEALTHY EATING, RECIPES FOR HEALTHY LIVING



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2013



*Wishing You a Happy & Prosperous  
Chinese New Year*

With Best Regards,

YB. Dato' Sri Liow Tiong Lai  
and  
Ministry of Health Malaysia

## INTRODUCTION

Chinese New Year is the most important festival for the Chinese. It begins with the first day of the lunar calendar and ends with Chap Goh Mei on the 15<sup>th</sup> day.

According to the Chinese tradition, the Chinese New Year eve is a reunion day for family members and relatives to gather and have dinner. They spend the last night of the year together and await the arrival of the new year. This whole festival period is celebrated with various types of delicious food.

During this festive period, uncontrolled or excessive eating, coupled with reduced physical activity, can lead to undesired weight gain. Overweight and obesity are risk factors for various diseases such as heart disease, diabetes and cancers.

You can easily gain 0.5 to 1 kg of your body weight with an additional 500 kcal per day of food intake within a week. Example of foods that contain 500 kcal are 3 pieces of tempura prawn and 1 piece of *bak kwa*.

To burn 500 kcal, you need to do the following activities as shown below:

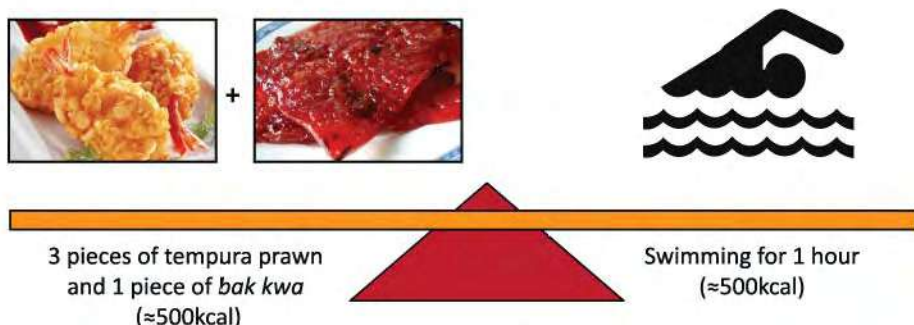
### Selected Physical Activity That Able To Burn 500 Calories

| Physical activity       | Duration          |                    |
|-------------------------|-------------------|--------------------|
|                         | Male (75 kg)      | Female (55 kg)     |
| Cycling (21km/h)        | 50 minutes        | 1 hour 10 minutes  |
| Jogging (9.6km/h)       | 1 hour            | 1 hour 20 minutes  |
| Football                | 1 hour            | 1 hour 20 minutes  |
| Basketball              | 1 hour 10 minutes | 1 hour 30 minutes  |
| Volleyball              | 1 hour 15 minutes | 2 hours            |
| Ballroom dancing        | 1 hour 15 minutes | 2 hours            |
| Simple household chores | 1 hour 40 minutes | 2 hours 40 minutes |
| Walking (3.2 km/h)      | 1 hour 50 minutes | 2 hours 35 minutes |

Reference:

Ainsworth, B. E., Haskell, W. L., Whitt, M. C., et al. 2000. Compendium of physical activities: an update of activity codes and MET intensities. *Med. Sci. Sports Exerc.*, 32(9) S498 – S516.

## Balance of Energy Intake and Expenditure



Uncontrolled food intake, especially during the festive season can lead to excessive weight gain. Thus, proper weight management is a concern that needs to be addressed during the festive season.

Therefore, you are encouraged to practise healthy eating according to the tips for healthy eating provided here. This will help you enjoy the meals served during the festive season without compromising your health.

The calorie intake recommendation based on the Malaysian Dietary Guidelines (2010) for a sedentary adult (aged 18 - 59) is as follow:

- a) Male adult : 2000kcal / day
- b) Women adult : 1500kcal / day

**Example of Daily Calorie Intake Distribution for a Sedentary Adult**

| Mealtimes           | Calorie (kcal)            |                             |
|---------------------|---------------------------|-----------------------------|
|                     | Male adult<br>(2000 kcal) | Female adult<br>(1500 kcal) |
| Breakfast           | 550                       | 450                         |
| Morning tea break   | 200                       | 100                         |
| Lunch               | 550                       | 450                         |
| Afternoon tea break | 200                       | 100                         |
| Dinner              | 500                       | 400                         |



## Remember and Practice Daily

**88888**

- Stop eating before you are full (approximately **80%**).
- Have your dinner before **8** p.m.
- Drink **8** glasses of water.
- Sleep **8** hours.
- Walk at least **8,000** steps. 10,000 steps are better.

**Healthy Eating  
The Key To Prosperity**

**福**

## 8 Tips For Preparing Healthy Meals During Chinese New Year

1. Serve a variety of vegetables during mealtimes. Vegetables are rich in vitamins, minerals and fibre which are healthful to the body.
2. Serve whole grain such as brown rice and rice products, whole meal bread and whole grain cereals. These foods contain more fibre, vitamins and minerals compared to the refined varieties.
3. Serve fish more often than red meat such as beef and pork because fish has less fat and cholesterol.
4. Use lean meat or remove the visible fat from meat or the skin from poultry.
5. Cook food with healthier methods such as boiling, grilling, steaming or stir frying to reduce oil consumption.
6. Use natural herbs and spices or dried fruits instead of sugar, salt and sauce in cooking.
7. Serve fresh fruits as healthier options for desserts.
8. Reduce sugary drinks and make sure plain water is available all the time.



## 8 Ways to Help You Watch Your Food Intake

Chinese New Year is always surrounded with plenty of foods especially traditional cuisine. Therefore, if we are not cautious, our intake can easily exceed what we usually take and becomes more than what we need. Here are some tips to help you and your family to maintain a healthy eating pattern, even during festive seasons.

1. Keep regular mealtimes. Avoid skipping meals.
2. Choose your daily food intake according to your needs. If you want to enjoy a variety of foods, just have a taste for each food.
3. Choose healthier menus and cooking methods, such as soup steaming, double-boiling, stewing, baking or stir-frying, and pan-frying with minimal oil.
4. Eat a balanced diet. A sample menu consist of 2 scoops of rice (100g), 1 piece of meat (100g), 4 dessert spoons of vegetables (50g) and 1 piece of tofu (or 2 dessert spoons of beans, 50g).
5. Spread the food on the plate. Avoid stacking the foods to reduce overeating.



