



#### EATING IN MODERATION

Eat in moderation. Maintaining a healthy diet is important for many reasons, but a diet rich in fruit, vegetables, and omega-3 fatty acids, may promote overall health and lower the risk of developing dementia.

#4 Food for thought: Eat Well Live Well Think Well

# Spicy Tofu & Spinach Scrambled Eggs

# Spicy Tofu & Spinach Scrambled Eggs



Healthy  
Tasty  
Easy



Chef Muazzin Shah  
Bin Mohd Shah

## Ingredients

Firm tofu (drained)	200 g
Spinach leaves (loosely chopped)	2 cups
Canola oil	1 Tbsp
Cumin powder	½ tsp
Chili powder	¼ tsp
Garlic (minced)	1 clove
Eggs (beaten)	4
Red medium sized onion (sliced)	¼
¼ tsp turmeric (optional)	

## Nutritional Information (250 g per serving)

Energy	330 kcal
Carbohydrate	2 g
Protein	24 g
Fat	24 g
Saturated Fat	5 g
Cholesterol	300 mg
Dietary Fibre	8 g
Sodium	170 mg

## Cooking Method

1. Add spices (garlic, cumin powder and chili powder) to a small bowl and set aside.
2. Warm a large pan over medium heat. Add Canola oil and onion slices. Cook for 5 minutes or until the onion slices soften.
3. Add spinach, cover to steam for 2 minutes.
4. Meanwhile, use a fork to crumble drained tofu into bite-sized pieces.
5. Move spinach to one side of pan and add tofu into pan.
6. Sauté tofu for 2 minutes, then add mixed spices.
7. Stir to mix the tofu and spinach immediately, evenly distributing the dry spices. Cook for another 5-7 minutes until tofu is slightly browned.
8. Add eggs to the pan and cook. Serve hot.





#### OMEGA-3 FATTY ACIDS

Unsaturated fatty acids have protective effects against the development of dementia, they have anti-oxidative impacts for the brain as well as heart healthy benefits.

## Nasi Ulam

# Nasi Ulam



Healthy  
Tasty  
Easy

Goodlife!  
Makan

A Programme by MonfortCare



Adapted from the recipe contributed by  
Ruby Goh, Goodlife! Makan



Chef Tuthi Tay

## Ingredients

Mixed brown rice (uncooked) .....	2 cup
Dried shrimps (pre-soaked and drained).....	2 Tbsp
Grated coconut .....	40 g
Lemongrass.....	1 stalk
Medium shallot .....	1
Kaffir lime leaves .....	2
Ginger flower .....	1
Mint leaves .....	10

(Cucumber slices for garnishing)

## Nutritional Information (200 g per serving)

Energy .....	370 kcal
Carbohydrate .....	43 g
Protein .....	14 g
Fat .....	15 g
Saturated Fat .....	12 g
Cholesterol .....	97 mg
Dietary Fibre .....	5 g
Sodium .....	360 mg

## Cooking Method

1. Cook rice in a rice cooker, leave it to cool after cooked.
2. Coarsely pound drained dried shrimps using a mortar and pestle. Heat up a wok and dry toast pounded shrimp until dry and aromatic.
3. Make grated coconut into kerisik by stir frying coconut continuously in a wok, until they turn brown. Transfer to mortar and pestle and pound until fine.
4. Finely slice kaffir leaves, shallot, ginger flower and lemongrass.
5. In a big bowl, combine cooked rice and all the herbs, toasted coconut and dried shrimps together. Toss to combine well. Serve hot.





#### BENEFITS OF EXERCISE

Exercise sharpens memory!  
There are many things you can do for exercise, including yoga, line dancing, swimming, walking, pilates, and taichi. Check with your local community centre on what they offer.

