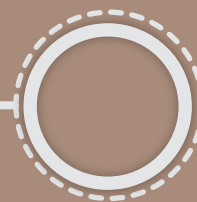




# 健食養生食譜

## Healthy Eating For Life Cookbook



# HEALTHY EATING FOR LIFE COOKBOOK

This recipe book is for reference only and is not intended to be considered or relied upon as medical advice or a substitute for medical advice, diagnoses or treatments from physicians or qualified healthcare professionals. The reader is responsible for obtaining appropriate medical advice from a physician or other qualified healthcare professionals prior to acting upon any information available throughout this publication.

Published by:  
Canadian Diabetes Association  
Carefirst Seniors and Community Services Association  
Heart and Stroke Foundation  
South Riverdale Community Health Centre  
The Kidney Foundation of Canada  
Yee Hong Centre for Geriatric Care

February 2013

# Foreword

As a cardiologist at St. Michael's Hospital and Vice President of the Chinese Canadian Council of the Heart and Stroke Foundation, I heartily welcome this edition of Healthy Eating For Life Cookbook, a collection of recipes designed for people living with chronic diseases and a craving for delicious Chinese food.

Healthy eating is one of the most important things anyone can do to manage their chronic illness conditions and improve their general health. Over the years, plenty of healthy eating guidelines have been developed. However, in my medical practice, I have realized that asking patients to change their long-standing eating habits remains a big challenge.

It is often easier to have a patient follow a recipe that has illustrated all the ingredients and steps than a piece of doctor's advice listing foods he or she should not eat. Unfortunately, there are not a lot of cookbooks designed for people with chronic diseases. Choices are even fewer for those from diverse ethnic backgrounds, given that most cookbooks only focus on European-American style food. It is exciting, therefore, to see the partnership between the Heart and Stroke Foundation and the other five collaborating foundations and organizations in publishing this Healthy Eating For Life Cookbook.

This cookbook is unique as it presents you the authentic taste of home-style Chinese food with a healthy twist. The 36 recipes in the book have been reviewed by registered dietitians who also provided nutrition analysis for each recipe so you the reader will have a clear idea about your intake of nutrients. The recipes cover four most common chronic diseases, namely heart diseases, kidney diseases, diabetes and osteoporosis, as well as old age. Thus, it is ideal for individuals and families that have to deal with multiple chronic diseases.

Before you start using these amazing recipes, I strongly recommend you to read through the general health messages in the first part of the book. It sums up the healthy eating guidelines for the four types of chronic illness conditions and gives you practical tips such as how to shop for healthy ingredients and decide on the right amounts of food. I am sure you don't want to miss the hands-on tips given in the Dietitian's Corner in each recipe, either.

I think this cookbook has set a good example of how healthy eating cookbooks can cater to the diet preferences of our diverse community. I believe you will appreciate the information and hands-on tools provided in this cookbook. I hope all of you live a healthy lifestyle while still enjoying the fun of cooking and eating.



## Steering Committee

Annie Chung-Hui	—————	South Riverdale Community Health Centre (Consultant Dietitian)
Kwok Keung Fung	—————	Yee Hong Centre for Geriatric Care
Sosan Hua	—————	Consultant Dietitian
Edith Lam	—————	Carefirst Seniors and Community Services Association
Leon Lau	—————	The Kidney Foundation of Canada (Chair)
Anne Le-Quang	—————	Canadian Diabetes Association
Helen Poon	—————	Heart and Stroke Foundation
Charles Wong	—————	Yee Hong Centre for Geriatric Care

## Editorial Group – HEFL Cookbook

Phillip Chan	—————	The Kidney Foundation of Canada
Annie Chung-Hui	—————	South Riverdale Community Health Centre (Consultant Dietitian)
Kwok Keung Fung	—————	Yee Hong Centre for Geriatric Care
Sosan Hua	—————	Consultant Dietitian
Leon Lau	—————	The Kidney Foundation of Canada
Lisa Lau	—————	Registered Dietitian
Jennifer Leung	—————	The Kidney Foundation of Canada
Leqin Lu	—————	Heart and Stroke Foundation
Becky Pang	—————	Registered Dietitian
Helen Poon	—————	Heart and Stroke Foundation
Cherie Wan	—————	Registered Dietitian
Susanne Wong	—————	Yee Hong Centre for Geriatric Care
Barbara Yang	—————	Translator/Copy Editor
Andrea Lau	—————	Layout Artist
Matthew Tang	—————	Layout Artist

## Acknowledgements

Maggie Chan	—————	Yee Hong Centre for Geriatric Care (Volunteer)
Lobo Cheng	—————	NICE Design and Advertising Inc.
Cecelia Chiu	—————	MHS student at University of Toronto
Hilda Chow	—————	The Kidney Foundation of Canada
Randi Garcha	—————	Canadian Diabetes Association
Baron Hau	—————	Heart and Stroke Foundation
Winnie Kam	—————	Focus Communications Inc.
Stephanie Kwok	—————	West Hill Community Services (Dietitian)
Loretta Lam	—————	Focus Communications Inc.
Jenny Lau	—————	The Kidney Foundation of Canada (Volunteer)
Bonnie Lee	—————	Focus Communications Inc.
Vicky Ngo	—————	The Scarborough General Hospital Renal Program (Dietitian)
C.H. Tung	—————	Sing Tao Daily
Julie Wong	—————	South Riverdale Community Health Centre
Kelvin Wu	—————	Sing Tao Daily
Ivy Yeung	—————	Canadian Diabetes Association

# Introduction

For centuries, “keeping the people warm and eradicating hunger” has been the foundation of social stability in China. However, for many Chinese, food goes much beyond sustaining life. Dinner time is doubled up as an occasion for teaching children and enhancing family cohesiveness; local foods and flavours have evolved over time to enrich regional cultures; and feasts and banquets are ways to highlight hospitality among friends and nations. These attributes are brought overseas as the Chinese migrate to different parts of the world. There is no doubt that food is intimately integrated into the Chinese culture.

The Chinese categorize food methodically into different groups based on how they affect the body. This is apparent from the fact that a herbalist would advise the patient to suspend certain kinds of food to speed up recovery from an illness. On the other hand, in Western societies, food is increasingly being treated as a major determinant of health, with the emergence of various specialists such as nutritionists, dietitians and researchers working in health care settings, industries, academic institutes and governments. Scientific journals, conferences and workshops facilitate the dissemination and exchange of knowledge among food and nutrition specialists. The ultimate goal, however, has to be that the knowledge be passed down in a comprehensive manner to the consumers of food – the homemakers who prepare meals for families, people on the run who frequent fast food stalls, and people who like to try new and exotic tastes.

The food one consumes reflects the person’s living environment and lifestyle, which are affected by one’s social class, family structure, brought-up and peers, among others. So changes in lifestyle are driven both externally and internally. Nonetheless, all changes start with knowledge. This is where this cookbook comes in. It provides options for change, leading to a healthier body that is better equipped to ward off diseases, both acute and chronic.

The cookbook is a spin-off of the “I Care” symposium, an annual joint project by a number of organizations. After the 2008 event that focused on healthy eating, the sponsors sought to expand the project to reach out to more people in the community. With the support of Sing Tao Daily, the six co-sponsors published a total of 60 healthy recipes in the newspaper’s weekly insert, with focus on various chronic diseases and vulnerable groups. To ensure the recipes carry Chinese flavors while meeting nutritional standards, each was thoroughly formulated, scientifically analyzed and vigorously prepared and tasted by registered dietitians.

The project has been taken to a number of health promotion events and received various awards, including the following:

- Model of Care Award by the Association of Ontario Health Centres, 2010
- Poster presentation, Dietitians of Canada, 2010.
- Poster presentation, Academy of Nutrition and Dietetics (formerly known as the American Dietitian Association), 2010.
- Selected exhibitor in Celebrating Innovations in Health Care Expo, 2010
- Excellence in Consumer Communication, Speaking of Food and Healthy Living Award, 2011.



In addition, a banquet based on the recipes from this project was sponsored by the Chinatown Business Improvement Area in Ottawa. The support from the restaurant industry carries special meaning and helps promote healthy eating to the community at large.

With the encouraging support from the media, government, industry associations, businesses and the community, the sponsors have consolidated the useful information gathered in this project, culminating in the production of this cookbook.





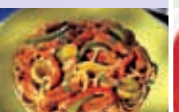

# Table of Content

Forward	1
Steering Committee / Editorial Group & HEFL Cookbook Acknowledgement	2
Introduction	3
Table of Content	4
What is Healthy Eating?	5
- Meal Planning Basics	6 - 7
- When you shop	8 - 13
- Food Labeling	14 - 15
- Portion Size	16
- Take Action	17
Be mindful of Salt	18
Reading and Using the Cookbook	19
Key Messages from The Heart and Stroke Foundation of Ontario	26
Key Messages from Canadian Diabetes Association	33
Key Messages from Carefirst Seniors and Community Services Association	40
Key Messages from The Kidney Foundation of Canada	47
Key Messages from South Riverdale Community Health Centre	54
Key Messages from Yee Hong Centre For Geriatric Care	







## The Heart and Stroke Foundation of Ontario

Congee	Entrée	Entrée	Entrée	Entrée	Dessert
					
Eight Treasures and Sweet Potato Congee	Japanese Style Fried Chicken	Orange Glazed Salmon	Tofu Vegetables Stir Fry	Vietnamese Cold Soba Noodles with Chicken Breast	Almond Milk with Egg White
20	21	22	23	24	25







## Canadian Diabetes Association

Snack	Appetizer	Entrée	Entrée	Entrée	Dessert
					
Bite-sized Fillet of Fish Sandwich	Sweet Potato, Apple and Raisin Casserole	Old-fashioned Beef Stew	Mango Salsa over Vermicelli	Speedy Singapore Noodles with Pork and Peppers	Individual Miniature Cheesecakes
27	28	29	30	31	32

## Carefirst Seniors and Community Services Association

Soup	Soup	Entrée	Entrée	Entrée	Dessert
					
Conch Soup Delight	Savory Oatmeal Porridge	Stir-Fry Shrimp with Apple	Glazed Sweet and Sour Spareribs	Five Spice Beef Short Ribs	Osmanthus Jello with Longan
34	35	36	37	38	39

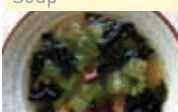





## The Kidney Foundation of Canada

Dim Sum	Snack	Entrée	Entrée	Entrée	Dessert
					
Double Mushroom Cilantro Siu Mai (Steamed dumpling)	Marbled Tea Egg	Ma Po's Tofu (Bean Curd)	Stir-Fried Chicken with Red and Green Peppers	Roasted Turkey Breast	Chinese Mini Rice Pudding
41	42	43	44	45	46

## South Riverdale Community Health Centre

Snack	Appetizer	Appetizer	Appetizer	Appetizer	Dessert
					
Berry Berry French Toast	Treasure in a Wrap	Crispy Tofu Fingers with Honey Dijon Sauce	Summerlicious Mini Tofu Pizza	Cheesy Tea Biscuit	Modified Green Tea Mochi
48	49	50	51	52	53

## Yee Hong Centre for Geriatric Care

Soup	Soup	Entrée	Entrée	Entrée	Dessert
					
Laver Sin Qua Dried Mushroom Soup	Pumpkin Lean Pork Soup	Stir-fry Mixed Veggies	Shredded Turnip with Fish Paste	Stir fried chicken with zucchini	Pumpkin Cake with Red Bean Paste
55	56	57	58	59	60

# What is Healthy Eating?

## 1.1 Meal Planning Basics

On top of her 40-hour work week, Mrs. Lee takes care of her family. She has a toddler and a teenager at home; she also looks after her in-laws who are living with chronic diseases. In this section, we will use Mrs. Lee's family as an example to help you explore and understand the basics of healthy eating.

It's the end of a busy week and Mrs. Lee finally has time to complete her weekly routine. When Mrs. Lee does her meal planning for the week, she has to consider the needs of her children as well as her in-laws. While she wants her family to eat healthy, feeding a family of six can be challenging. This makes planning meals ahead of time very important. By having a plan before visiting the grocery store, Mrs. Lee is more likely to make healthy and informed food choices. She is more likely to be able to stay within her grocery budget as well!

Mrs. Lee always refers to Eating Well with Canada's Food Guide that she has on her refrigerator when she is meal-planning for the week. The goal of the Guide is to help the public meet its needs for nutrients, vitamins and minerals essential for good health. Following the Guide will help reduce the risks of obesity, type 2 diabetes, certain types of cancer and osteoporosis. You can obtain a copy of Eating Well with Canada's Food Guide online at [www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) or from your local community health centres.

Mrs. Lee finds weekly flyers also useful because they help her buy foods that are in season and get sales discounts. She also pays attention to sales at local farmer's markets because she knows she can always get fresh produce there.

Mrs. Lee makes it a habit to keep an ongoing shopping list on the refrigerator so that items can be written down as they run out. To avoid making purchases based on impulse and temptation, Mrs. Lee avoids shopping with an empty stomach and she follows her list at grocery stores. Sometimes, she would bring her children along and teach them how to choose vegetables and fruits.



### **Tips Before going to the grocery**

The following tips will help you make healthier choices, avoid impulsive buying, save time and money:

- Make meal planning a weekly routine.
- Update your shopping list and write items down as they run out.
- Follow Eating Well with Canada's Food Guide.
- Use weekly flyers to help plan your meals.
- Never shop with an empty stomach!

## 1.2 When you shop

*With her shopping list in hand and a full stomach, Mrs. Lee is ready to go! Here are some tips she always keeps in mind!*

- Familiarize yourself with the layout of the grocery store you regularly visit to avoid the marketing tactics of grocery stores.
- Shop around the perimeter of the grocery store.  
(refer to the highlighted sections in the “[Layout of a Grocery Store](#)” diagram).
  - Fresh vegetables and fruits, meat and alternatives, and dairy products are usually located on the outer aisles of the grocery

- Always follow your shopping list.



- Stay away from the following aisles to avoid temptations
  - TV/frozen dinners, processed items and junk food that are usually high in sodium, fat, sugar and preservatives.
- Other places to get healthy food:
  - Farmer’s Market – a group of local farmers and vendors gathered regularly to sell a wide range of products including fresh, local and seasonal produce.
  - Good Food Box – high quality vegetables and fruits assembled in pre-ordered boxes of different sizes and delivered to various sites across the city.
- For more information, visit the following websites:
  - York Region Food Network ( [www.yrfn.ca](http://www.yrfn.ca) )
  - Green Belt ( [www.greenbelt.ca](http://www.greenbelt.ca) )
  - Toronto Environmental Alliance ( [www.torontoenvironment.org](http://www.torontoenvironment.org) )

# Layout of a Grocery Store

- Milk, yogurt and soy beverages are great sources of calcium needed for building strong bones and teeth.
- Look for lower fat options, such as skim milk and 1% milk. They provide the same nutrients with fewer calories.
- If you drink homogenized milk, switch to 2% milk first. Take it one step at a time; it will make the change easier!

## Milk and Alternatives

- Meat and alternatives, i.e. tofu, are rich in protein, iron, zinc and other nutrients.
- Choose leaner cuts of meat because they are lower in saturated fat and cholesterol.
- Limit deli meat, sausages and other processed meat as they are high in sodium and fat.

## Meat and Alternatives

Beans, lentils, nuts and peanut butter are considered meat and alternatives too!

## Beans, Lentils and Nuts



## Processed Food

- Whole grains are filled with fibre. Fibre can help keep your blood sugar steady and promote regular bowel movements.
- Make at least half of your grain choices whole grain. If you can't give up white rice, make your other grain choices whole grain, for example, whole grain breads and whole wheat pasta.

## Grain Products

## Junk Food

- Vegetables and fruit are excellent sources of many important nutrients, including fibre, vitamin A and vitamin C.
- Choose products that are in season. They are cheaper and tastier!
- When choosing frozen and canned vegetables and fruit products, compare the nutrition facts tables and choose those that are lower in sodium and sugar.

## Vegetables and Fruits

## 1.3 Food Labelling

Food labelling helps us make healthy and informed choices about the food we buy and eat. The ingredient list and the nutrition facts table are mandatory on most pre-packaged food. Mrs. Lee makes it a habit to read the food labels at the grocery store to prepare healthy meals for her family.