6. Choose smaller plates and food portions.
7. Choose smaller portion of food when attending a full dining function.
8. Eat slowly or chew longer to promote the feeling of satiety, to reduce the food intake.

## Key Message

**Vegetables, Cereals,  
Fat and Salt**

**Practice 3665 Daily**

- 1) **3** servings of vegetables.
- 2) **6** servings of cereals.
- 3) Limit to **60**g of fat.
- 4) **5**g or less of salt.

### Notes:

- **1 serving of vegetables:** ½ cup or 4 dessert spoons of dark green leafy vegetables (cooked).
- **1 serving of cereal:** 2 scoops of rice or 2 slices of bread.

## KEY MESSAGE 1:

### 3 Servings of Vegetables

Vegetables are a good sources of vitamins, minerals, dietary fibre and phytochemicals. Therefore, intake of vegetables helps to enhance immune system and maintain good digestive health. Intake of a variety of vegetables will provide all kinds of nutrients that are beneficial to health.

Some vegetables are best eaten raw as some of the nutrients and phytochemicals can be destroyed during cooking. However, in some cases, cooked vegetables can increase nutrient content. For example, cooked tomatoes contain more carotenoids than fresh tomatoes.

The Malaysian Dietary Guidelines recommend daily vegetables intake of three servings.

1 serving of vegetables is equivalent to:



½ cup or 4 dessert spoons of dark green leafy vegetables (cooked), eg.: spinach and water spinach.



½ cup or 4 dessert spoons of cruciferous vegetables (cooked), eg.: broccoli and cauliflower.



1 cup fresh vegetables (uncooked).

**KEY MESSAGE 2:****6 Servings of Cereals**

Cereals and cereal products such as rice, noodles and bread are rich sources of complex carbohydrates which are the main source of energy for our body. However, excess intake of carbohydrate may cause excessive weight gain. A daily diet should contain carbohydrate food sources which should preferably be whole grain such as wholemeal bread, oatmeal and brown rice. Whole grain provide higher amounts of dietary fibre, vitamins, minerals and phytochemicals. Therefore, whole grain products are healthier choices of cereals.

Based on a 2000kcal diet, 6 servings of cereals daily are recommended.

**1 serving of cereal is equivalent to:**

2 scoops of rice or



1 cup of cereal or

1 cup of noodles/  
kuey teow or

2 slices of bread

**KEY MESSAGE 3:**

## Limit to **60**g of Fat

Fat provides energy and helps to maintain body temperature and protects our internal organs. Fat also contributes to the absorption of fat-soluble vitamins A, D, E and K. From the diet, we can obtain a variety of fats which include saturated fatty acids (SFA), unsaturated fatty acids and cholesterol. Trans fatty acids (TFA) are present in some types of fat.

Unsaturated fatty acids can be divided into two types, that are monounsaturated fatty acid (MUFA) and polyunsaturated fatty acids (PUFA). MUFA and PUFA are essential for the regulation of metabolism and can reduce the risk of heart disease.

Palm oil is a good source of MUFA, while sunflower oil, soya bean oil and corn oil are good sources of PUFA. Mixing different types of vegetable oils for cooking will improve the intake of MUFA and PUFA. For example, mix one part of palm olein with one part of soya bean oil to make a blended cooking oil. By using the blended oil, more cooking method can be applied such as deep frying, pan-frying and stir-frying. However, once the cooking oil changes from the original colour, you should discard the oil.

Although MUFA and PUFA are beneficial to health, we should avoid excessive intake of fat. Fat is high in calories; too much fat will result in excessive weight gain. Overweight or obesity will increase the risk of several chronic diseases such as diabetes and cardiovascular disease.

Based on an adult daily recommended calorie intake of 2000kcal, total fat intake should be within the range of 20-30% (45-60 grams, or about 2-3 Chinese spoons of oil/ fat).

**Fat content of selected popular dishes:**

| No. | Name of dish                            | Serving Size               | Calorie (kcal) | Fat (g) |
|-----|-----------------------------------------|----------------------------|----------------|---------|
| 1.  | Curry noodle                            | 1 bowl (400g)              | 530            | 37      |
| 2.  | Dried noodle<br>( <i>Gan Lao Mien</i> ) | 1 plate (325g)             | 360            | 8       |
| 3.  | Noodle soup                             | 1 bowl (660g)              | 330            | 3       |
| 4.  | Dried <i>wantan</i> noodle              | 1 plate (330g)             | 410            | 12      |
| 5.  | <i>Wontan</i> noodle soup               | 1 bowl (400g)              | 220            | 4       |
| 6.  | Okra sambal                             | 1 small plate (130g)       | 165            | 13      |
| 7.  | Stir-fried long bean                    | 1 small plate (210g)       | 125            | 7       |
| 8.  | Beef braised soy-sauce                  | 1 piece (90g)              | 220            | 11      |
| 9.  | Beef stir-fried with ginger             | 1 small plate (90g)        | 180            | 9       |
| 10. | <i>Ba Kut Teh</i>                       | 1 bowl (460g)              | 350            | 25      |
| 11. | Roasted pork belly                      | 1 small plate (75g)        | 290            | 24      |
| 12. | BBQ Pork<br>( <i>Char Siew</i> )        | 1 small plate (75g)        | 190            | 10      |
| 13. | Fried chicken                           | 1 piece (120g)             | 340            | 25      |
| 14. | Roasted chicken                         | 1 piece (130g)             | 200            | 11      |
| 15. | Curry fish head                         | 1 plate (390g)             | 560            | 50      |
| 16. | Sweet and sour fish                     | 1 plate (270g)             | 270            | 31      |
| 17. | Pan-fried fish                          | 1 whole medium sized (70g) | 180            | 11      |
| 18. | Steamed fish                            | 1 whole medium sized (70g) | 90             | 4       |

Source: HPB. 2003. *Keeping Fat in Check*. Singapore: Health Promotion Board.

