Keep your mind active and learn new things! Pick up a new language or learn how to fold origami sculptures. Learning builds up the brain’s resilience which may delay the onset of dementia and help lessen its effects.

#3 Food for thought: Eat Well Live Well Think Well
Sea Bass Fish Congee with Carrot

**Ingredients**
- Sea bass fish (sliced) .......... 120 g
- Brown rice (uncooked) .......... ¾ cup
- Carrot (diced) .................. ½ cup
- Corn starch ..................... 1 tsp
- Light soy sauce ................. 2 tsp
- Sesame oil ....................... 1 tsp
- Spring onions (cut into strips) for garnishing

**Nutritional Information** *(500 g per serving)*
- Energy .......................... 380 kcal
- Carbohydrate .................. 62 g
- Protein .......................... 18 g
- Fat .................................. 5 g
- Saturated Fat .................... 1 g
- Cholesterol ....................... 5 mg
- Dietary Fibre ...................... 4 g
- Sodium ............................ 490 mg

**Cooking Method**
1. Add washed rice and 3 cups water to a pot. Bring to a boil.
2. Simmer for about 20 minutes. Stir bottom of pot occasionally to prevent rice from sticking to the base.
3. Meanwhile, marinate the fish slices with 1 tsp light soy sauce and corn starch. Set aside.
4. When congee has cooked to preferred consistency, place fish slices and diced carrots into congee. Cook for about 5 minutes under low heat.
5. Season congee to taste with light soy sauce and sesame oil.
6. Garnish congee with spring onions and serve hot.
Notice the colours and smells of the food you are about to eat. Chew slowly and pay attention to the texture of the food. This is one way of practicing mindfulness and it improves physical and mental well-being.

#3 Food for thought: Eat Well Live Well Think Well
Brown Rice Bee Hoon with Egg & Bitter Gourd

Ingredients
Brown rice bee hoon (uncooked).... 100 g
Goji berries (pre-soaked and drained) ............ 2 tsp
Canola oil ............................... 1 Tbsp
Light soy sauce ........................1 Tbsp
Baby bitter gourd (thinly sliced) .............. 1 (about 100g)
Garlic (minced) .......................... 1 clove
Eggs......................................2
(Coriander for garnishing)

Nutritional Information (160 g per serving)
Energy .............................. 380 kcal
Carbohydrate ...................... 44 g
Protein ............................. 11 g
Fat  .................................. 12 g
Saturated Fat ....................... 2 g
Cholesterol ........................ 150 mg
Dietary Fibre ...................... 3 g
Sodium ............................ 460 mg

Cooking Method
2. Beat eggs and set aside.
3. Heat canola oil in a wok and stir fry garlic until fragrant.
4. Add bitter gourd. Stir fry for 2 more minutes.
5. Add ¼ cup water and soy sauce, simmer until bitter gourd softens.
6. Add bee hoon and cook until soft.
7. Add in eggs and goji berries and mix with bee hoon, stir fry for 1 minute. Garnish with coriander to serve.
Poached Chinese Spinach with Gold & Silver Fish

B-GROUP VITAMINS

B vitamins can reduce the rate of brain atrophy. Folate is a type of B Vitamin found in many vegetables like spinach, broccoli, bok choy, and cauliflower.

#3 Food for thought: Eat Well Live Well Think Well
Poached Chinese Spinach with Gold & Silver Fish

Ingredients
Bayam (Chinese spinach) ........... 300 g  
Ikan bilis  
(pre-soaked and drained).......... 1 Tbsp  
Chicken stock with  
“Healthier Choice Symbol” ........ ½ cube  
Garlic (minced) .................. 2 tsp  
Silver fish (pre-soaked) .......... 1 tsp  
Canola oil ........................... 1 tsp  
(Salt and pepper to taste)

Nutritional Information (300 g per serving)  
Energy .............................. 80 kcal  
Carbohydrate ..................... 3 g  
Protein ............................. 10 g  
Fat ................................. 2 g  
Saturated Fat ...................... 0 g  
Cholesterol ....................... 15 mg  
Dietary Fibre ...................... 3 g  
Sodium ........................... 390 mg