#4 Food for thought: Eat Well Live Well Think Well

# Macaroni Goreng Tuna

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Healthy  
Tasty  
Easy



Chef Muazzin Shah  
Bin Mohd Shah

## Ingredients

Tinned tuna in water (150 g, drained).....	1 can
Macaroni (uncooked).....	½ cup
Chilli paste.....	1 Tbsp
Oyster sauce.....	1 tsp
Canola oil .....	1 Tbsp
Garlic (minced) .....	1 clove
Egg (raw).....	1
Medium brown onion (minced) .....	½

*(Parsley and cherry tomatoes optional for garnishing)*

## Nutritional Information (200 g per serving)

Energy .....	520 kcal
Carbohydrate .....	50 g
Protein .....	28 g
Fat .....	23 g
Saturated Fat .....	3 g
Cholesterol .....	108 mg
Dietary Fibre .....	5 g
Sodium .....	490 mg

## Cooking Method

1. In a large pot of boiling water, cook macaroni and remove from heat before cooked through. Drain and set aside.
2. Heat pan or wok on medium high heat, and add oil.
3. Add garlic and onion, stir fry until onion is translucent.
4. Add oyster sauce, chilli paste and 2 Tbsp of water.
5. Add in drained macaroni, and toss to combine.
6. Finally, add in tuna. Stir fry until well combined (you may add some water if it is too dry).
7. Garnish with parsley and cherry tomatoes as desired. Serve immediately.



#### VITAMIN A

Studies showed that higher intakes of vitamin A (beta carotene) were associated with better cognitive function. This can be found from vegetables like tomatoes, carrots, spinach, pumpkin, sweet potatoes and broccoli.

## Chicken Curry with Pumpkin



# Chicken Curry with Pumpkin



Healthy  
Tasty  
Easy



Serves

2



*Chef Tuthi Tay*

## Ingredients

Chicken thigh(boneless, skinless,  
cubed 2 cm sized).....200 g  
Pumpkin (peeled, cubed) .....1 cup  
Curry paste .....50 g (¼ packet)  
Canola oil.....½ Tbsp  
Low fat evaporated milk.....¼ cup  
Medium sized shallot (sliced thinly) . 1  
Thumb-sized ginger (sliced thinly) ... 1  
*Some curry leaves (optional)*

## Nutritional Information (400 g per serving)

Energy .....	370 kcal
Carbohydrate .....	18 g
Protein .....	23 g
Fat .....	40 g
Saturated Fat .....	8 g
Cholesterol .....	85 mg
Dietary Fibre .....	8 g
Sodium .....	450 mg

## Cooking Method

1. Heat a deep pot and add canola oil. Sauté sliced shallots until aromatic or light brown in colour. Add curry paste and curry leaves (if using) into pot, stir until aromatic.
2. Add chicken meat. Stir fry for 1 minute before adding 1 cup water.
3. Cover pot and cook at medium heat. Bring curry to boil then lower heat, add pumpkin and more water if needed.
4. Simmer for 20 minutes or until chicken is tender.
5. Add low fat evaporated milk and bring to boil. Serve hot.





#### BENEFITS OF EXERCISE

Exercising regularly will make your heart and lungs more efficient. It will also help lower cholesterol levels and maintain blood pressure at a healthy level, thus decreasing the risk of dementia.

# Soft Idli

# Soft Idli



Healthy  
Tasty  
Easy



Chef Saikh Arsed Ali

## Ingredients

Urad dal (raw, pre-soaked) .....	¼ cup
Idli rice (raw, pre-soaked) .....	1 cup
Fenugreek seeds (Vendhayam) ...	½ Tbsp
Salt .....	½ tsp

## Nutritional Information (150 g per serving)

Energy .....	340 kcal
Carbohydrate .....	63 g
Protein .....	16 g
Fat .....	1 g
Saturated Fat .....	0 g
Cholesterol .....	0 mg
Dietary Fibre .....	10 g
Sodium .....	590 mg

## Cooking Method

1. Grind soaked fenugreek seeds in water for 4-5 minutes until finely ground and have fluffed up.
2. Add Urad dal to wet grinder with the fenugreek with ½ cup water. Pour in water slowly. The dal should have increased about 8-10 times of its original volume. Grind for 10 minutes. Then transfer dal mixture into a bowl and set aside.
3. Grind rice separately for 10 minutes until smooth. Add ¼ cup water while grinding. Transfer to dal mixture and mix well.
4. Add salt to batter and set aside for 12 hours or overnight.
5. Put ¼ cup water in an idli vessel on medium heat. Oil idli plate and gently fill plate with batter.
6. Put inside idli vessel and let it steam for 8-10 minutes. Leave it undisturbed for 4-5 minutes after cooking and spoon it out. Serve hot.