Reading food labels helps Mrs. Lee compare products and better manage the special diets for her family. With the help of food labels, she can look for foods that have more beneficial nutrients such as fibre, vitamin A, calcium and iron and less of fat, saturated fat, trans fat, sugar and sodium.

In this section, we will focus on the following:

- Nutrition Facts table
- Ingredient list
- Nutrient content claims



## A. Nutrition Facts table

Mrs. Lee knows that she can always find the Nutrition Facts table on prepackaged products. After some practice at home, Mrs. Lee is now comfortable with using Nutrition Facts tables. The Nutrition Facts table has a consistent format displaying calories and information on 13 core nutrients (Figure 1). From there, she can find the amount of 13 core nutrients and calories in an amount of food.

Nutrition Facts			
Per 125 mL (87 g)			
Amount		% Daily Value	
Calories 80			
Fat 0.5 g		1 %	
Saturated 0 g + Trans 0 g		0 %	
Cholesterol 0 mg			
Sodium 0 mg		0 %	
Carbohydrate 18 g		6 %	
Fibre 2 g		8 %	
Sugars 2 g			
Protein 3 g			
Vitamin A	2 %	Vitamin C	10 %
Calcium	0 %	Iron	2 %

Figure 1. Nutrition Facts table

### 6 easy steps in reading a Nutrition Facts table:

#### 1. Look at the amount of food (serving size) displayed at the top of the table.

- For example, the above Nutrition Facts table is specific for 125ml or 87g of a certain food. This is the amount in which the rest of the nutrient information is based on.
- Use the table as a reference only as the serving size stated may differ from the amount you eat.

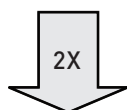
#### 2. Remember Calories = Energy!

- In the example above, 125ml or 87g of the product will give you 80 calories.
- If you eat twice the serving size indicated on the table, don't forget to double the calories!

3. Choose products that have more fibre, vitamin A, vitamin C, calcium and iron.
4. Choose products that have less fat, saturated fat, trans fat, cholesterol, sodium and sugar.
5. Use the % Daily Value to compare products.
  - The % Daily Value is based on recommendations for a healthy diet.
  - They can tell you whether there is a little or a lot of a nutrient in one serving.
  - For nutrients that are healthier such as iron and calcium, aim for 15% or above.
  - For nutrients that are not as healthy such as sodium, aim for less than 5%.
6. Remember to look at the overall picture! Some food products might be high in fibre, but also high in calories and sugar.

*Now let's give this a try! Mrs. Lee's younger son, Timmy, wanted crackers for snacks at school. Mrs. Lee picked up two boxes of crackers and started to compare them. Which one is a healthier choice?*

Nutrition Facts Per 4 crackers ( 15 g )		Nutrition Facts Per 8 crackers ( 20g )	
Amount	% Daily Value	Amount	% Daily Value
Calories 60		Calories 120	
Fat 1 g	2%	Fat 1 g	2%
Saturated Fat 0 g + Trans Fat 0 g	0%	Saturated Fat 0.4 g + Trans Fat 1 g	10%
Cholesterol 1 mg		Cholesterol 2 mg	
Sodium 70 mg	3%	Sodium 135 mg	6%
Carbohydrate 21 g	7%	Carbohydrate 21g	7%
Fibre 3 g	12%	Fibre 1.5 g	6%
Sugar 1 g		Sugar 2 g	
Vitamin A	0%	Vitamin A	0%
Vitamin C	0%	Vitamin C	0%
Calcium	2%	Calcium	2%
Iron	6%	Iron	20%



Cracker A		Cracker B	
Nutrition Facts Per 8 crackers ( 30g )		Nutrition Facts Per 8 crackers ( 20g )	
Amount	% Daily Value	Amount	% Daily Value
Calories 120		Calories 120	
Fat 2 g	4%	Fat 1 g	2%
Saturated Fat 0 g + Trans Fat 0 g	0%	Saturated Fat 0.4 g + Trans Fat 1 g	10%
Cholesterol 2 mg		Cholesterol 2 mg	
Sodium 140 mg	6%	Sodium 135 mg	6%
Carbohydrate 42 g	14%	Carbohydrate 21g	7%
Fibre 6 g	24%	Fibre 1.5 g	6%
Sugar 2 g		Sugar 2 g	
Vitamin A	0%	Vitamin A	0%
Vitamin C	0%	Vitamin C	0%
Calcium	4%	Calcium	2%
Iron	12%	Iron	20%

Since Cracker A has 4 crackers per serving and Cracker B has 8 crackers per serving, the amount of calories and nutrients of Cracker A needs to be doubled to compare the crackers.

As we can see, the calorie, cholesterol and sodium contents are very similar after converting the serving size to 8 crackers.

Although Cracker B is higher in iron, Cracker A is a better choice because it is higher in fibre and calcium. It is also lower in saturated fat and trans fat.

*The key is to look at the bigger picture!*

Reading food labels takes practice. You can practice by reading the Nutrition Facts table on your favorite box of cereal or cookies. Try it a few times and it will get easier! You may find it easier to do this at home in the beginning.

## B. Ingredient list

The ingredient list tells us what is used to make the product, such as the type of sugar or flour used. In the following ingredient list, for example, the sugar used is brown sugar.

The ingredient list provides additional information for consumers to make informed food choices. It is also a source of information for individuals with allergies, other health concerns, and for those who wish to avoid certain ingredients in their diet. The ingredients are listed in order by weight, from most to least. This means that a food contains more of the ingredients listed in the beginning and less of the ingredients listed at the end. Let's look at the following example:

**Ingredient list: white flour, brown sugar, water, hydrogenated fats and oil, egg, chocolate chip, sodium bicarbonate**

*This ingredient list tells us that white flour is found in the greatest amount in this product.*

Here is a list to help you decode the ingredient list:

Nutrients/Ingredients	Might also appear as:
<b>Sugar</b>	Brown sugar, Corn syrup, Dextrose, Evaporated cane juice, Fructose, Galactose, Glucose, High fructose corn syrup, Honey, Invert sugar, Lactose, Maltose, Molasses, Sucrose or most words that end with "-ose"
<b>Saturated Fat</b>	Bacon, Beef fat, Butter, Chicken fat, Cocoa butter, Coconut or coconut oil, Hydrogenated fats and oils, Lard, Palm or palm kernel oil, Powdered whole milk solids, Shortening
<b>Trans Fat</b>	Hard margarine, Hydrogenated fats and oils, Partially hydrogenated fats and oils, Shortening
<b>Sodium</b>	Baking powder, Baking soda, Disodium phosphate, Garlic salt, Monosodium glutamate (MSG), Onion salt, Salt, Soy sauce or any word with "sodium"

## C. Nutrient content claims

Mrs. Lee also pays attention to the nutrient content claims. For those nutrients she wants **more of** in her diet, she looks for products with these nutrient content claims: **“source”, “high in or good source” or “very high in or excellent source”**. For those nutrients she wants less of in her diet, she looks for products with these nutrient content claims: **“free”, “low” or “reduced”**.

These nutrient content claims are not mandatory. While the claims highlight features of products, Mrs. Lee finds the Nutrition Facts table more informative in helping her better meet the specific dietary needs of her family.

If you want to learn more about nutrition labelling, visit Health Canada’s website at [www.hc-sc.gc.ca/fn-an/index-eng.php](http://www.hc-sc.gc.ca/fn-an/index-eng.php).

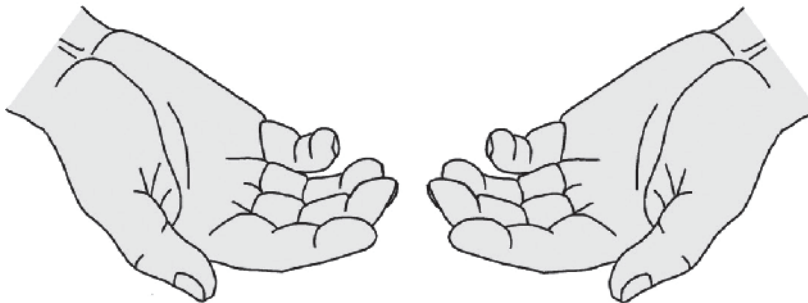
## 1.4 Portion Size

After getting everything on her shopping list, Mrs. Lee is ready to prepare her meals. Although she was taught to finish her plate at a young age, she knows it is best to follow her body cues and stop eating when she is full. Knowing that excessive calories might lead to weight gain, she would adjust the portion next time if there are too much leftovers. She could also save the extra food for the next meal.

Sitting at the dinner table, Mrs. Lee used to have trouble with how much food to eat from each food group. From a community cooking class, she learned to use her hands as a reference for determining the portion of food to eat from each food group. She finds this method convenient and personalized.

In a meal,

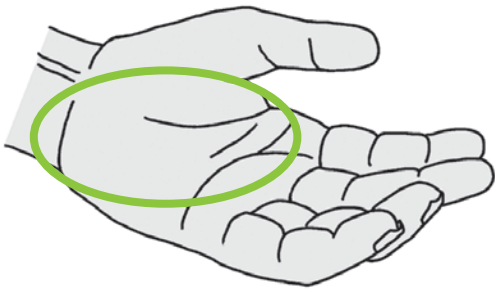
**Vegetables** - as much as you can hold in both hands



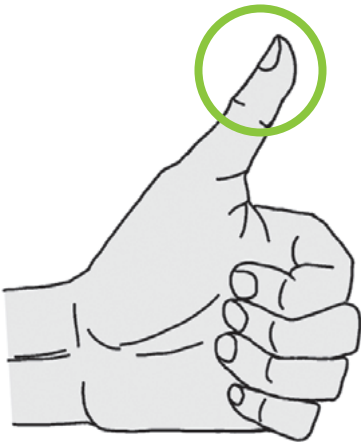
**Fruit/ Starch** - size of your fist



**Meat and Alternatives** - as big as your palm (don't include your fingers) and as thick as your last finger



**Fats** - the size of the tip of your thumb



*Another good way to remember is that half of your meal should be vegetables, and the remainder half should be divided equally between starches and meat/meat alternatives.*

## 1.5 Take Action!

It is never too late to start eating healthy! A healthy diet comes from variety and moderation. Every effort you make counts towards reducing your risks of developing chronic diseases. Set realistic and measurable goals. For example, your goal for the next month can be to replace your white bread purchase with whole grain bread. Make one change at a time and do not overwhelm yourself. Keep in mind that making long-lasting changes take time; they do not just happen overnight. Every effort counts so keep trying and do not give up! The goal is to develop healthy eating habits, maintain a healthy and balanced diet, and still be able to enjoy the food you like.

## Be Mindful of Salt

Recently, sodium intake levels have been gaining more attention. Sodium is a major component of salt, which is a very common ingredient in traditional Chinese cuisine. Research has consistently showed that consuming too much salt is related to high blood pressure and other health problems. Many Chinese condiments such as soy sauce, oyster sauce, black bean sauce, fish sauce and “hoisin” (seafood) sauce are high in sodium. In addition, we may be unaware of some hidden sources of sodium. These include sodium nitrite, sodium benzoate, saccharin and monosodium glutamate (MSG) that are commonly found in pre-packaged food.

A diet consistently high in sodium can increase the risks of certain chronic diseases. These include high blood pressure, chronic kidney disease, obesity, certain cancers, osteoporosis and kidney stones. Research shows that most Canadians consume more sodium than needed. Individuals in all age groups can benefit from decreasing their sodium intake. The recommended daily intake in a healthy individual is listed in the chart below. One teaspoon of salt can give us 2300mg of sodium, which is already higher than what most of us need everyday.

### Recommended Daily Intake for Healthy Individuals

Age	Sodium (mg)
1 - 3	1000
4 - 8	1200
9- 50	1500
50 - 70	1300
Over 70	1200







### Here are some tips on how to cut down on salt intake:

- ✓ When eating out at a Chinese restaurant, ask for low salt, MSG, oyster sauce, other sauces and condiments.
- ✓ When ordering at a Chinese restaurant, ask for sauce on the side.
- ✓ When eating soup-based dishes, avoid drinking the soup and/or dilute the soup with water.
- ✓ Eat white rice instead of fried rice or fried noodles.
- ✓ Try the following spices to add flavours to your dishes:
  - Lemongrass, lemon, ginger, garlic
  - Celery, onion, green onion, fruits
  - Five spices, parsley, thyme, star anise
  - Fennel, bay leaves, mint and Chinese herbs

## Reading and Using the Cookbook

Nutritional facts are provided by a Registered Dietitian in the Dietitian's Corner. For each recipe, the dietitian highlights the specific health benefits of certain foods for individuals with diabetes, kidney disease, osteoporosis, heart disease and healthy eating in general. You should often refer to the nutrition information table accompanying each recipe.

The recipes have also been colour-coded to the partnered organizations:

	Canadian Diabetes Association
	Carefirst Seniors and Community Services Association
	Heart and Stroke Foundation
	South Riverdale Community Health Centre
	The Kidney Foundation of Canada
	Yee Hong Centre for Geriatric Care

## Key Messages from the Heart and Stroke Foundation of Ontario



### Heart Health

Healthy eating is one of the most important things you can do to improve your general health.

#### Balanced Diet - Change your plate proportion!

- Fill about  $\frac{1}{2}$  of the plate with a colourful variety of vegetables.
- Fill  $\frac{1}{4}$  of the plate with whole grains such as brown rice and 100% whole-wheat bread.
- Fish, poultry, lean meat or legumes (chickpeas, lentils, tofu) should make up the remaining one-quarter of the plate.
- Increase consumption of whole grains, fruits and vegetables to increase consumption of fibre; a vital component of a healthy diet.

#### Vegetables and Fruit - 5-10 a day

- Eat 5 to 10 servings every day as they are rich in nutrients (vitamins, minerals and fibre) that are heart healthy.
- Have at least one dark green and one orange coloured vegetable each day.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.

#### Fat

- Canada's Food Guide recommends 30 to 45 mL (2 to 3 tablespoons) of unsaturated fat each day that includes the oil used for cooking, salad dressings, soft non-hydrogenated margarine and mayonnaise.
- Use vegetable oils such as canola, olive or soybean as they are healthy fats that are low in saturated fats.

- Trim all visible fat from meat and take the skin off poultry and fish can reduce unhealthy (saturated) fats and calories.
- Use lower fat cooking methods such as baking, broiling and steaming and avoid fried foods. Limit your intake of saturated fat mostly found in fatty cuts of meat and full-fat dairy products.
- Avoid trans fats, which are found in hard margarine, shortening, and many ready made snack foods, baked goods and fried fast foods.

#### Sodium

- About 80% of the salt we consume comes from processed foods or prepared foods. Limit the use of salt in cooking or added at the table and limit canned or prepared foods that are high in salt.
- Read labels on food packages for sodium content, and use other seasonings such as herbs, spices, lemon juice and garlic during food preparation to reduce salt intake.

#### Health Check



Check for Health Check™

- Look for the Health Check symbol on food packaging in the grocery store.
- Health Check products are reviewed by dietitians for sodium, fibre, fat, and other important nutrients based on the Eating Well Canada's Food Guide.

All information is retrieved from the heart and stroke foundation on [www.heartandstroke.ca](http://www.heartandstroke.ca).



## Dietitian's Corner

**Tips:** Try to increase intake of soluble fibre

- Using non-traditional ingredient of sweet potato in this recipe not only adds natural sweetness, it also increases the fibre content of an already high fibre congee.
- Soluble fibre has been proven to help reduce the absorption of cholesterol. It can lower total cholesterol and low-density lipoprotein (bad) cholesterol.
- Foods rich in soluble fibre include oatmeal, oat bran, legumes, apples, pears, strawberries, melons, barley and broccoli.
- It is recommended to take 5-10 grams of soluble fibre each day.
- Include grains such as oatmeal in your breakfast, and snack on fruits with high soluble fibre.