Cooking Method
1. Peel stems of spinach leaves and slice to about 2-3 cm lengths.  
2. Heat wok, add 1 tsp canola oil, sauté silver fish until golden brown. Set aside.  
3. Using same wok, sauté garlic, add ikan bilis and toss continuously, followed by adding the chicken stock in 1 cup water.  
4. Stir continuously until vegetables are soft.  
5. Add silver fish and stir until cooked. Serve immediately.
Black Bean Chicken Feet with Chinese Yam Soup

B-GROUP VITAMINS

B vitamins are protective in the incidence of dementia, and reduce oxidative stress to the brain. Vitamin B12 can be found in most animal sources of food like meat, poultry, fish, dairy and eggs.

#3 Food for thought: Eat Well Live Well Think Well
Black Bean Chicken Feet with Chinese Yam Soup

Ingredients

- Chicken feet ........................... 8 pcs
- Chicken breast ........................ 80 g
- Black beans ............................ 150 g
- Chinese red dates .................... 6 pcs
- Chinese yam (peeled, cubed 1 cm size and blanched) ..... 100 g
- Peanuts ................................. 2 Tbsp
- Goji berries ............................. 1 Tbsp

Nutritional Information (350 g per serving)

- Energy ................................ 470 kcal
- Carbohydrate .......................... 35 g
- Protein .................................. 42 g
- Fat ...................................... 16 g
- Saturated Fat ......................... 3 g
- Cholesterol ............................. 110 mg
- Dietary Fibre ........................... 10 g
- Sodium .................................. 150 mg

Cooking Method

1. Prepare chicken feet by peeling away outer yellow skin, if any. Chop off and discard tips of claws (nails).
2. Wash clean the black beans. Drain.
3. Bring water to boil (1200 ml). Add chicken feet, red dates, black beans, chicken breast and peanuts.
4. Bring to boil, reduce heat and simmer for about 20 minutes. Add Chinese yam and continue to simmer for another 10 minutes.
5. Add goji berries and season with salt to taste. Serve hot.
Flavonoids are a group of nutrients found in plants and can contribute to improved brain function. They can be found in foods like cranberries, bananas, red and purple grapes, teas, turmeric and citrus fruits.
Wholegrain Pancake with Peanut Butter & Banana

Ingredients
Whole wheat flour ................... ½ cup
Low fat milk........................... 1 cup
Peanut butter (unsalted) ............1 Tbsp
Margarine (melted) ..................2 Tbsp
Baking powder ....................... 1 tsp
Banana ................................ 1 slice
Eggs....................................2
(Strawberries & blueberries for garnishing)

Nutritional Information (300 g per serving)
Energy ............................. 520 kcal
Carbohydrate  ..................... 42 g
Protein ............................. 17 g
Fat  .................................. 26 g
Saturated Fat ..................... 7 g
Cholesterol ........................ 150 mg
Dietary Fibre ...................... 6 g
Sodium ............................ 570 mg

Cooking Method
1. Mix flour, baking powder in a medium bowl, set aside.
2. Warm milk in a pot until lukewarm and remove from heat. Whisk milk, margarine and eggs together until blended.
3. Make a well in centre of the flour mixture, pour in milk mixture and mix well. Do not over mix the batter.
4. Heat a large pan over medium heat, lightly brush pan with margarine and spoon ¼ cup batter onto pan.
5. When the edges look dry, and bubbles start to appear and pop on top surfaces of pancake, turn over. Cook for a further 1-2 minutes or until lightly browned and cooked in the middle.
6. Serve warm with unsalted peanut butter and banana. Use strawberries and blueberries for garnishing if desired.
VITAMIN E

Vitamin E has been shown to be protective for brain health, and can be found in foods like whole-grain products, sunflower seeds, almonds, walnuts and peanut butter.

Bircher Muesli with Blueberries & Walnuts

#3 Food for thought: Eat Well Live Well Think Well
Bircher Muesli with Blueberries & Walnuts

Chef Khor Soon Hoo Jason

Serves 2

Cooking Method

1. Combine oats, yoghurt, apple juice, apple and honey in a medium sized bowl, mix well. Portion into two containers if desired.
2. Refrigerate for at least 3 hours, or overnight.
3. Add blueberries, walnuts and strawberries. Serve cold.