#### AN ACTIVE SOCIAL LIFE

Be physically and socially active!  
Did you know that the more  
connected people are, the better  
they fare in memory tests? Physical  
activity and social interaction may  
delay the onset of dementia and  
reduce its symptoms.

## Crispy Oats Dosa



# Crispy Oats Dosa



Healthy  
Tasty  
Easy



*Chef Shaikh Rajiur  
Kazi*

## Ingredients

Oat flour .....	½ cup
Rice flour .....	½ cup
Low fat yoghurt (plain) .....	¼ cup
Cumin .....	½ tsp
Onions (chopped 1 cm sized) .....	2 Tbsp
Ginger (crushed) .....	½ tsp
Curry leaves (chopped roughly) ....	1 sprig

## Nutritional Information (200 g per serving)

Energy .....	300 kcal
Carbohydrate .....	56 g
Protein .....	7 g
Fat .....	5 g
Saturated Fat .....	2 g
Cholesterol .....	4 mg
Dietary Fibre .....	4 g
Sodium .....	20 mg

## Cooking Method

1. Add cumin, oat flour and rice flour in a large mixing bowl.
2. Mix in chopped onions, curry leaves, ginger, yoghurt, 1 cup water and mix well.
3. Heat a non-stick pan and pour batter on pan. Cook until edges are crispy on medium heat. Flip dosa until cooked through. Serve warm.



#### PROBIOTICS

Probiotics like yogurt, kimchi, and kefir are great for your gut health and bacteria, which is linked to improve age related cognitive decline and mood.

## Spinach Raita

# Spinach Raita



Healthy  
Tasty  
Easy



Serves

2



*Chef Saikh Arsed Ali*

## Ingredients

Yoghurt (plain) .....	1 cup
Spinach (chopped finely) .....	1 cup
Canola oil .....	2 tsp
Sesame seeds (white) .....	1 tsp
Ginger (chopped finely) .....	1 tsp
Salt .....	½ tsp
Small green chilli (chopped finely) ...	1

## Nutritional Information (200 g per serving)

Energy .....	210 kcal
Carbohydrate .....	16 g
Protein .....	7 g
Fat .....	13 g
Saturated Fat .....	5 g
Cholesterol .....	19 mg
Dietary Fibre .....	1 g
Sodium .....	150 mg

## Cooking Method

1. Put yoghurt in a bowl. Add salt and mix well until smooth. Keep aside.
2. In a small pan, heat canola oil. Add sesame seeds and sauté for 30 seconds, until they start to pop and splutter.
3. Add chopped ginger and green chilli and sauté.
4. Add chopped spinach and cook for another 2-3 minutes till wilted.
5. Remove spinach mixture and mix into prepared bowl of yoghurt.
6. Chill raita in refrigerator for 2 hours before serving.





#### VOLUNTEERISM

Get involved with your local community centre! Volunteering connects you to new people as you help and work with others. Studies show that volunteering has a positive impact on your mental well-being and physical health.

# Lentil & Cauliflower Dal

# Lentil & Cauliflower Dal



Chef Shaikh Rajiur  
Kazi

## Ingredients

- Dal (yellow lentils) ..... ½ cup
  - Reduced salt chicken stock ..... 1 cup
  - Cauliflower (raw, cut into small florets) ..... 1 cup
  - Indian curry paste ..... 1 Tbsp
  - Canola oil ..... 1 Tbsp
  - Garlic (finely chopped)..... 1 clove
  - Large red onion (thinly sliced) .... ½
- (Coriander for garnishing)

## Nutritional Information (250 g per serving)

- Energy ..... 350 kcal
- Carbohydrate ..... 39 g
- Protein ..... 14 g
- Fat ..... 14 g
- Saturated Fat ..... 2 g
- Cholesterol ..... 0 mg
- Dietary Fibre ..... 21 g
- Sodium ..... 400 mg

## Cooking Method

1. Heat canola oil in a large pan over medium heat.
2. Add onion, garlic and curry paste to cook, stirring mixture for 5 minutes or until onion softens.
3. Add lentils into pan and stir well to coat.
4. Add chicken stock and bring to boil, cover and simmer over low heat for 15 minutes.
5. Return heat to medium, add cauliflower and simmer covered until vegetables are tender.
6. Garnish with coriander as desired, serve immediately.