## Eight Treasure and Sweet Potato Congee

Super high fibre congee with a new twist

### Nutritional information per serving (1 cup)

Calories	173 Kcal
Protein	4 g
Total fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	36 g
Dietary fibre	3 g
Sodium	7 mg
Potassium	230 mg
Phosphorus	83 mg
Calcium	21 mg

### Ingredients (makes 8 cups)

Dried lotus seeds	2 tbsp (30 mL)
Dried red beans	2 tbsp (30 mL)
Sweet potato (diced)	1 whole
Dried lilybuds	2 tbsp (30 mL)
Raw peanuts	3 tbsp (45 mL)
Dried dates	9 pcs (75 g)
Dried longan	9 pcs
Dried mixed grains	1 cup (250 mL)
Honey	2 tbsp (30 mL)
Water	11 cups (2.75 L)

Developed by Sosan Hua, RD. © The Heart and Stroke Foundation. For more information, please visit [www.heartandstroke.ca/chinese](http://www.heartandstroke.ca/chinese)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Soak red beans in cold water overnight or at least 4 hours.
2. Soak lotus seeds in cold water for 3 hours.
3. Soak lilybuds for 1 hour.
4. Slightly rinse dried mixed grains with cold water before adding to a large pot of hot water.
5. Add lotus seeds and redbeans to the pot. Cook for 45 minutes before adding dates, lily buds, longans, peanuts and sweet potato.
6. Turn to low heat and allow the congee to simmer for another 45 minutes.
7. Mix in honey to slightly sweeten congee.
8. Serve hot or cold.

## Dietitian's Corner

- Use of panko and cornflake gives the crunchy texture of deep fried foods that everyone loves without excess calories.
- You can easily substitute chicken with fish fillet or lean pork.
- Make a colourful salad rich in antioxidants and top with this low fat version oven fried chicken for a healthy lunch.

### Nutritional information per serving

(1 chicken piece with 1 tbsp dipping sauce)

Calories	208 Kcal
Protein	20 g
Total fat	5 g
Saturated fat	2 g
Cholesterol	66 mg
Carbohydrate	19 g
Dietary fibre	1 g
Sodium	625 mg
Potassium	250 mg
Phosphorus	38 mg
Calcium	47 mg

# Japanese Style Fried Chicken

A lower-fat crispy chicken recipe without deep frying

## Ingredients (makes 6 servings)

All-purpose flour	2/3 cup (150 mL)
Panko (Japanese bread crumbs)	1 cup (250 mL)
Cornflake cereal (crushed)	1/2 cup (125 mL)
Buttermilk	1 cup (250 mL)
Garlic powder	1/2 tsp (2 mL)
Black pepper	1/2 tsp (2 mL)
Paprika	1/2 tsp (2 mL)
Canola oil spray	1 tsp (5 mL)
Skinless chicken (3 drumsticks and 3 thighs)	6 pieces (1 1/2 lbs)

## Thai dipping sauce

Lime juice	3 tbsp (45 mL)
Fish sauce (available in most Asian grocery stores)	2 tbsp (30 mL)
Sugar	3 tbsp (45 mL)
Fresh chili (minced)	2 tsp (10 mL)
Garlic (minced)	1 tbsp (15 mL)

Developed by Sosan Hua, RD. © The Heart and Stroke Foundation. For more information, please visit [www.heartandstroke.ca/chinese](http://www.heartandstroke.ca/chinese)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Directions

1. Combine all the Thai sauce ingredients, mix well and set aside for dipping.
2. Cover a large baking sheet with parchment paper.
3. Preheat oven to 425°F (220°C).
4. In a shallow bowl, mix the dry ingredients (flour, paprika, black pepper and garlic powder) together.
5. In the second shallow bowl, add buttermilk.
6. In the third shallow bowl, mix panko and cornflake together.
7. Rinse chicken; pat dry.
8. Dip chicken in buttermilk; coat well.
9. Place chicken in the dry ingredient mixture. Dip chicken in buttermilk again, then place chicken in the cornflakes and panko mixture. Lightly spray chicken with non stick spray.
10. Arrange chicken on the baking sheet; make sure you don't overlap chicken to ensure even cooking. Place in oven for 40 minutes, or until chicken is well done.
11. Serve hot with dipping sauce.



## Dietitian's Corner

- Unsaturated fat can help lower LDL (bad) cholesterol. There are two types of unsaturated fat - monounsaturated fat and polyunsaturated fat.
- Eating fish that is cooked in a healthy manner helps reduce the risk of cardiovascular disease in part because they are a good source of omega-3, a healthy polyunsaturated fat.
- The best sources of omega-3 fats are cold-water fish such as mackerel, sardines, herring, rainbow trout and salmon, as well as canola and soybean oils, omega-3 eggs, flaxseed, walnuts, pecans and pine nuts.
- How to increase intake of omega-3 fats in daily diet?
  - Eat at least 2 servings of fresh or frozen fish, or canned fish rich in omega-3 fats (each serving = 75 g or 2½ oz) each week. Use low fat cooking method, such as steaming, grilling or sautéing.
  - Sprinkle 1 to 2 tablespoons of ground flaxseed in your oatmeal, cereal, congee, soup, noodles, rice or yogurt.
  - Enjoy walnut added cereal food, yogurt, roasted food and dessert, for example, low sugar level walnut pudding. You may take 1-2 teaspoons of unsalted and oil free kernels daily.

### Nutritional information per serving (3 oz.)

Calories	194 Kcal
Protein	17 g
Total fat	12 g
Saturated fat	2 g
Cholesterol	48 mg
Carbohydrate	4 g
Dietary fibre	0 g
Sodium	339 mg
Potassium	312 mg
Phosphorus	197 mg
Calcium	16 mg



## Orange Glazed Salmon

Enjoy the benefit of omega-3 with heart healthy salmon

### Ingredients (makes 4 servings)

Salmon fillet (without skin)	12 oz (360g)
Orange zest	1 tsp (5 mL)
Fresh orange (juiced)	1 whole (131 g)
Honey	1 tsp (5 mL)
Salt	½ tsp (2 mL)
Pepper	½ tsp (2 mL)
Dried thyme	pinch
Olive oil	2 tsp (10 mL)

Developed by Sosan Hua, RD. © The Heart and Stroke Foundation. For more information, please visit [www.heartandstroke.ca/chinese](http://www.heartandstroke.ca/chinese)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Thoroughly wash and dry orange before zesting.
2. Use a medium-fine grater, grate the orange until only the white pith remains over the fruit. The orange zest will be used to flavour the salmon. Be careful not to use any white pith as it is bitter in taste.
3. Cut orange in half and squeeze out all the juice.
4. Mix orange juice, honey, salt, pepper and orange zest together, marinate salmon for 15 minutes.
5. Remove salmon from marinade. Save marinade to make the glaze for the salmon later on.
6. Brush salmon with olive oil before placing them on the heated grill. Cook until fish turn opaque and turn the salmon over once during cooking. It will take approximately 7-9 minutes altogether depending on the thickness of the salmon.
7. In a small pot using high heat, reduce the leftover marinade to a glaze.
8. Drizzle the glaze over salmon before serving.



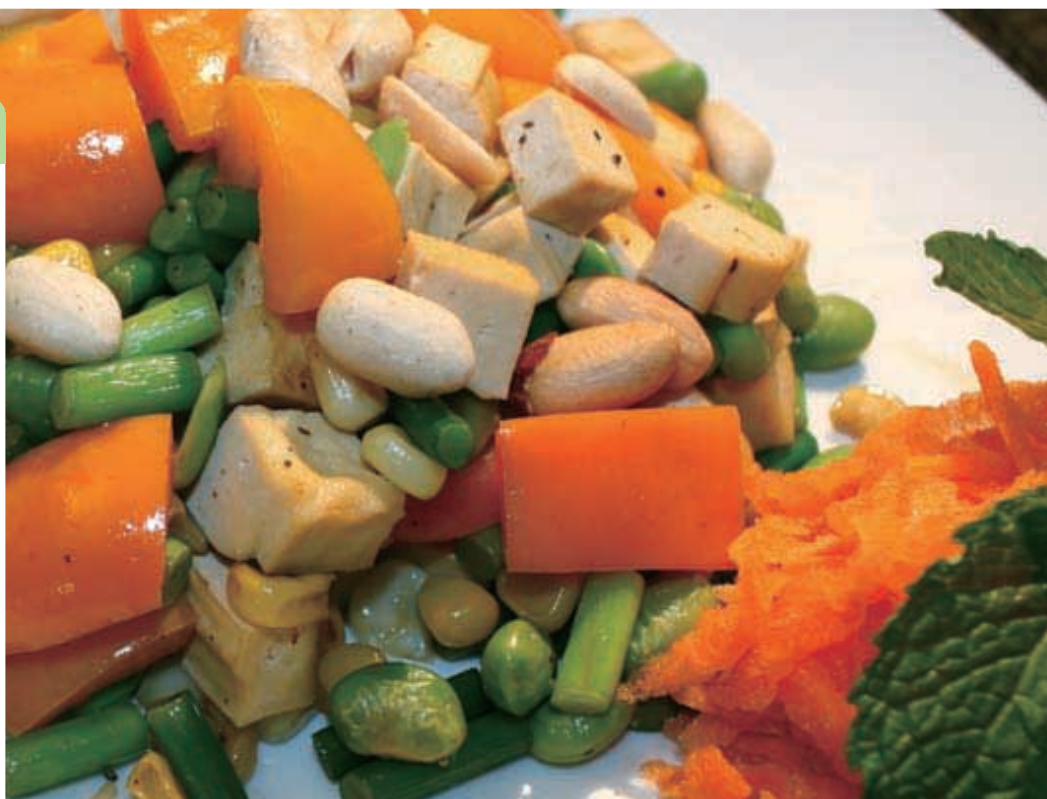
## Dietitian's Corner

- Edamame adds amazing texture and flavour that you may convert to become a vegetarian. Rich in healthy fats and low in salt, this dish will leave you asking for more.
- Snack on edamame which is very rich in fibre (½ cup contains 4 grams of fibre). You can buy frozen edamame at most supermarkets. Edamame is very easy to prepare, just boil in hot water for several minutes and it is ready to serve (avoid adding salt).
- Similar to meat, milk and eggs, soybeans contain very high-grade plant and animal protein. But unlike meat, milk and eggs, legume products are low in saturated fats, high in polyunsaturated fats and free of cholesterol. Legume products can be used to replace meat in almost any dish.
- Legumes are also very good source or calcium, magnesium, iron and zinc.
- Try to eat at least two servings of tofu each week (each serving = 150 grams of ¾ cup).
- Use low fat cooking methods, such as steaming or sautéing, to prepare tofu. Or cook tofu with seafood or vegetables in soup or congee.
- Avoid deep fried tofu products, such as tofu puffs, or any dishes with deep fried tofu, for example, Spicy braised Deep Fried Tofu.

### Nutritional information per serving

(¾ cup)

Calories	143 Kcal
Protein	9 g
Total fat	6 g
Saturated fat	1 g
Cholesterol	0 mg
Carbohydrate	15 g
Dietary fibre	3 g
Sodium	38 mg
Potassium	426 mg
Phosphorus	105 mg
Calcium	147 mg



## Tofu Vegetables Stir Fry

A colourful dish rich in proteins and nutrients

### Ingredients (makes 4 cups)

Shelled edamame	¾ cup (175 mL)
Frozen corn	1 cup (250 mL)
Extra firm tofu (cubed)	¾ cup (175 mL)
Orange pepper (diced)	1 cup (250 mL)
Garlic stems (looks like chives)	1 cup (250 mL)
Grape seed oil	2 tsp (10 mL)
Garlic (minced)	1 tsp (5 mL)
Hoisin sauce	1½ cup (7 mL)
Pepper	¼ tsp (1 mL)

Developed by Sosan Hua, RD. © The Heart and Stroke Foundation. For more information, please visit [www.heartandstroke.ca/chinese](http://www.heartandstroke.ca/chinese)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Cut tofu into cubes.
2. Wash and cut garlic stems 2 inches in size.
3. Wash orange pepper and remove seeds. Dice orange pepper in the same size as tofu.
4. In a wok, heat oil and brown garlic for 30 seconds. Add corn, edamame, orange pepper, garlic stems and tofu. Stir fry for 10 minutes or until tofu is golden brown.
5. Add hoisin sauce and pepper. Stir fry for 5 minutes.
6. Serve hot with brown rice.



## Dietitian's Corner

- Traditional cold noodle dishes use sesame dressing which is high in unsaturated fats. If you want to cut down the fat, try this low fat Vietnamese fish sauce instead. This modified version is also lower in salt than traditional Vietnamese fish sauce.
- This is an excellent and versatile summer dish that can be served as an appetizer or entrée.
- You can substitute buckwheat noodles (soba) with whole wheat spaghetti.
- This dish is an excellent way to add a variety of vegetables to your diet. For vegetarians, try julienne tofu instead.

### Nutritional information per serving

(approximately 1 cup)

Calories	282 Kcal
Protein	23 g
Total fat	6 g
Saturated fat	1 g
Cholesterol	35 mg
Carbohydrate	37 g
Dietary fibre	1 g
Sodium	679 mg
Potassium	404 mg
Phosphorus	172 mg
Calcium	33 mg

## Vietnamese Cold Soba Noodles with Chicken Breast

A highly nutritious balanced meal with Vietnamese flavours

### Ingredients (makes 5 servings)

Soba noodles (dry)	2 bunches (200 g)
Unpeeled cucumber (julienne)	½ cup (125 mL)
Peeled carrot (julienne)	½ cup (125 mL)
Leafy lettuce (julienne)	½ cup (125 mL)
Orange pepper (julienne)	½ cup (125 mL)
Boneless, skinless chicken breast	10 oz (300 g)
Olive oil	2 tsp (10 mL)
Pepper	¼ tsp (1 mL)
Green onion (julienne)	¼ cup (50 mL)
Roasted unsalted peanut (crushed)	¼ cup (50 mL)
Fresh mint leaves	¼ cup (50 mL)

### Vietnamese fish sauce "Luk Mum"

Fish sauce	2 tbsp (30 mL)
Water	4 tbsp (60 mL)
Sugar	1 tbsp (15 mL)
Fresh lime juice	1 tbsp (15 mL)
Fresh chili (minced)	¼ tsp (1 mL)

### Directions

1. Mix all the fish sauce ingredients together and set aside.
2. Prepare soba noodle according to package direction (put noodles in boiling water for 5 minutes, quickly drain and rinse with cold water and drain again). Set aside.
3. Wash and prepare cucumber, carrot, leafy lettuce, orange pepper and green onion. Julienne all the vegetables.
4. Only use the leaves of the mint. Soak in water for 5 minutes and rinse twice before cutting it into small pieces.
5. Butterfly the chicken (slice the whole chicken breast in half to allow quick cooking time), marinate with olive oil and pepper. Put chicken on the grill and cook on medium high heat until fully cooked (juice should run clear).
6. Remove chicken from the grill, cool and then cut into thin long strips. Set aside.
7. To assemble the noodle dish, in a large bowl, add soba noodles first and then top with julienne cucumber, carrots, orange pepper, leafy lettuce and green onion.
8. Mix in half of the mint leaves. Save some for garnish later.
9. Pour in the fish sauce. Add crushed peanuts, mix well with all the ingredients and serve with chicken.
10. Before serving, garnish with mint leaves. This dish is best served cold.

Developed by Sosan Hua, RD. © The Heart and Stroke Foundation. For more information, please visit [www.heartandstroke.ca/chinese](http://www.heartandstroke.ca/chinese)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- This new low fat version uses less sugar while egg white and milk are added to create a rich and creamy texture without compromising on the taste. To further increase heart healthy benefits of this traditional dessert, you can sprinkle ground flaxseed for the extra touch of fibre and omega-3 fats.
- Almonds are rich in monounsaturated fat, high in protein, fibre, magnesium, potassium, vitamin E and other antioxidants.
- Flaxseed is rich in plant derived omega-3 fats. Many studies have shown that flax seed may help reduce cholesterol, LDL (bad) cholesterol, triglycerides and blood pressure. It may also prevent platelets aggregation and therefore, reduce the risk of cardiovascular diseases. Flaxseed is also rich in lignan (provides fibre).
- Milk is rich in calcium and vitamin D. Choosing lower fat milk (2% or lower) will further help reduce saturated fat intake.
- Replace some water with milk will increase the calcium content of this dessert while creating a creamier texture and taste.
- Simply sprinkle flaxseed on the almond milk is an easy way to add omega-3 fats and fibre to your diet.
- Egg white is free of cholesterol and is a great source of protein to satisfy your hunger.