Ingredients

Quick cook oats or rolled oats (raw) ..1 cup
Plain yoghurt .......................... ½ cup
Apple juice ............................ ½ cup
Blueberries ............................ ½ cup
Walnuts ................................. ½ cup
Honey ..................................1 Tbsp
Apple (peeled and diced) ............1
Medium strawberries (sliced) ......2

Nutritional Information (300 g per serving)

Energy ............................... 570 kcal
Carbohydrate ....................... 71 g
Protein ............................... 14 g
Fat ....................................... 24 g
Saturated Fat ....................... 4 g
Cholesterol .......................... 8 mg
Dietary Fibre ......................... 7 g
Sodium ............................... 60 mg
Baked Salmon with Steamed Potatoes, French Beans & Carrots

OMEGA-3 FATTY ACIDS

Oily fishes like salmon, sardine, mackerel and tuna are great sources of unsaturated fats in a diet. Aim to consume fish twice a week as your source of protein for lunch or dinner.

#3 Food for thought: Eat Well Live Well Think Well
Baked Salmon with Steamed Potatoes, French Beans & Carrots

Ingredients
Salmon fillets (raw) ..................200 g
French beans (ends trimmed and sliced to about 2-3cm length).......150 g
Potato (steamed, sliced) ............200 g
Vegetable oil ..........................2 tsp
Garlic (minced) ....................... 2 cloves
Carrot (raw, sliced into strips) ......1
Wedge lemon..........................1
(Parsley for garnishing)

Nutritional Information (300 g per serving)
Energy ..................................... 360 kcal
Carbohydrate ............................. 16 g
Protein ..................................... 33 g
Fat ........................................... 18 g
Saturated Fat ............................. 4 g
Cholesterol ................................. 76 mg
Dietary Fibre ............................... 5 g
Sodium ..................................... 60 mg

Cooking Method
1. Place french beans and carrots on a plate.
2. Put plate in a steamer and steam for 5 minutes.
3. Meanwhile, season salmon fillets with salt and pepper to taste. Drizzle with lemon juice.
4. Add vegetable oil, garlic, french beans and carrots and combine well.
5. Place salmon on the vegetables.
6. Bake salmon and vegetables for 10 minutes, until cooked thoroughly.
7. Serve with steamed potatoes. Garnish with chopped parsley (if desired).
Pumpkin Pasta with Prawns & Almond Flakes

INTEREST GROUPS

Interest groups such as gardening and cooking are really good ways to get to know new friends as well as keep fit. They are beneficial in both keeping your mind and body healthy.

#3 Food for thought: Eat Well Live Well Think Well
Ingredients
Pasta (raw, spaghetti) ............... 120 g
Pumpkin (seeds and peel removed, cubed) .......... 2 cups
Low fat cooking cream ............... ¼ cup
Low fat milk ................................ 1 cup
Almond flakes ......................... 2 Tbsp
Olive oil ................................ 1 Tbsp
Prawns (shell peeled) ................ 8 pcs
Garlic (minced) ....................... 2 cloves
(Parsley for garnishing)

Nutritional Information (400 g per serving)
Energy .................................. 590 kcal
Carbohydrate .......................... 69 g
Protein .................................. 33 g
Fat ..................................... 24 g
Saturated Fat ......................... 7 g
Cholesterol .............................. 129 mg
Dietary Fibre ............................. 5 g
Sodium .................................. 350 mg

Cooking Method
For pumpkin puree:
1. Bring a large pot of water to boil. Add pumpkin to boiling water and cook for 10 minutes or until flesh is tender when pierced with a fork.
2. Puree pumpkin in a blender or mash pumpkin by hand.

For the pasta dish:
1. Boil pasta according to package directions. Drain well.
2. While pasta is boiling, heat olive oil in a pan. Stir fry garlic until aromatic. Toss in prawns and stir fry for another 2-3 minutes until cooked. Turn off fire.
3. Add pumpkin puree and drained pasta into pan. Stir gently, adding in almond flakes.
4. Serve hot and garnish with chopped parsley.

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