**Types of fatty acids, their food sources and characteristics:**

| <b>Types of Fatty Acids</b>  | <b>Food Sources</b>                                                                                                                             | <b>Characteristics</b>                                                                                                                                                    | <b>Recommended Usage</b>                                                                                 |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Saturated Fatty Acids        | <ul style="list-style-type: none"> <li>• Animal Fat</li> <li>• Coconut Oil</li> <li>• Palm Oil</li> </ul>                                       | <p>Are stable fatty acids, non-perishable.</p> <p>Solid at room temperature.</p> <p>Excessive intake will increase the risk of cardiovascular disease.</p>                | <p>Suitable for high temperature cooking.</p> <p>Daily intake of about 20g based on 2000kcal.</p>        |
| Mono Unsaturated Fatty Acids | <ul style="list-style-type: none"> <li>• Olive Oil</li> <li>• Canola Oil</li> <li>• Palm Oil</li> <li>• Cashew</li> <li>• Peanut Oil</li> </ul> | <p>Unstable fatty acids, perishable at high temperatures.</p> <p>Liquid form at room temperature.</p>                                                                     | <p>Suitable for cold or low temperature cooking.</p> <p>Daily intake of about 30g based on 2000kcal.</p> |
| Poly Unsaturated Fatty Acids | <ul style="list-style-type: none"> <li>• Soybean Oil</li> <li>• Corn Oil</li> <li>• Sunflower Oil</li> <li>• Deep Sea Fish</li> </ul>           | <p>Intake to help reduce the risk of cardiovascular disease.</p>                                                                                                          |                                                                                                          |
| Trans Fatty Acids            | <ul style="list-style-type: none"> <li>• Margarine</li> <li>• Shortening</li> </ul>                                                             | <p>From unsaturated fatty acids formed in the hydrogenation process.</p> <p>Intake of trans fatty acids increase the risk of cardiovascular disease and some cancers.</p> | <p>Avoid intake of foods containing trans fatty acids.</p>                                               |

**KEY MESSAGE 4:****5g or Less of Salt**

There are many ways to make food taste delicious. One of way is use spices. Proper use of several natural spices such as chilly, onion, garlic and ginger can help to reduce the use of salt. Garlic or tomato puree can also increase the taste of food. Another way is to use food with strong flavours such as celery, parsley and onions.

Malaysian Dietary Guidelines 2010 recommend limiting salt to less than 1 teaspoon or 5g a day. We should reduce foods high in salt as excessive intake will damage your health, leading to high blood pressure, cardiovascular disease, and infection of the upper respiratory tract and impair kidney function.



**Sodium content of various foods:**

| No. | Foods                 | Serving Size              | Sodium/ Na (mg) |
|-----|-----------------------|---------------------------|-----------------|
| 1.  | Chicken curry         | 1 can (405g)              | 2036            |
| 2.  | Chicken stock, cube   | 1 piece (10g)             | 1800            |
| 3.  | Instant noodle        | 1 packet (80g)            | 1560            |
| 4.  | Mono sodium glutamate | 1 dessert spoon (10g)     | 1374            |
| 5.  | Ham                   | 3 slices (90g)            | 1098            |
| 6.  | Salted fish           | 1 whole small sized (25g) | 1022            |
| 7.  | Belacan               | 1 slices (10g)            | 948             |
| 8.  | Soy sauce             | 1 dessert spoon (10g)     | 880             |
| 9.  | Bean paste            | 1 dessert spoon (10g)     | 780             |
| 10. | Fish oil              | 1 dessert spoon (10g)     | 726             |
| 11. | Tomato soup           | 1 can (250g)              | 712             |
| 12. | Fried chicken         | 2 pieces (240g)           | 660             |
| 13. | Salted vegetable      | 1 dessert spoon (8g)      | 624             |
| 14. | Chips                 | 1 packet (large, 75g)     | 618             |
| 15. | Fish ball             | 2 pieces (large, 60g)     | 588             |
| 16. | Oyster sauce          | 1 dessert spoon (10g)     | 450             |
| 17. | Snack noodle          | 1 packet (medium, 35g)    | 430             |
| 18. | Fruit pickles         | 1 dessert spoon (10g)     | 428             |

Source:

1. CCHRC. 2007. Sodium (Na\*) Content of Seasoning and Common Foods. USA: Chinese Community Health Resource Center.
2. CFS. 2012. Risk Assessment Studies, Report No. 49: Study on Sodium Content in Local Foods. Centre for Food Safety Food and Environmental Hygiene Department. The Government of the Hong Kong Special Administrative Region.

# *Smart Recipe:*

## **Eat Healthily From Delicious Food**

Start the New Year with Laughter,  
Abundance, Good News, Long Life,  
and Prosperity

Note:  
Recipes shown are  
for 10 servings





Recipe: Chef Alian Yip

## Good Start (Yee Sang)

### Ingredient A:

- 100g of *sengkuang*
- 40g of carrot
- 40g of shredded lettuce
- 40g of purple shredded lettuce
- 40g of half ripe shredded mango
- 10g of coriander leaves
- 40g of pomelo
- 20g of shredded seaweed
- 50g of crushed peanuts
- 30g of baked sesame seeds
- 30g of cornflakes

### Ingredient B:

- 50ml red dragon fruit juice
- 1 whole lime
- 4 Chinese spoons of plum sauce

### Methods:

1. Soak 40g of shredded *sengkuang* in the red dragon fruit juice.
2. Remove and drain after the *sengkuang* turns reddish.
3. Take all the shredded ingredients and arrange onto a big round plate. Sprinkle with crushed peanuts, cooked sesame seeds and cornflakes.
4. Squeeze some lime juice and sprinkle the plum sauce all over the ingredients. Ready to toss.