# Almond Milk with Egg White

Enjoy a heart healthy creamy dessert

## Ingredients (makes 3 servings)

Raw whole plain almonds	½ cup (125 mL)
Water	1 cup (250 mL)
Egg whites	3
Ground flaxseed	3 tsp (15 mL)
1% milk	2 cups (500 mL)
Sugar	4 tbsp (60 mL)

Developed by Sosan Hua, RD. © The Heart and Stroke Foundation. For more information, please visit [www.heartandstroke.ca/chinese](http://www.heartandstroke.ca/chinese)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Directions

1. Soak almonds overnight or at least 4 hours and drain. To peel skin off, quickly blanch almond in boiling water for 10 seconds and let it cool to room temperature before peeling. The skin should come right off.
2. Add peeled almonds and water to blender and blend until smooth for about 3-4 minutes. Filter almond grit using cheese cloths to ensure a smooth texture.
3. Crack whole egg but use egg white only, beat egg white and set aside.
4. Add sugar and smooth almond concentrate into a pot and heat over medium high heat. As the almond milk comes to a boil, add 1% milk and turn off heat.
5. Slowly pour in egg white and stir quickly to avoid forming lumps.
6. Stir in 1 tsp of ground flaxseed to each serving
7. Serve immediately.

## Nutritional information per serving

(1 cup/250 mL)

Calories	245 Kcal
Protein	12 g
Total fat	10 g
Saturated fat	2 g
Cholesterol	7 mg
Carbohydrate	29 g
Dietary fibre	2 g
Sodium	141 mg
Potassium	424 mg
Phosphorus	249 mg
Calcium	247 mg

## Key Messages from the Canadian Diabetes Association



### Healthy Blood Sugar

Diabetes is a chronic disease that changes the way you use and store carbohydrates. Balancing your carbohydrates throughout the day may help control your blood sugar. Eating a healthy diet low in unhealthy fats is a very important part of preventing and managing diabetes.

### Carbohydrates

- Mostly found in bread, pasta, potatoes, milk, yogurt, beans, lentils, fruits, sugary foods and starchy vegetables (e.g. squash and peas).
- Have 30-50 g of carbohydrates in your main meals and 15-20 g of carbohydrates in your snacks.
- Choose carbohydrates high in fibre such as whole grains to help control blood sugar.
- It is recommended to have 25-50 g of fibre daily.
- Sources of fibre include whole grains, fruits, vegetables and legumes.
- Look for labels that say “no added sugar” to manage diabetes.

### Fats

- Trans fats and saturated fats raise your blood cholesterol.
- Saturated fats are mainly found in animal-based products, for example, meat and dairy products, but are also found in coconut and palm oil.
- Trans fats are found in hard margarine and some packaged foods, for example, cookies and chips.
- Healthy fats are unsaturated fats that come from plants and are liquid at room temperature, for example, olive oil, canola oil, nuts and avocado.
- Omega-3 fatty acids are also healthy fats, usually found in salmon, tuna, flaxseeds and eggs.

### More Healthy Eating Tips

- Eat everything in moderation; you can still have sweets occasionally.
- Eat the same amount of food around the same time every day to stabilize blood sugar levels.
- Don't skip meals or snacks as it may affect your blood sugar levels.
- Always stay hydrated.
- Eat smaller portions and fewer servings of foods high in fat and protein.
- Choose cooking methods such as steaming, poaching, braising, boiling, stewing and roasting with liquids to reduce fat intake.
- Choose vegetable-based proteins more often than animal-based proteins.
- Use Nutrition Facts tables on food products to keep track of calories, carbohydrates and other nutrients.
- Always find a healthy alternative or substitute when cooking.



### Dietitian's Corner

- Fish in general is an excellent low fat alternative to red meats. It is rich in protein and is a source of iron, vitamin B 12, selenium and zinc. Oily fish are packed with omega-3 fats (EPA and DHA) and is a good source of vitamin D.
- You can substitute fish fillet with chicken breast in this recipe.
- To further reduce sodium content, cut down on table salt when marinating fish fillet.
- To further reduce fat content, omit or use smaller amount of low fat mayonnaise and/or low fat cheese.
- Avoid processed cheese especially fat-free cheese as it is high in sodium.

### Nutritional information per serving

Calories	110 Kcal
Protein	11 g
Total fat	3 g
Saturated fat	1 g
Cholesterol	30 mg
Carbohydrate	8 g
Dietary fibre	1 g
Sodium	240 mg
Potassium	190 mg
Phosphorus	91 mg
Calcium	84 mg

## Bite-sized Fillet of Fish Sandwich

An appetizer with healthy fats

### Ingredients (makes 18 servings)

Sole fillets (fresh or frozen and defrosted)	1½ lb (680 g)
Salt	¼ tsp (1 mL)
Bread crumbs	¼ cup (60 mL)
Garlic powder	½ tsp (2 mL)
No salt added lemon pepper seasoning	1 tbsp (15 mL)
Large egg	1 (50 g)
Plum tomatoes (cut into slices)	3 (180 g)
Lettuce leaves (cut into shreds)	4 (40 g)
Low fat mayonnaise	3 tbsp (45 mL)
Non-processed low fat mozzarella cheese	6 slices (120 g)
Small French rolls	6 (230 g)
Canola Oil	½ tsp (2 mL)

This recipe is provided courtesy of the Canadian Diabetes Association. Developed by Annie Chung Hui, Registered Dietitian and Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian. For more service information, please visit [www.diabetes.ca](http://www.diabetes.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Preheat oven to 425°F.
2. Rinse and pat dry the fish fillets. Sprinkle salt on both sides of the fish and set aside.
3. In a flat plate, mix garlic powder, bread crumbs and lemon pepper. Set aside.
4. Line a baking pan/dish with aluminum foil. Spread canola oil on the foil.
5. Beat the egg and pour into a flat dish. Coat the fish fillets with egg and then the seasoned bread crumb mixture and place on the baking sheet.
6. Bake for 20–25 minutes at 425°F until the meat flakes easily.
7. Remove from oven and separate each fillet into thirds.
8. Slice open the French rolls (warm them up in the oven if preferred), spread with mayonnaise, place a piece of fish and top with a slice of cheese, lettuce and tomatoes to make a sandwich.
9. Cut the French roll into thirds and place on a serving tray. You may hold the sandwich in place with a toothpick. Ready to serve!

## Dietitian's Corner

- Sweet potato is one of world's most nutritious vegetables. It is rich in antioxidants (vitamin A, C), high in fiber, potassium and low in fat. Their flesh ranging from white and yellow to orange in color and the skin ranges from white, yellow, orange, red or purple.
- Although sweet potato tastes very sweet, it is actually low in glycemic index. People living with diabetes can enjoy moderate amount of sweet potato without causing a sharp rise in blood glucose.
- You can use chopped dates or dried apricots to substitute for raisins.
- This recipe should be reserved for special occasions as it is relatively high in carbohydrates for an everyday meal. Sugar substitutes or no sugar added maple syrup can be used to reduce the amount of carbohydrates.

### Nutritional information per serving

Calories	170 Kcal
Protein	2 g
Total fat	6 g
Saturated fat	1 g
Cholesterol	0 mg
Carbohydrate	30 g
Sugar	6 g
Dietary fibre	4 g
Sodium	80 mg
Potassium	260 mg
Phosphorus	40 mg
Calcium	29 mg



## Sweet Potato, Apple and Raisin Casserole

A fragrant and sweet holiday dish

### Ingredients (makes 6 servings)

Sweet potatoes (peeled and cubed)	1 lb (500 g)
Ground ginger	$\frac{3}{4}$ tsp (4 mL)
No sugar added maple syrup	$\frac{1}{4}$ cup (50 mL)
Ground cinnamon	$\frac{3}{4}$ tsp (4 mL)
Margarine (melted)	2 tbsp (30 mL)
Raisins	$\frac{1}{4}$ cup (50 mL)
Walnuts (chopped)	2 tbsp (30 mL)
Sweet apples (peeled and cubed)	$\frac{3}{4}$ cup (175 mL)

Adapted with permission from the Publisher of Complete Canadian Diabetes Cookbook, edited by Katherine E. Younker, 2005. This recipe is provided courtesy of the Canadian Diabetes Association. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.diabetes.ca](http://www.diabetes.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

Healthy Eating for Life initiative is the first of its kind, rolled out by six partner organizations in Ontario. The ultimate goal is to promote healthy eating in a fun and culturally relevant manner as a way to help prevent and better manage chronic diseases.

### Directions

1. Steam or microwave sweet potatoes just until slightly underdone. Drain and place in baking dish sprayed with nonstick vegetable spray.
2. In a small bowl, combine ginger, maple syrup, cinnamon, margarine, raisins, walnuts and apples; mix well. Pour over sweet potatoes and bake at 350°F (180°C), uncovered, for 20 minutes or until tender.



## Dietitian's Corner

- This comfort food is an excellent source of nutrients including vitamins A and C, B vitamins, iron, phosphorus, magnesium and zinc.
- This stew can be served as a meal since it contains adequate amounts of carbohydrate and protein per serving. All you need to add is a side dish of steamed vegetables or your favourite salad, and dinner is ready.
- To reduce saturated fat, make sure you trim all the visible fats from the stewing beef.
- If you use regular beef stock instead of reduced sodium beef stock, the sodium content in this recipe is 854 mg/serving.
- This recipe is high in potassium, and is not suitable for those who need to restrict potassium in their diet.

### Nutritional information per serving

Calories	300 Kcal
Protein	23 g
Total fat	9 g
Saturated fat	2.5 g
Cholesterol	40 mg
Carbohydrate	28 g
Sugar	5 g
Dietary fibre	5 g
Sodium	210 mg
Potassium	1069 mg
Phosphorus	62 mg
Calcium	151 mg

## Old-Fashioned Beef Stew

A dish with rich flavour and colour

### Ingredients (makes 8 servings)

All purpose flour	¼ cup (50 mL)
Pepper	½ tsp (2 mL)
Vegetable oil	Approx. 2 tbsp (30 mL)
Stewing beef (cut into 1½ inch or 4 cm cubes)	1½ lb (750 g)
Onions (medium, chopped)	2
Garlic (finely chopped)	3 cloves
Dried thyme	1 tsp (5 mL)
Dried marjoram	1 tsp (5 mL)
Bay leaf	1
Red wine (or additional beef stock)	1 cup (250 mL)
Tomato paste	3 tbsp (45 mL)
Low sodium beef stock	Approx. 3 cups (750 mL)
Carrots	5
Stalks celery	2
Potatoes (about 5)	1½ lb (750 g)
Green beans	12 oz (375 g)
Fresh parsley (chopped)	¼ cup (50 mL)

Adapted with permission from the Publisher of Complete Canadian Diabetes Cookbook, edited by Katherine E. Younker, 2005. This recipe is provided courtesy of the Canadian Diabetes Association. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.diabetes.ca](http://www.diabetes.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Combine flour, salt (optional) and pepper in a heavy plastic bag. In batches, add beef to flour mixture and toss to coat. Transfer to a plate. Reserve remaining flour mixture.
2. In a deep wok, heat half the oil over medium-high heat; cook beef in batches until browned all over. Transfer to a plate.
3. Reduce heat to medium-low. Add onions, garlic, thyme, marjoram, bay leaf and remaining flour to the wok; cook and stir for 4 minutes or until softened. Add wine and tomato paste while continuing to cook and stir. Return beef and any accumulated juices to the wok and pour in beef stock.
4. Continue to cook and stir until mixture is slightly thickened. Reduce heat, cover and simmer over medium-low heat for 1 hour, stirring occasionally.
5. Meanwhile, peel carrots and halve lengthwise. Cut carrots and celery into 1½-inch (4 cm) chunks. Peel potatoes and quarter. Add all vegetables to the wok. Cover and simmer for 30 minutes.
6. Trim ends of beans and cut into 2-inch (5 cm) lengths. Stir into stew mixture, adding more stock if necessary, until vegetables are just covered. Cover and simmer for 30 minutes more or until vegetables are tender. Remove the bay leaf and sprinkle in parsley. Adjust seasoning with salt and pepper to taste.



## Dietitian's Corner

- Red and green peppers and mangoes are rich in antioxidants including vitamin A and C and beta carotene. These antioxidants work together to reduce damages to nerve and blood vessels as seen in diabetes and cardiovascular diseases.
- People with diabetes don't need to completely avoid starch such as rice, vermicelli or pasta in order to control their blood glucose. It is more important to exercise portion control when it comes to carbohydrate intake.



# Mango Salsa over Vermicelli

A taste of summer salad

## Nutritional information per serving

Calories	270 Kcal
Total fat	7 g
Saturated fat	1 g
Cholesterol	0 mg
Carbohydrate	45 g
Sugar	9 g
Dietary fibre	3 g
Sodium	6 mg
Potassium	277 mg
Phosphorus	22 mg
Calcium	20 mg

## Ingredients

(makes 6 servings as an appetizer)

Vermicelli or other fine-strand noodle/pasta	8 oz (250 g)
Mangoes (diced)	1 ¾ cups (425 mL)
Sweet red pepper (diced)	¾ cup (175 mL)
Red onion (diced)	½ cup (125 mL)
Sweet green pepper (diced)	½ cup (125 mL)
Olive oil	3 tbsp (45 mL)
Lemon juice	3 tbsp (45 mL)
Crushed garlic	2 tsp (10 mL)
Coriander or parsley (chopped)	½ cup (125 mL)

Adapted with permission from the Publisher of Complete Canadian Diabetes Cookbook, edited by Katherine E. Younker, 2005. This recipe is provided courtesy of the Canadian Diabetes Association. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.diabetes.ca](http://www.diabetes.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Directions

1. Cook pasta/noodle in boiling water according to package instructions or until desired tenderness is reached. Rinse with cold water. Drain and set aside.
2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and coriander. Blend ingredients until a salsa like consistency is reached. Pour the salsa over the pasta. Serve at room temperature.

## Tips

Use a ripe mango for a more intense and sweet flavour; unripe mangoes will give a more sour flavour. Prepare salsa earlier in the day and refrigerate to allow the flavours to mix and intensify. Pour over pasta and it's ready to eat.



## Dietitian's Corner

- This recipe can be parceled into smaller portions that can be frozen for individual meals – just reheat in the microwave.
- Whole wheat pasta is used here, but any type of pasta, such as vermicelli, spaghetti or buckwheat noodles can be used as substitutes.
- Use of more vegetables and whole wheat pasta add fiber to a traditional dish made with vermicelli.
- To further reduce the amount of carbohydrate of this dish while adding more vitamins and minerals, you may opt to increase sweet pepper portion and add bean sprouts.
- Sweet peppers in different colours are rich in vitamin C, vitamin A, vitamin K, vitamin B6, potassium, manganese and dietary fibre.

### Nutritional information per serving

Calories	380 Kcal
Protein	29 g
Total fat	7 g
Saturated fat	2 g
Cholesterol	55 mg
Carbohydrate	55 g
Sugar	3 g
Dietary fibre	6 g
Sodium	140 mg
Potassium	579 mg
Phosphorus	53 mg
Calcium	361 mg



## Speedy Singapore Noodles with Pork and Peppers

A simple recipe with a bit of a kick

### Ingredients (makes 6 servings)

Pork tenderloin	1 lb (454 g)
Vegetable oil	1 tbsp (15 mL)
Leek (white and light green part only, cut into thin strips)	1
Garlic (large cloves, minced)	2 cloves
Red bell pepper (cut into thin strips)	1
Yellow bell pepper (cut into thin strips)	1
Green bell pepper (cut into thin strips)	1
Chicken stock	$\frac{3}{4}$ cup (175 mL)
Curry powder	1 tbsp (15 mL)
Oyster sauce	$\frac{1}{4}$ cup (50 mL)
Cornstarch	2 tsp (10 mL)
Whole wheat spaghetti	12 oz (375 g)
Chopped fresh coriander or parsley	$\frac{1}{4}$ cup (50 mL)

### Directions

1. Cut pork into thin 2-inch by  $\frac{1}{4}$ -inch (5 cm by 5 mm) strips. In a wok or large nonstick skillet, heat oil over high heat. Brown meat on all sides; remove to a plate and set aside. Add leek, garlic, pepper strips, chicken stock and curry powder to skillet; cover and cook for 2 minutes. Stir in oyster sauce.
2. In a small dish, dissolve cornstarch in 1 tbsp (15 mL) water; add to skillet along with pork. Bring sauce to boil; cook, stirring, for 1 to 2 minutes or until pork is heated through.
3. Cook pasta in a large pot of boiling water until tender but firm. Drain well. Return to pot; stir in meat mixture and coriander. Toss to coat well in sauce.

