



ACTIVE LEARNING

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

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Chef Mok Jey Lun

Ingredients

Sea bass fish (sliced)	120 g
Brown rice (uncooked)	$\frac{3}{4}$ cup
Carrot (diced).....	$\frac{1}{2}$ 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.



MINDFULNESS

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

Brown Rice Bee Hoon with Egg & Bitter Gourd



Chef Huang Jin Song



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

1. Soak brown rice bee hoon in water until soft. Drain and set aside.
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.



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.

Poached Chinese Spinach with Gold & Silver Fish

Poached Chinese Spinach with Gold & Silver Fish



Chef Ho Jun Leong

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.



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.

Black Bean Chicken Feet with Chinese Yam Soup

Black Bean Chicken Feet with Chinese Yam Soup

8 Healthy
Tasty
Easy

Goodlife!
Makan
A Programme by MonfortCare



Adapted from the recipe contributed by
Foong Keng Sung, Goodlife! Makan



Chef Pay Jun Loong

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

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

Wholegrain Pancake with Peanut Butter & Banana



Chef Chin Kim Voon

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

Bircher Muesli with Blueberries & Walnuts



*Chef Khor Soon Hoo
Jason*

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

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.



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.

Baked Salmon with Steamed Potatoes, French Beans & Carrots



Chef Chin Kim Voon

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).



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.

Pumpkin Pasta with Prawns & Almond Flakes

Pumpkin Pasta with Prawns & Almond Flakes



*Chef Khor Soon Hoo
Jason*

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.