#### Nutrient Content

1 serving = 2 Chinese spoons (40g)

Calories : 60kcal

Carbohydrates : 9g

Protein : 2.5g

Fat : 3.5g



2

## Peaceful

(Fuchok Pocket with Mushroom)

### Ingredient A:

10 pieces of *fuchok* sheets  
60g of button mushrooms  
60g of fresh shitake mushrooms  
60g of fresh pine mushrooms  
60g of enoki mushrooms  
60g of fresh eryngii mushrooms  
10 pieces of chives



### Ingredient B:

2 Chinese spoons of oyster sauce  
½ Chinese spoon of soy sauce  
450ml vegetable stock

### Method:

1. Fry the *fuchok* sheet until golden brown. Then, immerse in cold water to wash away the oil.
2. Blanch all the mushrooms for a few seconds. At the same time, mix all the Ingredient B and the stock to make a thick broth.
3. Wrap the mushroom with the *fuchok* sheet and tie with the chives.
4. Put all the wrapped *fuchok* sheet onto a deep dish and pour the broth onto the dish.

#### Nutrient Content

1 serving = 1 piece (100g)

|               |          |
|---------------|----------|
| Calories      | : 45kcal |
| Carbohydrates | : 2.3g   |
| Protein       | : 3.0g   |
| Fat           | : 3.5g   |

3

## Good Luck

(Sweet Potato Spring Roll with Chicken Floss)

### Ingredient A:

- 3 pieces of *fuchok* sheets
- 30g of shredded *sengkuang*
- 30g of purple sweet potato
- 30g of alfafa
- 3 pieces of seaweed
- 30g of shredded chicken floss

### Ingredient B:

- 1 egg white
- 100g of breadcrumbs
- 1 Chinese spoon of flour

### Methods:

1. Steam the sweet potato until tender and mash it. Mix with chicken floss. Roll the mixed ingredients with seaweed.
2. Put all the shredded *sengkuang*, alfafa and the rolled seaweed on top of the *fuchok* sheet.
3. Roll the *fuchok* sheet with all the ingredients (like making sushi).
4. Coat the *fuchok* roll with egg white, breadcrumbs and flour.
5. Deep fry until golden brown.
6. Slice and serve.



Recipe: Chef Alian Yip

### Nutrient Content

1 serving = 1 slice (25g)

|               |          |
|---------------|----------|
| Calories      | : 35kcal |
| Carbohydrates | : 3.8g   |
| Protein       | : 2.6g   |
| Fat           | : 1.0g   |

4

# Ten Thousand Rays

(Prawn Fritter with Fruit Dipping)

## Ingredient A:

10 large prawns  
100g of mango  
100g of dragon fruit flesh (white)  
50g of dragon fruit flesh (red)  
50g of cucumber

## Ingredient B:

1 egg white  
½ teaspoon of salt  
½ teaspoon of sugar  
½ teaspoon of white pepper

Recipe: Chef Alian Yip

## Methods:

1. Clean and shelve the prawns. Marinade the prawns with Ingredient B for 10 minutes.
2. Blend half of the mango and red dragon fruit to make into a dipping sauce.
3. Coat the prawns with tapioca flour and fry until golden brown.
4. Dice the cucumber, mango and white flesh dragon fruit to be serve with the prawn.

## Nutrient Content

1 serving = 1 piece (30g)

|               |          |
|---------------|----------|
| Calories      | : 70kcal |
| Carbohydrates | : 30g    |
| Protein       | : 7.3g   |
| Fat           | : 1.0g   |



Recipe: Chef Allan Yip

## Better Future

### (Steam Beef with Lotus Root)

#### Ingredient A:

600g of lean beef  
10 stalks of leek  
10 segments of lotus root  
30g of spring onions

#### Ingredient B:

½ Chinese spoon of plum sauce  
1 Chinese spoon of honey  
1 teaspoon of soy sauce  
100ml of water  
1 Chinese spoon of dark soy sauce

#### Methods:

1. Blanch the lotus root segment.
2. Wrap the lotus root and leek with beef slices.
3. Arrange all the wrapped beef onto a plate and put into the steamer.
4. Mix all of Ingredient B and cook until it thickens.
5. Pour the seasoning onto the steamed beef roll and sprinkle with spring onion.

#### Nutrient Content

1 serving = 1 piece (30g)

|               |          |
|---------------|----------|
| Calories      | : 60kcal |
| Carbohydrates | : 3.6g   |
| Protein       | : 9.4g   |
| Fat           | : 0.9g   |



## Lucky Star

(Chicken with White and Black Fungus)

### Ingredient A:

600g of boneless and skinless chicken

10 pieces of lettuce

30g of coriander leaves

### Ingredient B:

150g ginger (blended)  
30g of chopped spring onion  
30g of coriander puree  
100g of black fungus  
100g of white fungus

### Ingredient C:

1 ½ Chinese spoons of oyster sauce  
2 Chinese spoons of soy sauce  
100ml of water  
1cm of sand ginger  
1 teaspoon of white pepper