Adapted with permission from the Publisher of Complete Canadian Diabetes Cookbook, edited by Katherine E. Younker, 2005. This recipe is provided courtesy of the Canadian Diabetes Association. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.diabetes.ca](http://www.diabetes.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Dietitian's Corner

- Substitute one 8-oz (250 g) package of light cream cheese for the ricotta cheese.
- Decorate cheesecakes with berries and sliced fresh fruit; glaze with 2 tbsp (30 mL) no-sugar-added apricot spread.
- Make sure you buy a high quality pure vanilla extract, which will add amazing flavour to any dessert that uses low fat dairy products.
- Portion control of low fat desserts can be a part of the healthy food choices for people living with diabetes.
- Although this dessert is relatively lower in saturated fats and sugar than regular cheesecake, it is always important to practice portion control. If you do decide to go for second, make sure you take an extra 30 minute walk.

### Nutritional information per serving

Calories	100 Kcal
Protein	7 g
Total fat	3.5 mg
Saturated fat	2 g
Cholesterol	30 mg
Carbohydrate	9 g
Sugar	7 g
Dietary fibre	0 g
Sodium	135 mg
Potassium	73 mg
Phosphorus	95 mg
Calcium	97 mg

## Ingredients (makes 10 servings)

Low-fat ricotta cheese	1 cup (250 mL)
Low-fat cottage cheese	1 cup (250 mL)
Granulated sugar	⅓ cup (75 mL)
Egg (medium)	1
Light sour cream	¼ cup (50 mL)
Cornstarch	½ tsp (2 mL)
Vanilla extract	⅛ tsp (0.5 mL)
Fruit puree (optional)	

Adapted with permission from the Publisher of Complete Canadian Diabetes Cookbook, edited by Katherine E. Younker, 2005. This recipe is provided courtesy of the Canadian Diabetes Association. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.diabetes.ca](http://www.diabetes.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Individual Miniature Cheesecakes

A bite sized treat to satisfy your sweet tooth

## Directions

1. Preheat oven to 350°F (180°C). Line the muffin tin with 10 muffin paper cups.
2. In a food processor, combine ricotta cheese, cottage cheese and sugar; puree until smooth. Beat in the egg. Blend in sour cream, cornstarch and vanilla until well mixed.
3. Divide batter among the muffin cups. Set muffin tin in a larger pan; pour in enough hot water to come half way up sides. Bake 30 to 35 minutes or until tester inserted in centre comes out clean. Remove from water bath; cool on wire rack. Chill.
4. Serve with fruit puree, if desired.

## Key Messages from Carefirst Seniors and Community Services Association



### Family Health

With our busy lifestyle, we often give up family meals to make time for other things. However, families are losing valuable bonding time and traditions as they continue to have less time to share meals together.

- Eating habits learned at a young age can become lifelong habits contributing to the health of an individual.
- Adults in the family can act as role models by putting healthy eating into action when eating together with their children.
- Sharing meals helps families stay connected and makes mealtimes more enjoyable.

### Make the most out of your family time!

- Let your kids help with meal preparation. Ask them what they like and dislike. If they help cook the meal, they are more likely to eat it.
- Keep distractions away during mealtimes such as TV, computer, videogames and cell phones.

### Meal planning helps the family eat healthy!

- Plan ahead what to cook for the week to ensure you and your family have a healthy and balanced diet.
- Use Eating Well with Canada's Food Guide to find out what types of food and how much to eat for a healthy and balanced diet.

### Keep your family safe!

- Most food poisoning occurs in the comfort of our own home; thus, it is very important to understand and practice safe food handling.
- Leftovers should be refrigerated within 4 hours after cooking and be eaten by the next day.
  - If you have doubts about how long the food has been in the fridge, it is probably best to discard it.
- Do not defrost your meat items on the kitchen counter (bacteria grow very quickly between 4-60°C). Instead,
  - Defrost in the refrigerator a day ahead, OR
  - Defrost by using running cold water, OR
  - Defrost in the microwave, OR
  - Defrost as part of the cooking process.
- Always use a separate knife and cutting board for raw meat.
- Wash your knife and cutting board in between cutting vegetables and cooked meat products.
- Wash your hands with soap after handling raw meat.
- Wash or replace your dish towels frequently.





## Dietitian's Corner

- Cantaloupes have a sweet and fragrant flavour, especially from June-August. Adding this ingredient to the soup can enhance the soup's natural sweetness.
- Cantaloupes are rich in beta carotene, a vitamin important for your eye health. To maximize the beta carotene in this recipe, cook the cantaloupe with a little oil.

### Nutritional information per serving

Calories	180 Kcal
Protein	27 g
Total fat	3 g
Saturated fat	1 g
Cholesterol	70 mg
Carbohydrate	10 g
Sugar	5 g
Dietary fibre	1 g
Sodium	140 mg
Potassium	397 mg
Phosphorus	249 mg
Calcium	77 mg

## Conch Soup Delight

A sweet and delicious soup

### Ingredients (makes 8 servings)

Frozen conch	1 lb (450 g)
Lean pork	10.5 oz (300 g)
Cantaloupe	10.5 oz (300 g)
Red carrots	10.5 oz (300 g)
Dried dates	2 (40 g)
Slice of ginger	1 slice
Water	10 cups (2.5 L)

This recipe is provided courtesy of Carefirst Seniors and Community Services Association. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian, and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.carefirstseniors.com](http://www.carefirstseniors.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Defrost the frozen conch, boil in boiling water, then rinse with cold water. Remove dirt and innards with a knife.
2. Wash and boil lean pork, then rinse with cold water.
3. Peel and cut the cantaloupe and carrot into pieces.
4. Bring 10 cups of water to a boil. Add the conch, lean pork, cantaloupe, red carrot, dried dates and ginger. Boil again.
5. Simmer in medium heat for 2 hours.



Congee



### Dietitian's Corner

- Beans and oats are great sources of soluble fibre. They make us feel fuller for a longer period of time and help control your hunger and weight.
- Canned beans are convenient; however, they contain a lot of salt, so rinse them well in cold running water before using.

### Nutritional information per serving

Calories	150 Kcal
Protein	7 g
Total fat	2 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	28 g
Sugar	1 g
Dietary fibre	5 g
Sodium	160 mg
Potassium	75 mg
Phosphorus	92 mg
Calcium	64 mg

## Savory Oatmeal Porridge

Nutrition for the whole family

### Ingredients (makes 2 servings)

Canned mixed beans	½ cup (120 g)
Corn kernels	3 tbsp (45 mL)
Oats	½ cup (125 mL)
Water	2½ cup (675 mL)
Salt, pepper (optional)	dash
Vegetarian bacon	2 tsp (10 mL)

This recipe is provided courtesy of Carefirst Seniors and Community Services Association. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian, and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.carefirstseniors.com](http://www.carefirstseniors.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Rinse the canned beans with cold running water for 5 minutes.
2. Boil the water and stir in canned beans, vegetarian bacon and corn.
3. Return the pot to a boil and stir in the oats.
4. Return to a boil, and then reduce the heat and simmer.
5. Cook uncovered for 1 minute, stirring occasionally.
6. Add a dash of salt and black pepper to taste. Ready to serve.



## Dietitian's Corner

- Fruits are rich in fibre and vitamins. Fruits that are fresh, canned or even frozen can be used in cooking.
- Fruits that are commonly used for cooking include apples, pineapples, peaches and berries.
- For even cooking, cut fruits into same size. Avoid cooking fruit for too long and avoid using too much liquid, otherwise some water soluble vitamins such as B complex and vitamin C will be lost.

## Stir Fry Shrimp With Apple

A sweet and savoury pairing

### Nutritional information per serving

Calories	210 Kcal
Protein	23 g
Total fat	9 g
Saturated fat	4 g
Cholesterol	170 mg
Carbohydrate	8 g
Sugar	4 g
Dietary fibre	1 g
Sodium	220 mg
Potassium	293 mg
Phosphorus	243 mg
Calcium	65 mg

### Ingredients (makes 4 servings)

Headless shrimp with shells	½ lb (227 g)
Apple (diced)	¾
Celery (diced)	2 stalks
Sweet red pepper (small, diced)	½
Vegetable oil	2 tbsp (30 mL)

### Marinade

Low sodium soy sauce	1 tsp (5 mL)
Cornstarch	1 tsp (5 mL)
White pepper	dash

### Sauce

Low sodium soy sauce	1 tsp (5 mL)
Sugar	1 tsp (5 mL)
Cornstarch	1 tsp (5 mL)
Cold water	2 tbsp (30 mL)

### Directions

- Remove shells and devein shrimp. Marinate the shrimp using the marinade ingredients listed above for half an hour.
- Combine sauce ingredients in a small bowl. Mix well and set aside.
- Heat about 1 tablespoon of oil in a non-stick wok. Stir fry shrimp until the shrimp turns pink in colour, remove from the wok.
- Heat about 1 tablespoon of oil in a non-stick wok. Stir fry celery briefly, and then add the diced apple and red pepper, stirring until almost cooked through. Add in the shrimp and the sauce mixture and stir constantly until the sauce thickens. Ready to serve.

This recipe is provided courtesy of Carefirst Seniors and Community Services Association. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian, and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.carefirstseniors.com](http://www.carefirstseniors.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- Pork is a high quality dietary protein which is important for body tissue growth (especially for children), repair and maintenance, immune system function and wound healing.
- Pork also contains B vitamins complex which help our bodies to make red blood cells, keep our nervous system healthy and may improve mood.
- You can use pork loin chop to substitute pork ribs in order to further decrease the fat and calorie content in this dish.
- According to Eating Well with Canada's Food Guide, a normal healthy individual needs 1–3 servings of meat and alternatives (lean meat, legumes, tofu, eggs, nuts and seeds everyday.) 1 serving of cooked lean meat = 2.5 oz (75 g); 1 serving of cooked legumes =  $\frac{3}{4}$  cup (175 mL); 1 serving of nuts and seeds =  $\frac{1}{4}$  cup (60 mL).

### Nutritional information per serving

Calories	210 Kcal
Protein	22 g
Total fat	9 g
Saturated fat	3 g
Cholesterol	75 mg
Carbohydrate	8 g
Sugar	7 g
Dietary fibre	0 g
Sodium	182 mg
Potassium	400 mg
Phosphorus	220 mg
Calcium	28 mg



## Glazed Sweet and Sour Spareribs

Flavour sensation in your mouth!

### Ingredients (makes 4 servings)

Lean pork ribs	2 lb (900 g)
----------------	--------------

### Sweet and Sour Sauce

Chinese cooking wine	2 tbsp (30 mL)
Apple cider vinegar	$\frac{1}{4}$ cup (60 mL)
Low sodium soy sauce	4 tsp (20 mL)
Sugar	6 tbsp (90 mL)
Minced ginger root	2 tbsp (30 mL)
White pepper	$\frac{1}{2}$ tsp (2 mL)
Water	$\frac{1}{2}$ cup (125 mL)

This recipe is provided courtesy of Carefirst Seniors and Community Services Association. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian, and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.carefirstseniors.com](http://www.carefirstseniors.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Wash the ribs, then trim off the fat and cut into long strips.
2. On medium heat, blanch the ribs in hot water for approximately 5 minutes, then rinse with cold water. Set aside.
3. In a wok or sauce pan, add in all sweet and sour sauce ingredients, stir and heat until boiling.
4. Add the ribs into the sweet and sour sauce and cook on low heat for half an hour until the ribs are cooked thoroughly and the sauce has been reduced. Ready to serve.



## Dietitian's Corner

- Beef contains a rich source of zinc which is necessary for a normal body growth, sexual development, maintain proper use of nutrients, proper immune system functioning and healing of wounds.
- Alcoholics, malnourished individuals, vegetarians and the elderly tend to have a higher risk of zinc deficiency. Symptoms of zinc deficiency include anemia, delayed growth, higher risk of infection and poor wound healing.
- Garlic does not only enhance food flavor, it is also beneficial to heart health, and may decrease cancer risks.
- Leave finely chopped or minced garlic stand for 10–15 minutes prior to cooking. This way will allow more of the beneficial nutrients in garlic to be released.

### Nutritional information per serving

Calories	180 Kcal
Protein	15 g
Total fat	9 g
Saturated fat	3.5 g
Cholesterol	35 mg
Carbohydrate	9 g
Sugar	1 g
Dietary fibre	0 g
Sodium	240 mg
Potassium	156 mg
Phosphorus	92 mg
Calcium	15 mg



## Five Spice Beef Short Ribs

A meat dish with flavourful seasonings

### Ingredients (makes 6 servings)

Beef short ribs (in small sections)	2 lb (900 g)
Cornstarch	5 tbsp (75 mL)

### Marinade

Low sodium soy sauce	8 tsp (40 mL)
Five spices powder	½ tsp (2 mL)
Sugar	1 tsp (5 mL)
Minced fresh garlic	2 tsp (10 mL)
Cornstarch	2 tsp (10 mL)
Sesame oil	1 tsp (5 mL)
White pepper	½ tsp (2 mL)

This recipe is provided courtesy of Carefirst Seniors and Community Services Association. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian, and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.carefirstseniors.com](http://www.carefirstseniors.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Wash the beef short ribs, and marinate for half an hour using the marinade ingredients.
2. Coat short ribs lightly with corn starch.\*
3. Bake in a preheated oven at 400° F for 20 minutes or until cooked and golden brown.

\* An easy way to coat the beef short ribs is to put them in a plastic bag with corn starch and shake gently.

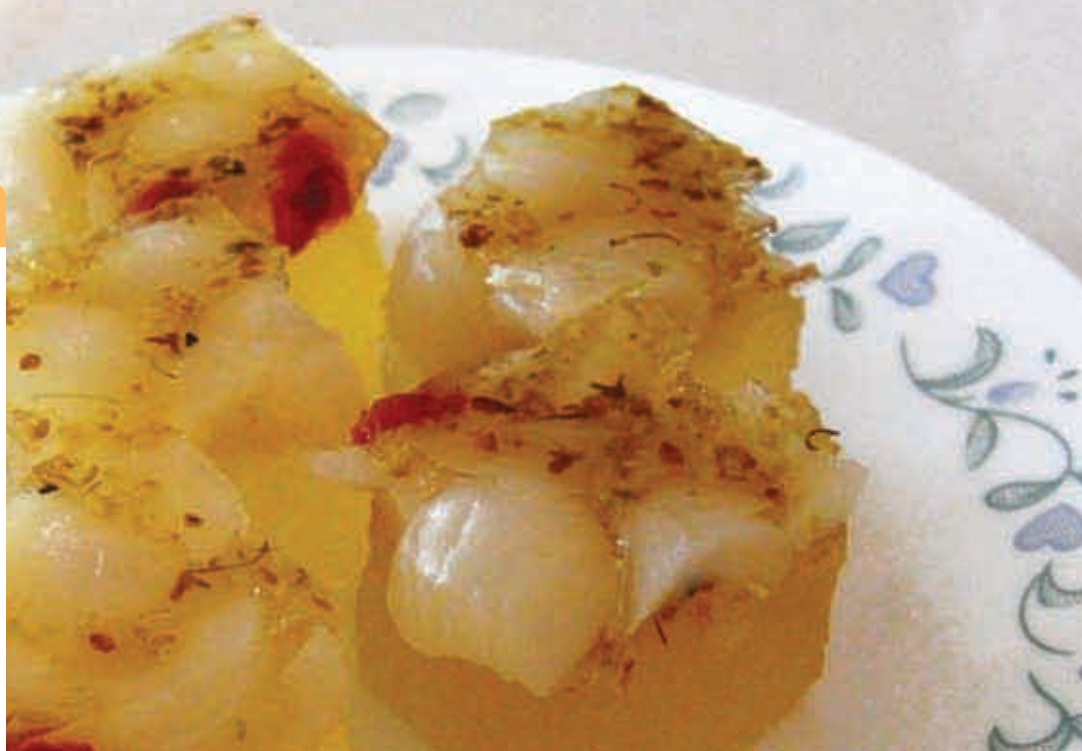


## Dietitian's Corner

- This is a child-friendly recipe. You can involve your child in cutting the longan, and mixing the ingredients.
- Your child can use their favorite cookie cutters to cut the osmanthus jello into different shapes.
- Besides using longan, you can add other fruits as well.
- Longan is in season between mid-May and August; you can wash the longan, remove skin and seeds, then freeze for future use.
- Goji berries have a high potassium level, so it's not suitable for kidney patients who have high potassium levels.
- Goji berries have been commonly used in Chinese medicine for treating diseases; however, there is no sufficient scientific evidence about their effectiveness.
- Goji berries are rich sources of beta carotene and zeaxanthin, which are important nutrients for eye health.
- It's not clear whether goji is safe to use during pregnancy and breastfeeding, talk to your doctor first before taking it.

### Nutritional information per serving

Calories	70 Kcal
Protein	6 g
Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	12 g
Sugar	6 g
Dietary fibre	1 g
Sodium	15 mg
Potassium	98 mg
Phosphorus	16 mg
Calcium	9 mg



## Osmanthus Jello with Longan

A fragrant snack/dessert

### Ingredients (makes 8 servings)

Osmanthus sugar	¾ cup (175 ml)
Dried osmanthus	1 tablespoon (15 ml)
Dried goji berries	1½ tablespoon (20 g)
Fresh longan* (remove skin and seeds)	Approx 1 cup (235 g)
Gelatin powder	56 g
Hot water	3 cups (750 ml)
Ice cold water	2 cups (500 ml)

\*Fresh longan can be substituted with canned longan; before using, remove the syrup and rinse with cold water several times.

This recipe is provided courtesy of Carefirst Seniors and Community Services Association. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian, and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.carefirstseniors.com](http://www.carefirstseniors.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Cut the longan into small pieces. Set aside.
2. Wash the dried goji berries with cold water.
3. On medium heat, boil osmanthus sugar, dried osmanthus and dried goji berries in 3 cups of hot water for 5 minutes. Stir well.
4. Pour osmanthus mixture into gelatin powder, and keep stirring until all the gelatin powder is dissolved.
5. Add in the longan pieces, then add 2 cups of ice cold water. Stir well.
6. Pour longan jelly mixture into a square pan and refrigerate. Approximately 30 minutes later, take it out from the refrigerator, stir and make sure the osmanthus flowers are spread evenly. Return to the refrigerator.
7. Keep longan mixture refrigerated until fully set. Cut into pieces. Ready to serve.

## Key Messages from The Kidney Foundation of Canada



*The foundation  
of kidney care.*

### Kidney Health

Dietary needs change depending on the stage of the kidney disease, as well as the age and the medical history of an individual; therefore, it is very important to follow dietary recommendations from your Registered Dietitian. Protein, sodium, potassium, phosphorus and fluids are some nutrients that you might need to pay more attention to.

### Protein

- Protein is an important source of energy used to maintain weight and muscles as well as to help fight infections.
- Protein-rich foods include meat, fish, poultry, eggs, tofu and milk. Leaner cuts of meat are healthier choices as they are lower in saturated fat.
- Protein can also be found in smaller amounts in foods such as breads, cereals, other starches and grains, vegetables and fruits.

### Sodium

- Sodium can affect your blood pressure and increase the stress on your body.
- Processed meats such as bacon, sausages and luncheon meats are high in sodium. Fast foods and canned foods tend to have a high amount of sodium as well.
- Read Nutrition Facts tables to help make lower sodium choices.
- Try using herbs and spices, vinegar and lemon to enhance the flavour of foods instead of using salt.
- When eating out, ask the server to limit the salt on your food and order gravy or sauce on the side.

### Potassium

- Commonly found in vegetables and fruits, meats and dairy products.
- High potassium foods include potatoes, squash, bananas, oranges, tomatoes, dried peas and beans.

### Phosphorus

- Phosphorus is a mineral that helps to keep bones strong and healthy.
- Phosphorus is in many healthy foods.
- It is not mandatory to list phosphorus in the Nutrition Facts table. Phosphorus can also be added to food products as a preservative, which may be referred to as phosphoric acid or sodium phosphate.
- Processed meats and beverages such as colas and beer contain phosphates.

### Fluids

- Fluids include anything that is liquid at room temperature, for example, water, soup, juice, ice-cream, popsicles, ice and jello.



## Dietitian's Corner

- People with kidney disease need to control salt intake and avoid high sodium foods. A diet high in sodium can cause high blood pressure, swollen face, legs and hands, shortness of breath and add more stress to the kidney.
- Recommended daily sodium allowance for kidney patients: less than 2300 mg (approximately 1 teaspoon).
- Most often, dim sums are very high in sodium; this home made dim sum has low sodium, moderate potassium and phosphorus content which is more suitable for kidney patients.
- This recipe uses seasonings/ ingredients (sesame oil, cilantro, five spices) to enhance flavours without adding too much sodium.
- You can also serve the steamed dumplings with Chinese red vinegar as dipping sauce.

### Nutritional information per serving

Calories	210 Kcal
Protein	10 g
Total fat	9 g
Saturated fat	3 g
Cholesterol	25 mg
Carbohydrate	22 g
Sugar	1 g
Dietary fibre	1 g
Sodium	200 mg
Potassium	217 mg
Phosphorus	84 mg
Calcium	17 mg



## Double Mushroom Cilantro Siu Mai (Steamed Dumpling)

A tasty and low sodium dim sum

### Ingredients (makes 22-24 pieces)

Cilantro	2 tbsp (30 mL)
Dried shiitake mushrooms	2 pieces
Ground pork-lean	225 g (approx. ½ lb)
Enoki mushrooms	50 g
Wonton wrappers (Shanghai style)	22–24 pieces
Carrot (finely grated)	¼ cup (60 mL)
Chinese cabbage (Nappa)	75 g

### Marinade

Sugar	1 tsp (5 mL)
Low-sodium soy sauce	1 tbsp (15 mL)
Cornstarch	1 tsp (5 mL)
Sesame oil	1 tbsp (15 mL)
Black pepper	Dash
Chinese five spices powder	1 tsp (5 mL)

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Soak shiitake mushrooms in hot water for 10 minutes.
2. Finely chop the cilantro, enoki mushrooms, shiitake mushrooms, Chinese cabbage into small pieces.
3. Mix together all marinade ingredients, pour over ground pork and mix well.
4. Mix all chopped ingredients (except carrot) with pork to make Siu Mai filling.
5. Place about ½ tbsp of the filling in the middle of each wonton wrapper.
6. Gather up the sides of the wrapper and leave the top open and the filling exposed.
7. Garnish with grated carrot on top.
8. Place some oil on a steaming dish to avoid the dumplings from sticking and place the dumplings on the plate.
9. Steam for 15 minutes. Ready to serve.



### Dietitian's Corner

- Protein is a macronutrient, which plays an important role in a number of bodily functions. Protein is lost in many dialysis patients. Eggs are a quick and simple complete protein source to replenish the body's protein.
- Patients with kidney disease are not suitable to have high salt intake as it will increase the kidney workload. Using various spices is a way to enhance flavours while adding minimal salt.

#### Nutritional information per serving

Calories	90 Kcal
Protein	8 g
Total fat	5 g
Saturated fat	1.5 g
Cholesterol	185 mg
Carbohydrate	2 g
Sugar	0 g
Dietary fibre	1 g
Sodium	240 mg
Potassium	187 mg
Phosphorus	83 mg
Calcium	60 mg

## Marbled Tea Egg

Quick and tasty complete protein appetizers

### Ingredients

(makes 8 servings as an appetizer)

Eggs	8
------	---

### Seasoning Broth

Szechuan peppercorns*	1 tsp (5 mL)
Star anise	1
Low sodium soy sauce	3 tbsp (45 mL)
Water	2 cups (500 mL)
Black Chinese tea leaves	2 tbsp (30 mL)

\* Refer to the Chinese name of this spice when buying it in a Chinese grocery store.

The seasoning broth should be covered and stored in the refrigerator after each use. With each use of the seasoning broth, you can add 1 tsp (5 mL) of low sodium soy sauce.

### Directions

1. Place all seasoning broth ingredients into a saucepan and bring to a boil.
2. Using a separate pot/saucepan, hard boil the eggs and remove from the pot. Crack the egg shell but do not peel. Add eggs to broth, simmer about 45 minutes.
3. For best results, let eggs soak in broth over night in the refrigerator. Peel egg shells before serving.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- Under the direction of doctors, people with high phosphorus levels in their blood may need to take phosphorus binders **before meals**.
- High protein foods (e.g. beef, pork, turkey, chicken, fish, seafood, egg whites, milk, cheese, yogurt etc.) usually contain high levels of phosphorus and other nutrients; it is best to discuss with your dietitian about portion sizes.
- Examples of low phosphorus foods: white bread, white rice, vermicelli, Shanghai noodles, macaroni, udon, sorbet, rice beverage, fruit juice, non-cola soft drinks, and popcorn etc.

### Nutritional information per serving

Calories	150 Kcal
Protein	10 g
Total fat	12 g
Saturated fat	2 g
Cholesterol	10 mg
Carbohydrate	4 g
Sugar	1 g
Dietary fibre	1 g
Sodium	60 mg
Potassium	174 mg
Phosphorus	116 mg
Calcium	304 mg



## Ma Po's Tofu (Bean Curd)

A simple tasty dish

### Ingredients (makes 8 servings)

Lean ground pork	4 oz (125 g)
Tofu (medium firm; cut into ½" cubes)	1 block (12 oz or 350 g)
Garlic (finely chopped)	2 cloves
Fresh red chilli pepper* (seeds removed, finely chopped)	1
Green onion (chopped)	1 tbsp (15 mL)
Vegetable oil	1 tbsp (15 mL)

\* Adjust the amount of chilli pepper used based on how spicy or mild you prefer the dish to be.

### Marinade

Vegetable oil	1 tbsp (15 mL)
Low sodium soy sauce	1 tsp (5 mL)
Chinese cooking wine	1 tsp (5 mL)
Sesame oil	1 tsp (5 mL)
Sugar	½ tsp (2 mL)

### Sauce

Low sodium soy sauce	1 tsp (5 mL)
Sesame oil	1 tsp (5 mL)
Water	3 tbsp (45 mL)
Corn starch	1 tbsp (15 mL)

### Directions

- Combine marinade ingredients. Add in ground pork, and let it marinate for about 15 minutes.
- Combine sauce ingredients. Set aside.
- Heat vegetable oil in a wok or frying pan and sauté garlic and chilli pepper. Add in the pork and stir fry until the meat is cooked thoroughly. Add in the tofu, and stir-fry gently until heated through. Whisk in sauce mixture, stir constantly until sauce thickens. Garnish with green onion. Ready to serve.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- If your kidneys do not function properly, phosphorus will build up in the body. High phosphorus levels in the body can cause bone problems and itchy skin.
- Kidney patients may need to limit the amount of phosphorus in their diet.
- Examples of high phosphorus foods: organ meats, dried shrimp, peanut butter, beans and lentils, brown rice, whole wheat bread and crackers, bran cereals, milk, cheese, yogurt, ice-cream, soy milk, chocolate, nuts and seeds, baking powder, pizza, soups or broths made with lots of bones and meat, Ovaltine®, Horlick®, coke and others.

### Nutritional information per serving

Calories	210 Kcal
Protein	12 g
Total fat	15 g
Saturated fat	3 g
Cholesterol	40 mg
Carbohydrate	5 g
Sugar	2 g
Dietary fibre	1 g
Sodium	160 mg
Potassium	82 mg
Phosphorus	14 mg
Calcium	7 mg



## Stir-Fried Chicken with Red and Green Peppers

An antioxidant powered stir-fry

### Ingredients (makes 4 servings)

Boneless chicken (cubed)	½ lb (250 g)
Garlic (thinly sliced)	2 cloves
Green pepper (cubed)	½
Red pepper (cubed)	½
Water	2 tbsp (30 mL)
Vegetable oil	2 tbsp (30 mL)

### Marinade

Egg white	½
Low sodium soy sauce	1 tsp (5 mL)
Cornstarch	1 tsp (5 mL)

### Sauce

Low sodium soy sauce	2 tsp (10 mL)
Chinese cooking wine	1 tbsp (15 mL)
Chinese red wine vinegar	1 tbsp (15 mL)
Sugar	1 tsp (5 mL)
Sesame oil	1 tsp (5 mL)
Cornstarch	1 tsp (5 mL)
Water	2 tbsp (30 mL)

### Directions

1. Combine marinade ingredients with chicken, and let it marinate for half an hour.
2. Combine seasoning ingredients in a small bowl. Set aside.
3. Heat half of the oil in a wok. Stir-fry chicken until half cooked and remove from wok.
4. Heat the remaining oil. Add garlic and sauté briefly. Add red and green peppers, then add 2 tbsp of water and stir-fry for another minute. Return chicken to wok. Whisk in seasoning sauce, stir constantly until sauce thickens. Ready to serve.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Dietitian's Corner

- This is a traditional holiday dish that contains a moderate amount of potassium.
- Anemia is common in patients with kidney disease because of kidney dysfunction and blood loss during hemodialysis. Many patients with anemia often need to supplement their diet with iron, folic acid, and /or Vitamin B12, with guidance and supervision from their healthcare providers.
- Cranberry is low in potassium, and a rich source of vitamin C. When vitamin C is taken together with iron, iron absorption is enhanced.

### Nutritional information per serving

Calories	200 Kcal
Protein	28 g
Total fat	2.5 g
Saturated fat	0.5 g
Cholesterol	70 mg
Carbohydrate	14 g
Sugar	11 g
Dietary fibre	1 g
Sodium	140 mg
Potassium	345 mg
Phosphorus	236 mg
Calcium	21 mg

## Roasted Turkey Breast

A simple holiday dish

### Ingredients (makes 8 servings)

Turkey breast, boneless (skinless)	2 lb (~900g)
Dried rosemary* (chopped)	2 tsp (10 ml)
Garlic (chopped)	2 cloves
Honey	2 tbsp (30 ml)
Dijon mustard	1 tbsp (15 ml)
Lemon juice	1 tbsp (15 ml)
Olive oil	1 tbsp (15 ml)
Salt	¼ tsp (1 ml)
Ground black pepper	½ tsp (2 ml)

\* You can substitute with fresh chopped rosemary (2 tbsp- 30ml) instead.

### Homemade Cranberry Sauce

(Makes approx. 1 cup)

Fresh or frozen cranberries	2 cups (500 ml)
Honey	1 tbsp (15 ml)
Cranberry juice	1/4 cup (50 ml)
Orange peel (grated)	1 tbsp (15 ml)
Ground cinnamon powder	1 tsp (5 ml)
Water	½ cup (125 ml)
Cornstarch	2 tsp (10 ml)

### Directions

1. Rinse and remove any fat from turkey, using paper towels to dry the turkey.
2. In a small bowl, mix garlic, rosemary, olive oil, Dijon mustard, lemon juice, honey, pepper and salt together. Brush seasoning all over turkey breast.
4. Place the seasoned turkey breast in a baking pan and cover with foil.
5. Roast in a preheated 350°F (180°C) oven for 25 minutes.
6. Remove the foil and continue to roast for an additional 30-40 minutes, or until a meat thermometer indicates that the turkey meat's internal temperature (insert thermometer at the thickest part of the breast) reaches 165°F (74°C).
7. Serve with cranberry sauce.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- Adequate caloric intake is important to provide energy and maintain proper bodily functions. Our major energy sources come from carbohydrates, fats and proteins. Some kidney patients need to restrict their protein intake, so their energy sources are mainly from carbohydrates and fats, and a limited amount of protein.
- Growth impairment and malnutrition due to inadequate caloric intake are common in children with kidney disease.
- This recipe is especially suitable for patients with kidney disease who need extra calories, and do not have any high blood sugar concerns.



## Chinese Mini Rice Pudding

A recipe for a touch of sweetness

### Nutritional information per serving

Calories	280 Kcal
Protein	2 g
Total fat	0.5 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	66 g
Sugar	24 g
Dietary fibre	1 g
Sodium	20 mg
Potassium	116 mg
Phosphorus	45 mg
Calcium	28 mg

### Ingredients (makes 3 servings)

Brown sugar	1 piece
Or Packed brown sugar	$\frac{1}{3}$ cup (75 mL)
Or White sugar*	$\frac{1}{4}$ cup (50 mL)
Carbohydrate Supplement † (optional)	$\frac{1}{3}$ cup (75 mL)
Boiling water	$\frac{1}{2}$ cup (125 mL)
Cold water	$\frac{1}{2}$ cup (125 mL)
Rice flour	$\frac{3}{4}$ cup (175 mL)

\* Use White sugar for white pudding.