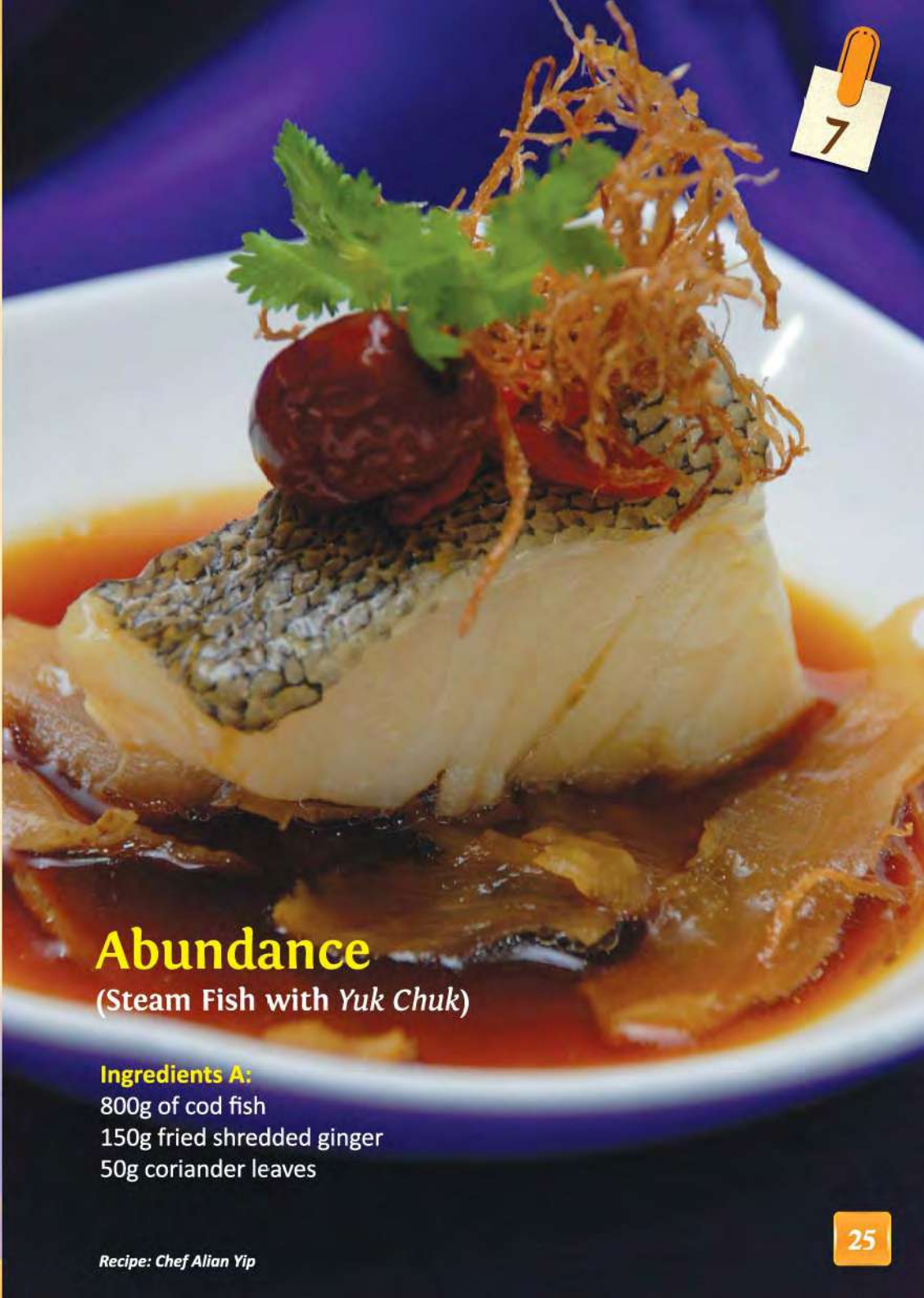
### Methods:

1. Cut the chicken into small pieces and steam until cook.
2. Blanch the black and white fungus.
3. Saute all of Ingredient C and bring to boil. Add the spring onion and coriander puree.
4. Finally, add the chicken pieces, black and white fungus. Mix well and serve.

#### Nutrient Content

1 serving = 2 Chinese spoons (40g)

|               |          |
|---------------|----------|
| Calories      | : 40kcal |
| Carbohydrates | : 1.4g   |
| Protein       | : 4.7g   |
| Fat           | : 1.9g   |



## Abundance

(Steam Fish with Yuk Chuk)

### Ingredients A:

800g of cod fish

150g fried shredded ginger

50g coriander leaves

### Ingredient B:

4 Chinese spoons soy sauce  
3 stalks of coriander root  
1 stalk of spring onion  
3 shallots  
3 cloves of garlic  
300ml of water  
100g of *yuk chuk*  
10 red dates  
10g wolfberries

### Methods:

1. Simmer all the Ingredient B until fragrant.
2. Cut the cod fish into 10 pieces and steam.
3. Pour Ingredient B onto the steamed fish.
4. Garnish with coriander and fried ginger. Serve hot.

#### Nutrient Content

1 serving = 1 piece (140g)

|               |          |
|---------------|----------|
| Calories      | : 80kcal |
| Carbohydrates | : 7.7g   |
| Protein       | : 11.3g  |
| Fat           | : 0.4g   |

# Gong Xi Fatt Cai

(Chicken with Hair-like Seaweed)

## Ingredient A:

600g of chicken  
30g of seaweed  
100g of *siew bak choy*  
30g of chopped green onion  
30g of chopped coriander leaves  
30g of mushrooms

## Ingredient B:

1 teaspoon salt  
1 egg white  
1 tablespoon dark soya sauce  
1 Chinese spoon tapioca flour

## Ingredient C:

1 ½ tablespoon of oyster sauce  
1 tablespoon of soya sauce  
1 tablespoon chicken stock powder  
½ teaspoon sugar  
300ml of vegetable stock

## Methods:

1. Mince the chicken, *siew bak choy*, spring onion, coriander and mushroom.
2. Mix the above and add in Ingredient B.
3. Divide the mixed ingredients into 20 equal parts and make into round/ oval shape. Steam the meat.
4. Bring to boil Ingredient C and add hair-like seaweed mix.
5. Add Ingredient C onto the steamed meat and serve.



Recipe: Chef Allan Yip

## Nutrient Content

1 serving = 1 piece (40g)

|               |          |
|---------------|----------|
| Calories      | : 60kcal |
| Carbohydrates | : 3.0g   |
| Protein       | : 7.4g   |
| Fat           | : 2.0g   |

# Wealthy

## (Crab Meat Broth)

### Ingredients:

- 100g of carrot (steamed and mashed)
- 150g of fresh crab meat
- 100g shredded sponge gourd
- 100g *konjac*
- 1 ½ Chinese spoons soy sauce
- 1 teaspoon of salt
- 1 teaspoon of sugar
- ½ teaspoon of white pepper
- 1200ml of chicken broth
- 2 Chinese spoons of corn flour (mix with water)



Recipe: Chef Alian Yip

### Methods:

1. Blanched the *konjac*.
2. Put carrot, fresh crab meat, sponge gourd into the broth and bring to boil.
3. Add in soy sauce, salt, sugar and white pepper. Add in the mixed corn flour into the broth until thickens before adding the *konjac*.
4. Serve hot.