† Carbohydrate Supplement: Polucose and Caloreen (or sugar) supplements that do not taste sweet. They can add calories to your food without adding protein, phosphorus, potassium or sodium. Since it is a form of sugar, it is not suitable for people who have diabetes.

### Directions

1. In small saucepan, dissolve sugar (and Carbohydrate Supplement) in boiling water.
2. In medium bowl, add cold water to rice flour, mix well.
3. Gradually add dissolved sugar to the rice flour mixture, stir well.
4. Pour into 3 small bowls. Steam over high heat about 25 minutes. Serve chilled or hot.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



### Healthy Bones

Getting enough calcium regularly is important in order to prevent our bones from breaking. Calcium and vitamin D work together in our bodies to maintain strong bones.

### Role of Calcium

- Calcium is one of the minerals you need to keep your bones and teeth healthy .
- Calcium also helps the heart, muscles and nerves work properly.
- The body does not produce calcium, so it must be obtained through foods or supplements.

### Sources of Calcium

- Dairy products such as milk, yogurt and cheese are very high in calcium.
- Vegetables such as dark leafy greens, for example, bok choy and broccoli.
- Calcium fortified foods such as orange juice, cereal, bread and soy products.
- Fish products with bones, for example, canned salmon and sardines.
- Lentils and beans are also good sources of calcium.
- For pregnant women, breastfeeding is the best source of calcium for your baby. For women who cannot breastfeed, infant formula is another way to provide calcium to your baby.
- Refer to Eating Well with Canada's Food Guide for your daily servings of these food groups.

### Vitamin D

- Vitamin D can be absorbed in the skin through sun exposure, but many Canadians do not get enough sun exposure during the winter months.
- Foods that naturally contain vitamin D include fish, liver and egg yolk.

### Are supplements for me?

- It is recommended to get all your nutrients through the consumption of food. However, if diet alone is insufficient to meet your nutrient needs, you should consider supplements.
- Health Canada recommends that adults over the age of 50 should take a daily vitamin D supplement of 400 IU or 10 micrograms.
- Speak to your family doctor, pharmacist or registered dietitian if you are thinking of taking a vitamin D supplement.

### What if you do not eat enough dairy foods?

- Choose non-dairy foods that are high in calcium, which include leafy green vegetables, canned fish with bones, nuts, tofu and fortified beverages.

[http://www.osteoporosis.ca/index.php/ci\\_id/5535/la\\_id/1.htm](http://www.osteoporosis.ca/index.php/ci_id/5535/la_id/1.htm)





## Dietitian's Corner

- The addition of sesame seeds and the use of milk create a healthier food choice that is good for your bones.
- If you want to reduce your sugar or calorie intake, you can substitute the regular brown sugar with an artificial sweetener or reduce the amount of brown sugar in the recipe and serve with no sugar added syrup.
- For kidney disease patients, you can use white breads instead of whole wheat breads.
- Milk and dairy products contain lactose, a milk sugar. Some people are unable to digest lactose well, and will have bloating, gas, cramps, nausea and diarrhea symptoms after consuming lactose-containing foods. This is called lactose intolerance.
- If you have lactose intolerance, you can choose low lactose milk, such as Lactaid® or Lacteeze-milk or choose low-lactose/lactose-free food products.

## Nutritional information per serving

Calories	370 Kcal
Protein	13 g
Total fat	16 g
Saturated fat	3 g
Cholesterol	125 mg
Carbohydrate	49 g
Sugar	14 g
Dietary fibre	5 g
Sodium	320 mg
Potassium	450 mg
Phosphorus	273 mg
Calcium	164 mg



# Berry Berry French Toast

A refreshing brunch delight

## Ingredients (makes 6 servings)

Brown sugar	¼ cup (35 g)
Cinnamon powder	1½ tsp (7 mL)
Unsalted butter/unsalted margarine (melted)	¼ cup (35 g)
Whole wheat bread	12 slices
Fresh strawberries (sliced)	¾ cup (125 g)
Fresh blueberries	¾ cup (125 g)
Eggs (medium)	4
Egg whites (medium)	4
Skim milk	2 cups (500 mL)
Vanilla extract	1 tsp (5 mL)
Sesame seeds	2 tbsp (30 mL)

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Directions

1. Combine brown sugar, cinnamon and melted butter. Mix well. Place ⅓ of the sugar mixture in the bottom of a 9x13 inch pan.
2. Place 6 slices of bread into the pan. Spread ⅓ of the sugar mixture onto the bread slices.
3. Scatter strawberries and blueberries on top of the bread and sugar mixture. Scatter sesame seeds on top.
4. Place the remaining 6 slices of bread on the fruit. Top with the remaining sugar mixture.
5. Beat eggs, egg whites, milk, and vanilla extract together. Pour evenly over the bread, making sure to soak the top layers of the bread. Press down lightly. Cover the pan and leave in the refrigerator over night to soak.
6. In the morning, remove from the refrigerator and bake uncovered at 350°F (180°C) for 30-45 minutes or until golden.
7. Enjoy! Sprinkle small amount of icing sugar if you want.



## Dietitian's Corner

- Tofu is made of soybeans, which contain natural compounds called isoflavones. Isoflavones have a chemical structure similar to estrogen. Estrogen is a female hormone and it can reduce bone loss, and protect the bone health of postmenopausal women.
- Different soy foods contain different amount of isoflavones. For example, ½ cup (125 mL) of firm tofu contains 27 mg of isoflavones; soy sauce or soy oil contains 0 mg of isoflavones.

### Nutritional information per serving

Calories	80 Kcal
Protein	7 g
Total fat	3.5 g
Saturated fat	0.5 g
Cholesterol	0 mg
Carbohydrate	8 g
Sugar	2 g
Dietary fibre	2 g
Sodium	220 mg
Potassium	220 mg
Phosphorus	95 mg
Calcium	280 mg

## Treasure in a Wrap

A stimulating appetizer with a crisp and crunch

### Ingredients (makes 12 servings)

Green peas	½ cup (125 mL)
Corn	½ cup (125 mL)
Extra firm tofu (cubed)	4.5 oz (130 g)
Salted radish (diced)	½ cup (125 mL)
Celery (diced)	½ cup (125 mL)
Dried shrimp	1 tbsp (15 mL)
Carrots (diced)	¼ cup (50 mL)
Orange/red bell peppers (diced)	¼ cup (50 mL)
Red onion (diced)	¼ cup (50 mL)
Green lettuce leaves (washed)	15 pcs

### Sauce

White granulated sugar	⅛ tsp (0.5 mL)
Low sodium soy sauce	1 tsp (5 mL)
Sesame oil	¼ tsp (1 mL)
Cornstarch	1 tsp (5 mL)
Water	2 tsp (10 mL)

### Directions

- Soak the salted radish in cold water for 30 minutes to rinse out excess salt. Squeeze dry, dice and set aside.
- In a wok or frying pan, sauté the red onion for 2 minutes on medium heat.
- Add in the soy bean curd, peas, corn, carrots, bell peppers, salted radish and dried shrimp and stir fry about 2 minutes. Cover with a lid for about 2 minutes to soften the peas and corn.
- In a small bowl, mix the sauce: sugar, low sodium soy sauce, sesame oil, cornstarch and water.
- Pour the sauce into the pan and mix until the sauce thickens and covers the stir fry ingredients.
- Transfer to a serving plate.
- Place 2 tablespoons of fillings in the middle of a lettuce leaf and wrap up. Ready to serve.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- Different cheeses have different properties and can differ in nutrient content.
- Cheese contains calcium, but it also contains high fat, so eat in moderation.
- Feta and parmesan cheese tend to be high in sodium; too much sodium can have a negative effect on bone.
- For this recipe, since parmesan cheese is used, no additional salt is added to the recipe to limit the salt intake.

## Nutritional information per serving

Calories	100 Kcal
Protein	5 g
Total fat	8 g
Saturated fat	1.5 g
Cholesterol	25 mg
Carbohydrate	4 g
Sugar	2 g
Dietary fibre	0 g
Sodium	110 mg
Potassium	56 mg
Phosphorus	74 mg
Calcium	60 mg

# Crispy Tofu Fingers with Honey Dijon Sauce

A tangy appetizer

## Ingredients (makes 16 servings)

Extra firm tofu	1 package (440 g)
Eggs	2 medium
Parmesan cheese (grated)	½ cup (125 mL)
Panko (Japanese bread crumbs)	½ cup (125 mL)
No salt seasoning mix	1 tbsp (15 mL)
Unsalted margarine/butter (melted)	¼ cup (60 mL)
Garlic powder	1 tsp (5 mL)
White sesame seeds	1 tbsp (15 mL)
Dried chives*	2 tsp (10 mL)

\* You can use 2 tbsp (60mL) fresh chives instead.

## Homemade Honey Mustard Sauce

Low fat mayonnaise	½ cup (125 mL)
Dijon mustard	2 tbsp (30 mL)
Honey	1 tbsp (15 mL)

## Directions

1. Cut the tofu into thick slices and then cut the slices into halves lengthwise to form strips.
2. Whisk approximately 50mL of melted butter with the eggs and then pour into a shallow dish.
3. In another shallow dish, combine all the seasonings: seasoning mix, garlic powder, chives, panko, parmesan cheese and sesame seeds.
4. Line a baking pan/dish with aluminum foil. Spread the rest of the melted butter or margarine on the foil.
5. Dip the tofu strips first into the whisked egg mixture and then into the seasoned panko mix, coating evenly and place on the baking sheet.
6. Bake in a 400°F oven for about 10-15 minutes or until golden brown.
7. Ready to serve, serve with honey mustard sauce.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Dietitian's Corner

- Vitamin D deficiency will speed up bone loss and increase the risk of osteoporosis.
- Vitamin D works together with calcium, and can increase calcium absorption in our body. Even if you have adequate dietary calcium intake, your bone health will still be affected if you don't have adequate vitamin D. Similarly, adequate vitamin D without adequate calcium will also affect your bone health.
- Vitamin D food sources: egg yolk, canned salmon, herring, milk, and vitamin D fortified beverages (soymilk, rice milk, and orange juice).

## Nutritional information per serving

Calories	120 Kcal
Protein	10 g
Total fat	7 g
Saturated fat	1.5 g
Cholesterol	20 mg
Carbohydrate	6 g
Sugar	1 g
Dietary fibre	1 g
Sodium	117 mg
Potassium	264 mg
Phosphorus	193 mg
Calcium	253 mg

# Summerlicious Mini Tofu Pizza

Colourful and crunchy mini snack

## Ingredients (makes 12 servings)

Extra firm tofu	11 oz (310 g)
Olive oil	2 tbsp (30 mL)
Bread crumbs	1/3 cup (75 mL)
Basil	2 tsp (10 mL)
Onion powder	2 tsp (10 mL)
Oregano	1 tsp (5 mL)
Low sodium salmon	1 can (213 g)
Black pepper	1 tsp (5 mL)
Dill	1 tbsp (15 mL)
Lemon juice	2 tsp (10 mL)
Red onion (diced)	3/4 cup (175 mL)
Pizza sauce	1/3 can (70 mL)
Zucchini (diced)	1/2 cup (125 mL)
Half ripe tomato (diced)	1 cup (250 mL)
Skim marbled cheese (shredded)	1 cup (250 mL)
Parsley flakes	1 tsp (5 mL)

## Directions

1. Preheat the oven to 400°F (204°C). Lightly brush olive oil on a baking sheet.
2. Mix breadcrumbs with basil, onion powder and oregano. Set aside.
3. Slice the tofu into 1/4 inch thick slices. Brush the sides and edges of the sliced tofu with olive oil, and coat the tofu with the breadcrumb mixture; put the coated tofu on the baking sheet.
4. Drain and flake salmon. Mix the salmon (meat and bones) with black pepper, dill and lemon juice, then add red onion, pizza sauce, zucchini and tomato.
5. Use a spoon to spread the pizza mixture on the top of the sliced tofu. Top with shredded cheese.
6. Bake the tofu pizza for 15-20 minutes until the cheese has melted.
7. Sprinkle with parsley for garnish and seasoning. Ready to serve.

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- Certain dairy products, such as cheese, sour cream, and yogurt are better tolerated than milk by people with lactose intolerance. Those foods contain less amounts of lactose compared with regular milk. You can try to include a small amount of those foods in your diet, and then gradually increase the amount if they do not cause discomfort.
- Excessive sodium intake can affect your bone health as it may decrease calcium absorption and increase calcium loss from the body. Processed cheese is usually high in sodium content, so choose unprocessed cheese instead.
- Some cheese contains a higher fat content. Look for the lower fat cheese that contains less than 20% milk fat (M.F) by reading the food label.

### Nutritional information per serving

Calories	230 Kcal
Protein	10 g
Total fat	8 g
Saturated fat	2.5 g
Cholesterol	50 mg
Carbohydrate	27 g
Sugar	3 g
Dietary fibre	1 g
Sodium	270 mg
Potassium	124 mg
Phosphorus	139 mg
Calcium	143 mg

## Cheesy Tea Biscuits

### A bone boosting bunch

#### Ingredients

(makes 8 servings – 24 biscuits)

All purpose flour	2 cups (500 mL)
Baking powder	2 tsp (10 mL)
Baking soda	½ tsp (2 mL)
Unsalted butter (frozen, shredded)	¼ cup (60 mL)
Skim milk	¼ cup (60 mL)
Fat free sour cream	¾ cup (175 mL)
Low fat cheddar cheese (shredded) (or your favourite low fat cheese)	1 cup (150 g)
Fresh western chives (diced)	2 tbsp (10 g)
Eggs (medium)	2

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

#### Directions

1. Preheat oven to 400°F (204°C). Sift flour, baking powder and baking soda together.
2. Use a grater to grate the frozen butter into the flour mixture, rub in butter lightly with finger tips until mixture resembles coarse crumbs.
3. Stir in shredded cheese and chives.
4. In a separate bowl, whisk skim milk, sour cream and one egg until smooth. Add milk mixture into the flour mixture, and mix until a dough forms. Knead the dough with lightly floured hands a few times into a ball, but do not overdo it. Then, use the knife to cut the dough into half.
5. Place one part of the dough on a lightly floured surface and pat the dough with your hand to about 1 inch thickness.
6. Use a cookie cutter to cut the dough, and place the cut dough on a cookie sheet lined with aluminum foil or parchment paper.
7. Repeat steps 5 and 6 with the rest of the dough.
8. Use a bowl to whisk one egg with 3 tablespoons (45 mL) of water, lightly brush over top of each biscuit.
9. Bake approximately 15 minutes or until golden.
10. Ready to serve. If you want, you can serve it with a ½ cup (125 mL) of calcium and vitamin D fortified orange juice.



### Dietitian's Corner

- Skim milk is inexpensive, is easy to store and is an excellent source of calcium and protein.
- A ¼ cup (60mL/50g) of skim milk powder provides 250mg of calcium, which is almost the same as 1 cup of skim milk.
- You can also choose the skim milk powder with added Vitamin D.
- Vitamin D and calcium are good partners in promoting bone health.

### Nutritional information per serving

Calories	120 Kcal
Protein	5 g
Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	24 g
Sugar	10 g
Dietary fibre	1 g
Sodium	50 mg
Potassium	159 mg
Phosphorus	101 mg
Calcium	128 mg

## Modified Green Tea Mochi

A holiday celebrating dessert

### Ingredients (makes 12 servings)

Glutinous rice flour	1½ cup (150 g)
Granulated white sugar	¼ cup (45 g)
Skim milk powder	4 tbsp (100g)
Green tea powder	1tbsp (15 mL)
Cold water	1 cup (125 mL)
Potato starch	¼ cup (60 mL)
Red bean paste	4½ tbsp (90 g)

Recipe adapted from the Chinese Renal Kitchen, Renal Department of St. Paul's Hospital, B.C. 1998. This recipe is provided courtesy of the Kidney Foundation of Canada. Nutrition analysis and dietitian comments are provided courtesy of Annie Chung Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more kidney health information, please visit [www.kidney.on.ca](http://www.kidney.on.ca)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. In a microwavable bowl, mix glutinous rice flour, white sugar and green tea powder together and set aside.
2. In another bowl, mix skim milk powder with cold water.
3. Pour skim milk into the glutinous rice flour mix, and mix well.
4. Cover the bowl with a microwavable lid, and cook mixture in the microwave at high heat for 3 minutes.\*
5. Sprinkle a plate with potato starch.
6. Dust both hands with potato starch, and put the cooked dough onto the plate and then cut the dough into 12 portions.
7. Coat each portion with potato starch, form into a circle and press slightly to make it flat in the centre.
8. Fill the cooked dough with approximately ¾ tsp of red bean paste in the centre and roll into a ball. **Be careful as the dough is still hot!**
9. Ready to serve.