### Nutrient Content

1 serving = 1 small bowl (130g)

|               |          |
|---------------|----------|
| Calories      | : 65kcal |
| Carbohydrates | : 2.6g   |
| Protein       | : 12.7g  |
| Fat           | : 0.4g   |

# Prosperity

(Braised Hairy Gourd  
with Mushroom)

10



Recipe: Chef Allan Yip

## Nutrient Content

1 serving = 1 piece (80g)

|               |          |
|---------------|----------|
| Calories      | : 30kcal |
| Carbohydrates | : 1.5g   |
| Protein       | : 0.8g   |
| Fat           | : 0.1g   |

## Ingredients:

- 10 small pieces of hairy gourd
- 10 floret of broccoli
- 10 pieces of fresh eryngii mushroom
- 10g of wolfberries
- 2 Chinese spoons of oyster sauce
- 1 teaspoon sugar
- 300ml of chicken stock
- 2 Chinese spoons of corn flour  
(mix with water)

## Methods:

1. Cut the top part of the fresh eryngii and put aside. Slice the stalk of the eryngii.
2. Steam the hairy gourd and broccoli until tender.
3. Bring the chicken stock to a boil, add in oyster sauce and sugar together with slices of eryngii stalks. Add in the mixed corn flour to thicken the broth. Let it simmer and add the wolfberries.
4. Arrange the steamed hairy gourd and broccoli onto a plate. Place the eryngii mushroom on top of the hairy gourd (cover the centre hole) and pour over the remaining stock to the plate. Serve hot.

# Everlasting

(Snow Pear with White Fungus)

11

## Ingredients:

- 10 pieces of snow pear
- 30g of white fungus
- 15g of sweet potato cube
- 20 pieces of red dates
- 10g of Chinese tea leaves
- 1.5 litre of plain water
- 25g of rock sugar
- 10 pieces of tangerine



Recipe: Chef Alian Yip

## Methods:

1. Peel and hollow the snow pears. Keep aside.
2. Boil white fungus, sweet potato cubes, red dates, Chinese tea leaves and tangerine until fragrant. Add in the rock sugar.
3. Arrange the snow pear in a dessert bowl. Add in the mixed ingredients into snow pear and fill half of the dessert bowl with the remaining mixture.
4. Steam the snow pear for 30 minutes. Serve hot or cold.

## Nutrient Contents

1 serving = 1 bowl (250g)

|               |          |
|---------------|----------|
| Calories      | : 90kcal |
| Carbohydrates | : 22.9g  |
| Protein       | : 1.5g   |
| Fat           | : 0.3g   |

# Life is Sweet

(Sago Pumpkin Dessert)

**Ingredients:**

- 300g of pumpkin
- 300g of sago
- 200g corn kernel
- 500ml of unsweetened soy bean milk
- 400ml of water
- 3 pieces of pandan leaves
- 1 Chinese spoon sugar

### Methods:

1. Slice the pumpkin and steamed until soft. Mashed the pumpkin.
2. Cook the sago together with the pandan leaves, corn kernel and sugar until the sago become transparent. Drain the ingredients.
3. Boil the unsweetened soy bean milk together with the mashed pumpkin.
4. Add the drained ingredients into a bowl. Add in the mixture of soy bean milk with the mashed pumpkin.
5. Serve hot.

#### Nutrient Content

1 serving = 1 bowl (130g)

Calories : 100kcal

Carbohydrates : 19.5g

Protein : 3.1g

Fat : 0.7g

## Recommended Portion Intake for New Year's Dinner

| Food                                                                     | Serving size (weight)     | Calorie (kcal)  |
|--------------------------------------------------------------------------|---------------------------|-----------------|
| <b>Good Start</b><br><i>Yee Sang</i>                                     | 2 Chinese spoons<br>(40g) | 60kcal          |
| <b>Peaceful</b><br><i>Fuchok Pocket with Mushroom</i>                    | 1 piece<br>(100g)         | 45kcal          |
| <b>Good Luck</b><br><i>Sweet Potatoes Spring Roll with Chicken Floss</i> | 1 slice<br>(25g)          | 35kcal          |
| <b>Ten Thousand Rays</b><br><i>Prawn Fritter with Fruit Dipping</i>      | 1 piece<br>(30g)          | 70kcal          |
| <b>Better Future</b><br><i>Steamed Beef with Lotus Root</i>              | 1 piece<br>(30g)          | 60kcal          |
| <b>Lucky Star</b><br><i>Chicken with White &amp; Black Fungus</i>        | 2 Chinese spoons<br>(40g) | 40kcal          |
| <b>Gong Xi Fatt Cai</b><br><i>Chicken with Hair-like Seaweed</i>         | 1 piece<br>(40g)          | 60kcal          |
| <b>Abundance</b><br><i>Steamed Fish with Yuk Chuk</i>                    | 1 slice<br>(140g)         | 80kcal          |
| <b>Wealthy</b><br><i>Crab Meat Broth</i>                                 | 1 small bowl<br>(130g)    | 65kcal          |
| <b>Prosperity</b><br><i>Braised Hairy Gourd with Mushroom</i>            | 1 piece<br>(80g)          | 30kcal          |
| <b>Everlasting</b><br><i>Snow Pear with White Fungus</i>                 | 1 bowl<br>(250g)          | 90kcal          |
| <b>Life is Sweet</b><br><i>Sago Pumpkin Dessert</i>                      | 1 small bowl<br>(130g)    | 100kcal         |
| <b>Total</b>                                                             |                           | <b>735kcal*</b> |

\*735kcal is equivalent to 37% of daily calorie needs of 2000kcal for a normal adult.

## Calorie Content of Commonly Consumed Foods During Chinese New Year in Malaysia

### A. MAIN DISHES

| No. | Food                                  |                                                                                     | Serving size (weight)                                  | Calorie       |
|-----|---------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------|---------------|
| 1.  | Braised slices of abalone             |    | 3 pieces (20g)                                         | 20            |
| 2.  | Steamed chicken (meat and skin)       |    | 2 pieces (50g)                                         | 80            |
| 3.  | Roasted chicken (meat and skin)       |    | 2 pieces (50g)                                         | 100           |
| 4.  | Braised pork in soy with egg          |    | Pork:<br>3-4 pieces (50g)<br><br>Egg:<br>1 whole (50g) | 100<br><br>80 |
| 5.  | <i>Chap chye/</i><br><i>chai choy</i> |   | 2 Chinese spoons (40g)                                 | 35            |
| 6.  | Leek stir fried with shrimp           |  | 2 Chinese spoons (40g)                                 | 45            |
| 7.  | Fish maw soup                         |  | 1 small bowl (80g)                                     | 40            |
| 8.  | Steamed fish                          |  | 2 Chinese spoons (20g)                                 | 30            |

| No. | Food                                                             |                                                                                     | Serving size<br>(weight)  | Calorie |
|-----|------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------|---------|
| 9.  | Roasted duck<br>(with skin)                                      |    | 2 pieces<br>(50g)         | 110     |
| 10. | Longevity noodle<br>( <i>Cheong sow mien</i> )                   |    | 2 scoops<br>(100g)        | 180     |
| 11. | Braised sea<br>cucumber and<br>mushroom                          |    | 2 Chinese spoons<br>(40g) | 40      |
| 12. | Braised dried<br>oysters with<br>black sea moss<br>and mushrooms |    | 2 Chinese spoons<br>(40g) | 50      |
| 13. | Braised mix<br>vegetables /<br><i>Luo han zhai</i>               |    | 2 Chinese spoons<br>(40g) | 95      |
| 14. | Roasted<br>suckling pig                                          |   | 2 pieces<br>(80g)         | 300     |
| 15. | Roasted pork<br>belly                                            |  | 3-4 pieces<br>(30g)       | 120     |
| 16. | Stir fried mix<br>vegetable                                      |  | 2 Chinese spoons<br>(40g) | 35      |

| No. | Food                                 |                                                                                     | Serving size (weight)           | Calorie |
|-----|--------------------------------------|-------------------------------------------------------------------------------------|---------------------------------|---------|
| 17. | Chinese sausage / <i>lap cheong</i>  |    | 8 pieces/<br>½ sausage<br>(20g) | 110     |
| 18. | Lotus root, peanut and red date soup |    | 1 small bowl<br>(80g)           | 40      |
| 19. | Tempura prawn (deep fried)           |    | 3 whole<br>(60g)                | 120     |
| 20. | Buttered prawn                       |    | 3 whole<br>(60g)                | 110     |
| 21. | Drunken prawn                        |   | 3 whole<br>(140g)               | 235     |
| 22. | Waxed duck                           |  | 2 pieces<br>(40g)               | 100     |
| 23. | <i>Yee sang</i>                      |  | 2 Chinese spoons<br>(40g)       | 60      |

## B. KUEH AND DESSERTS

| No. | Food                                        |                                                                                     | Serving size (weight)                                 | Calorie |
|-----|---------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------|---------|
| 1.  | <i>Apam</i>                                 |    | 1 piece (30g)                                         | 60      |
| 2.  | <i>Bahulu</i>                               |    | 3 pieces (25g)                                        | 100     |
| 3.  | Glutinous rice ball/ <i>tang yuan</i>       |    | 1 small bowl/ 7 pieces <i>tang yuan</i> + syrup (80g) | 100     |
| 4.  | <i>Nian gao</i> fritters                    |    | 1 piece (50g)                                         | 220     |
| 5.  | Love letters                                |    | 4 pieces (50g)                                        | 210     |
| 6.  | Steam glutinous rice cake / <i>Nian gao</i> |   | 1 whole piece (300g)                                  | 690     |
| 7.  | Peanut cookies                              |  | 4 pieces (40g)                                        | 200     |
| 8.  | Smiling doughnut                            |  | 1 big piece (40g)                                     | 135     |
| 9.  | Tapioca flour cookie                        |  | 4 pieces (20g)                                        | 90      |
| 10. | Crispy honeycomb cookies                    |  | 3 pieces (30g)                                        | 150     |

| No. | Food                                                                |                                                                                     | Serving size<br>(weight)                                | Calorie      |
|-----|---------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------|--------------|
| 11. | Steam layer<br>rice cake                                            |    | 1 slice<br>(60g)                                        | 90           |
| 12. | White radish<br>cake                                                |    | 1 whole piece<br>(80g)                                  | 160          |
| 13. | Longan, magnolia<br>petals, red dates<br>and snow fungus<br>dessert |    | 1 small bowl<br>(80g)                                   | 40           |
| 14. | Longan with sea<br>coconut                                          |    | 1 small bowl<br>(80g)                                   | 40           |
| 15. | Pineapple tarts                                                     |   | 4 pieces<br>(30g)                                       | 140          |
| 16. | The Six<br>Combination<br>Dessert                                   |  | 1 small bowl<br>(80g)<br><br>1 whole quail egg<br>(10g) | 40<br><br>20 |

## C. SNACKS AND NUTS

| No. | Food                                     |                                                                                     | Serving size (weight) | Calorie |
|-----|------------------------------------------|-------------------------------------------------------------------------------------|-----------------------|---------|
| 1.  | <i>Bak kwa, pork</i>                     |    | 1 piece (90g)         | 370     |
| 2.  | Mini chicken <i>bak kwa</i>              |    | 1 piece (40g)         | 150     |
| 3.  | Cantonese peanut puffs / <i>Kok chai</i> |    | 4 pieces (90g)        | 420     |
| 4.  | Cashew nuts (oil roasted, salted)        |   | 1 small bowl (40g)    | 230     |
| 5.  | Deep fried arrow head                    |  | 1 small bowl (30g)    | 140     |
| 6.  | Fortune cookies                          |  | 2 pieces (10g)        | 40      |

| No. | Food                     |                                                                                     | Serving size (weight) | Calorie |
|-----|--------------------------|-------------------------------------------------------------------------------------|-----------------------|---------|
| 7.  | Peanuts (roasted)        |    | 1 small bowl (30g)    | 170     |
| 8.  | Pistachio nuts (roasted) |    | 1 small bowl (30g)    | 160     |
| 9.  | <i>Kua-ci</i>            |    | 1 small bowl (60g)    | 135     |
| 10. | Assorted nuts (roasted)  |    | 1 small bowl (40g)    | 220     |
| 11. | Prawn crackers           |   | 2 big pieces (40g)    | 170     |
| 12. | Prawn rolls              |  | 1 small bowl (40g)    | 200     |
| 13. | Twisted cookies          |  | 3 pieces (30g)        | 200     |