\* Each microwave has different power levels, check your microwave instruction book and adjust the time accordingly.

## Key Messages from Yee Hong Centre for Geriatric Care



**Yee Hong Centre  
For Geriatric Care**

頤康中心

### Healthy Eating for Older Adults

Aging is a natural process for everyone. Staying healthy allows us to enjoy life to its fullest and reduce our dependency on others, particularly our loved ones. A healthy body not only reduces the incidents of seasonal diseases, but also delays the onset and reduces the impact of chronic diseases.

There are many factors that can affect one's health. Among the easiest ones to manage would be our lifestyle, including our daily routine, physical activity and eating habits. A little attention paid to what we eat can go a long way in keeping ourselves healthy. It is never too late to change our lifestyle.

### Challenges Faced by Older Adults

#### Food doesn't taste the same any more

As we grow older, our taste buds may become harder to please. In sustaining the enjoyment of food, we have to be watchful on how much salt and sugar we put in our food.

- Keep in mind not to consume more than one teaspoonful of salt per day.
- Go easy on the salt shaker during cooking and remove it from the dinner table.
- Try using garlic, ginger, shallot, five spices, onion, hot pepper or a small amount of sesame oil to spice up the meal.

For more information on salt, refer to the "Be Mindful of Salt" section.

#### Losing appetite for food

Eating problems may lead to weight and muscle loss as well as making it harder for the body to fight infections. Find out the roots of eating problems and do something about them.

- Problems with gums, teeth and dentures can make eating less enjoyable.
  - It is important to maintain your oral health and keep the dentures well fitted.
  - Visit a dentist if you are having trouble in these areas.
- Changing the way we cook can help with chewing problems.
  - Cook the food a little longer to increase tenderness.
  - Cut food into smaller pieces.
  - Use a food processor to grind up the food.

#### Problems with bowel movement

Constipation is a common issue for many older adults and seniors. There are a few things you can do to improve the situation.

- Drink an adequate amount of fluid everyday. Consider water, milk, juice and soup.
- Avoid tea, coffee, pop and other caffeinated beverages.
- Take in more fibre - eat plenty of vegetables, fruits and whole grains. Fibre intake should be increased gradually to avoid bloating and gas.
- Take prune juice to help bowel movement if necessary.





## Dietitian's Corner

- Laver (edible seaweed) is abundant in vitamin A and C, calcium, zinc, iodine and iron. Some ready-to-eat seaweed can be high in sodium; it is important to choose lower sodium seaweed.
- The elderly sometimes limit their intake of red meats due to dental problems. They would benefit from eating plants such as seaweed that are rich in iron and zinc, nutrients that are commonly found in meats.



## Laver Sin Qua Dried Mushroom Soup

A refreshing and cooling soup

### Nutritional information per serving

Calories	60 Kcal
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	21 g
Sugar	0 g
Dietary fibre	3 g
Sodium	150 mg
Potassium	47 mg
Phosphorus	89 mg
Calcium	59 mg

### Ingredients (makes 7 servings)

Vegetable sponge (sin qua)  
1 pc (approx. 400 g)

Laver (edible seaweed)  
2 sheets (approx. 50 g)

Dried mushrooms  
8 pcs (approx. 120 g)

Ginger  
1 slice

Sesame oil  
¼ tsp (1 mL)

Salt  
¼ tsp (1 mL)

Pepper  
¼ tsp (1 mL)

This recipe is provided courtesy of Yee Hong Centre for Geriatric Care. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.yeehong.com](http://www.yeehong.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Wash the dried mushrooms and soak in water for 10 minutes. Remove the mushroom stalk and discard the water used to soak the mushrooms.
2. Soak the mushrooms in water again for 40 minutes. Squeeze the water from the mushrooms and cut into thin shreds. Keep the soaking water to use for the soup base.
3. Clean the sin qua and peel the hard ridges and slice into small pieces.
4. Fry the mushroom and ginger with a little bit of vegetable oil.
5. Add 3½ cups of water (including the mushroom soup base); add the sin qua once the water has boiled. Cook for 3 minutes, then add the laver and cook for an additional 2 minutes.
6. Add salt, sesame oil and pepper to taste.



## Dietitian's Corner

- Pumpkins are rich in antioxidants and nutrients – beta carotene, vitamin C, vitamin K. These nutrients are beneficial to prevent macular degeneration and promote health. The soft texture of pumpkin is ideal for seniors to consume.
- Soup can be flavoured by the natural sweetness of pumpkin and dried figs without the need to add too much salt. As a person ages, his or her taste buds often deteriorate. Using a combination of flavourful ingredients can help reduce the use of salt without compromising on taste.



## Pumpkin Lean Pork Soup

Simple and soothing soups for seniors

### Nutritional information per serving

Calories	120 Kcal
Total fat	1 g
Saturated fat	1 g
Cholesterol	35 mg
Carbohydrate	12 g
Sugar	3 g
Dietary fibre	2 g
Sodium	190 mg
Potassium	427 mg
Phosphorus	132 mg
Calcium	34 mg

### Ingredients (makes 7 servings)

Pumpkin	1 pc (500 g)
Dried figs	4 pcs
Apricot kernel (sweet)	2 tbsp (24 g)
Apricot kernel (bitter)	1 tsp (4 g)
Lean meat (pork)	12 oz (350 g)
Dried tangerine peel (chenpi)	1 small piece
Salt	¼ tsp (1 mL)

This recipe is provided courtesy of Yee Hong Centre for Geriatric Care. Dietitian comments are provided courtesy of Sosa Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.yeehong.com](http://www.yeehong.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Wash the pumpkin, remove the melon seeds and skin, and then cut into small pieces.
2. Rinse and clean the apricot kernels and dried figs.
3. Soak to soften the dried tangerine peel, and then scrape away the inside of the peel.
4. Rinse the pork and boil in water for 5 minutes. Rinse the meat again and drain water.
5. In a pot, boil 9 cups of water and then place all ingredients into the boiling water. Once the water boils again, turn down the heat and simmer (low heat) for 1 hour. Season with salt.



## Dietitian's Corner

- Ginger and onion add great flavour to any stir fry dish without the need of extra oil.
- You can substitute with your favourite vegetables – broccoli, bok choy, zucchini, or cabbage. Make your dish more colourful and you pack more essential nutrients.
- To add protein to this vegetarian dish, you can also add firm tofu strips.
- This is a great vegetable dish to complement any meat dishes.

### Nutritional information per serving

Calories	90 Kcal
Protein	3 g
Total fat	2.5 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	21 g
Sugar	3 g
Dietary fibre	4 g
Sodium	190 mg
Potassium	338 mg
Phosphorus	90 mg
Calcium	56 mg

## Stir Fry Mixed Veggies

### Simple Crunchy Stir Fry

#### Ingredients (makes 4 servings)

Carrot (julienne)	1 (300 g)
White bamboo-China	3 (200 g)
Wood fungus	10 pcs (50 g)
Green pepper (julienne)	1 (200 g)
Onion (julienne)	1 (100 g)
Ginger	2 slices
Vegetable oil	1 tsp (5 mL)

#### Seasoning

Low sodium soy sauce	½ tsp (2 mL)
Sugar	¼ tsp (1 mL)
Salt	¼ tsp (1 mL)
Sesame oil (optional)	½ tsp (2 mL)

#### Directions

1. Soak to soften the wood fungus, then clean and cut into strips.
2. Clean and peel the white bamboo. Cut the white portion of the white bamboo into strips.
3. Heat the wok, then pour in vegetable oil and fry the ginger slices briefly.
4. Add carrot and black fungus to stir fry for 1 minute, then add sugar.
5. Add white bamboo strips, soy sauce and stir fry for 2 minutes.
6. Add green pepper, onion strips, salt and stir fry thoroughly. Remove from heat and, if desired, add sesame oil to give more flavour.

This recipe is provided courtesy of Yee Hong Centre for Geriatric Care. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.yeehong.com](http://www.yeehong.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dietitian's Corner

- Turnip provides an excellent source of vitamin C, fiber, folic acid, manganese, vitamin B5 and copper. This root vegetable is starchy in nature but contains fewer calories than potato.
- If you don't like to eat fish because of its texture and flavour, try fish paste pan-seared. However, be aware that store-bought fish paste can be high in sodium, so enjoy in moderation.
- To give a different twist, you can easily substitute turnip with carrots or spaghetti squash.
- To further cut down the fat, use non-stick cookware and use vegetable oil spray instead of cooking oil.



## Shredded Turnip with Fish Paste

A smooth and springy dish

### Nutritional information per serving

Calories	190 Kcal
Protein	15 g
Total fat	12 g
Saturated fat	0.5 g
Cholesterol	0 mg
Carbohydrate	8 g
Sugar	1 g
Dietary fibre	1 g
Sodium	180 mg
Potassium	178 mg
Phosphorus	128 mg
Calcium	49 mg

### Ingredients (makes 4 servings)

Dace fish paste	8 oz (225 g)
Daikon radish/Chinese white turnip	14 oz (400 g)
Minced garlic	2 tbsp (30 mL)
Canola oil	2 tbsp (30 mL)
Green onion (fine strips)	4 stalks

### Sauce

Salt	¼ tsp (1 mL)
Sugar	¼ tsp (1 mL)
Cornstarch	1 tsp (5 mL)
Ground white pepper	Pinch
Water	1 tbsp (15 mL)

This recipe is provided courtesy of Yee Hong Centre for Geriatric Care. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.yeehong.com](http://www.yeehong.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

### Directions

1. Put the fish paste in a deep bowl, add a small amount of cornstarch, pepper and water, mix well with a pair of chopsticks or a spoon in one direction until smooth and sticky.
2. Heat up a non-stick saucepan with 1 tbsp of oil, add in the fish paste and press lightly to flatten. Fry one side for about 3 minutes on medium heat to golden brown, flip and pan fry the other side. Remove to a plate and let cool.
3. Cut the fish cake into strips.
4. Peel, clean and julienne the turnip (or shred with a grater).
5. Heat 1 tbsp of oil in a wok, add in the minced garlic and then the turnip, stir fry on high heat until tender. Add in the fish strips, stir fry and mix well with the turnip. Finally mix all sauce ingredients with water and add to wok until sauce has thickened. Sprinkle with green onion and serve.



## Dietitian's Corner

- Zucchini is rich in vitamin C, folate, vitamin A, beta carotene and potassium. Green zucchini contains more nutrients than the yellow zucchini. The zucchini skin is full of nutrients and best be eaten unpeeled to prevent loss of nutrients.
- Zucchini has high water content and is extremely low in calories. A ½ cup of zucchini contains only 18 calories.
- Chicken breast is a great choice for those who are weight conscious as it is very low in fat but high in protein and iron.
- Using low sodium soy sauce to replace regular soy sauce is a great way to cut down overall sodium intake, however, it does not mean you can use a large amount. To control your sodium intake, portion control is still the key.
- Chicken breast can be replaced with lean pork or beef; zucchini can be replaced with seasonal melons or fruits such as chayote, mango or honeydew.

### Nutritional information per serving

Calories	160 Kcal
Protein	12 g
Total fat	10 g
Saturated fat	2.5 g
Cholesterol	30 mg
Carbohydrate	7 g
Sugar	0 g
Dietary fibre	1 g
Sodium	125 mg
Potassium	500 mg
Phosphorus	108 mg
Calcium	34 mg



## Stir Fried Chicken with Zucchini

A tasty stir-fry

### Ingredients (makes 4 servings)

Skinless and boneless chicken breast	7 oz (200 g)
Zucchini	14 oz (400 g)
Ginger	4 slices
Minced garlic	3 tbsp (45 mL)
Canola oil	1 tbsp (15 mL)

### Marinade

Low sodium soy sauce	1 tsp (5 mL)
Sugar	¼ tsp (1 mL)
Cornstarch	1 tsp (5 mL)

### Seasoning

Low sodium soy sauce	2 tsp (10 mL)
Water	1 tbsp (15 mL)

### Directions

1. Wash and slice the chicken breast into strips. Wash the zucchini and cut into pieces. Set aside.
2. Marinate the sliced chicken breast for 20 to 30 minutes.
3. Heat ½ tbsp oil in a wok. Stir fry the chicken strip until cooked. Remove to a plate, drain off the oil and set aside.
4. Heat ½ tbsp oil in a wok. Stir fry the ginger and minced garlic until fragrant. Add in zucchini and stir fry.
5. Pour in the seasoning. Cover the lid and cook until the zucchini is cooked through.
6. Add in the chicken breast and stir fry. Ready to serve.

This recipe is provided courtesy of Yee Hong Centre for Geriatric Care. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.yeehong.com](http://www.yeehong.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.



## Dessert



Yee Hong Centre  
For Geriatric Care  
頤康中心

### Dietitian's Corner

- Pumpkin is very rich in beta-carotene, fibre and potassium. Beta-carotene is a powerful antioxidant which helps slow down the process of aging, reduces risk of macular degeneration and may prevent cataract formation.
- Red bean is high in soluble fibre and is a healthy source of plant protein. Researches suggests that a diet high in soluble fibre may help reduce cholesterol.
- This is a healthy alternative to traditional desserts that use more sugar and coconut milk.

### Nutritional information per serving

Calories	100 Kcal
Protein	2 g
Total fat	0.5 g
Saturated fat	0 g
Cholesterol	0 mg
Carbohydrate	20 g
Sugar	3 g
Dietary fibre	1 g
Sodium	0 mg
Potassium	45 mg
Phosphorus	15 mg
Calcium	11 mg

### Ingredients (makes 24 mini cakes)

Pumpkin	14 oz (400 g)
Red bean paste	7 oz (200 g)
Glutinous rice flour	14 oz (400 g)
Vegetable oil	1 tbsp (15 mL)
Garlic sprout (cut into small sections)	2

This recipe is provided courtesy of Yee Hong Centre for Geriatric Care. Dietitian comments are provided courtesy of Sosan Hua, Registered Dietitian of Heart and Stroke Foundation of Ontario. Nutrition analysis are provided courtesy of Annie Chung-Hui, Registered Dietitian and editions to this recipe are provided courtesy of Julie Wong, Outreach Worker, of South Riverdale Community Health Centre. For more service information, please visit [www.yeehong.com](http://www.yeehong.com)

The information provided in this recipe does not replace the advice of a healthcare professional. Please talk to your doctor or healthcare provider if you have any questions.

## Pumpkin Cake With Red Bean Paste

Dessert with a taste of autumn

### Directions

1. Peel the pumpkin, remove seeds and cut into pieces. Add 1 cup of water and boil on low heat until pumpkin is tender and soft, and liquid is reduced.
2. Once the cooked pumpkin has cooled, add the glutinous rice flour and oil and mix well to form a soft dough. Use a rolling pin and roll the dough to a thin sheet (about 1mm thick) that will serve as a wrapper.
3. Cut the wrapper into 24 small circles with a cookie cutter.
4. Divide the red bean paste (filling) into 24 balls, then stuff the wrapper with the red bean filling.
5. Place in the steamer and steam on high heat for 10 minutes.
6. Use a plastic knife to slightly press "pumpkin" light grooves, and decorate with a small piece of garlic sprout on the top of the pumpkin cakes.



## 健康生活的鑰匙

### A Key to Healthy Living

鈉是一種身體不可缺少的養份，在不同的鹽類和食物中都可以攝取。但是，攝取過量則可導致高血壓及慢性疾病，例如心臟病等。多加注意鈉的來源，會為你及你的子孫塑造一個健康的生活模式。

Sodium is an essential nutrient to the body and in a variety of salts and foods; yet its high consumption can lead to high blood pressure and other chronic diseases, for example, heart diseases. By lowering intake of sodium, you are shaping a healthy lifestyle for yourself and future generations.