**D. FRUITS**

| No. | Fruits              |                                                                                     | Serving size<br>(weight) | Calorie |
|-----|---------------------|-------------------------------------------------------------------------------------|--------------------------|---------|
| 1.  | Chinese yellow pear |    | 1 whole<br>(170g)        | 50      |
| 2.  | Dried persimmons    |    | 1 piece<br>(80g)         | 195     |
| 3.  | Mandarin orange     |    | 1 whole<br>(100g)        | 50      |
| 4.  | Orange              |    | 1 whole<br>(130g)        | 40      |
| 5.  | Persimmons          |   | 1 whole<br>(140g)        | 90      |
| 6.  | Banana              |  | 1 whole<br>(80g)         | 60      |
| 7.  | Pamelo              |  | 1 piece<br>(40g)         | 10      |

**E. BEVERAGES**

| No. | Drink            |                                                                                     | Serving size        | Calorie |
|-----|------------------|-------------------------------------------------------------------------------------|---------------------|---------|
| 1.  | Plain water      |    | 1 glass<br>(250ml)  | 0       |
| 2.  | Cordial drink    |    | 1 glass<br>(250ml)  | 80      |
| 3.  | Carbonated drink |    | 1 can<br>(325ml)    | 130     |
| 4.  | Packet drink     |   | 1 packet<br>(200ml) | 90      |
| 5.  | Chinese tea      |  | 1 glass<br>(250ml)  | 0       |

**F. ALCOHOL**

| No. | Drink                                                 |                                                                                   | One standard drink   | Calorie |
|-----|-------------------------------------------------------|-----------------------------------------------------------------------------------|----------------------|---------|
| 1.  | Beer,<br>(2-<8% alcohol)                              |  | 1 can<br>(320ml)     | 106     |
| 2.  | Wine/ Toddy,<br>(8-<15% alcohol)                      |  | 1 serving<br>(140ml) | 108     |
| 3.  | Brandy/ Whisky/<br>Rum/ Gin/ Vodka,<br>(>30% alcohol) |  | 1 serving<br>(35ml)  | 114     |

\*1unit = 10ml alcohol

# Good To Know

## Anti-Cancer Foods Come In Different Colours!

Fruits and vegetables are rich in vitamins, minerals, fibre and phytochemicals. Many phytochemicals have antioxidative properties and function against certain type of diseases such as cancer. Therefore, we should take different types and colours of fruits and vegetables as follows:

### Yellow/ orange:

- Rich in  $\beta$ -carotene.
- Increase body resistance and maintain the health of the eye.
- Examples: papaya, mango, orange, carrot, yellow capsicum, sweet potato, pumpkin.

### Green:

- Contain chlorophyll, lutein and zeaxanthin.
- Reduce the risk of certain cancers. They will also help to improve eye health.
- Examples: green leafy vegetables (spinach, water spinach), green capsicum, kiwi.

### Red:

- Rich in lycopene and lutein.
- Reduce the risk of various cancers and heart disease.
- Examples: tomatoes, red peppers, watermelon, papaya.

### Blue/ purple:

- Rich in phytochemicals such as anthocyanins.
- Reduce the risk of cancer, heart disease.
- Examples: red dragon fruit, plums, blueberries, eggplant, purple cabbage.

### White:

- Rich in vitamin C, potassium and fibre.
- Contain indole (phytochemicals), which can reduce the risk of certain cancers, including breast cancer.
- Examples: cauliflower, cabbage, guava, banana, pear, mangosteen.

## Do Fad Diets Really Work?

Fad diet or so-called 'easy weight loss diet plan' oftens promise a drastic or extreme weight loss in a short period of time. In the long term, it does not guarantee the maintenance of weight loss.

In addition, long term practice of fad diet can be hazardous to health as these plans usually consist of unbalanced diet such as high protein diet or very low calorie diet (such as meal replacement or liquid diet).

Low or no carbohydrate diet will force the body metabolism system to use protein and fat as the main energy source. In the long run, this process will accumulate harmful substances such as ketones that are hazardous to health.

Detoxification diets which claim to help purify the body system can also cause side effects. Detox diets do not help you lose weight healthily as the majority of such diets contain laxatives that cause diarrhea, which can lead to dehydration, body mineral imbalance, and create digestive problems.

The appropriate way to lose weight and maintain a healthy weight is through a healthy lifestyle, including the adoption of a balanced diet and be physically active. Choose your diet according your body weight based on the Malaysian Food Pyramid. Physical activity will help to tone up your muscle and faster the weight reduction as muscles burn more calories than fat cells.

The rule of thumbs of weight-loss:

- Lose weight slowly and gradually to have better physical condition and more lasting effect.
- Set realistic goals, ideally lose ½ to 1kg of body weight per week.

- Reduce caloric intake, but do so without adversely affecting other essential nutrient needs.
- It is recommended to reduce 500kcal daily, of which 250kcal is through physical activity and the other 250kcal from healthier food selection.
- Increase the duration of physical activity, up to 90 minutes a day.
- Weigh yourself regularly at the same time, at least once a week, preferably before breakfast.

### Are Vegetarians Getting All The Essential Nutrients?

An individual, in certain circumstances, such as religious and cultural needs, may choose to be a vegetarian. Vegetarians can get adequate nutrition, if they choose the right amount and type of food.

Vegetarians should watch their diet to ensure intake of the necessary nutrients and a complete combinations of all the food groups. Vegetarians should combine carbohydrates (such as: grains, wheat, rice) and protein (such as: lentils, beans, soy beans, peas). Availability of enriched and fortified food such as cereal and fruit juice can help vegetarians to meet nutritional needs, such as vitamin B-12 and D, calcium, and iron.

However, some vegetarians have limited knowledge of making food choices. It is recommended to consult a nutritionist to receive advice on planning a proper diet plan suited to their needs.

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