



All about
and **Fruit**
and **Vegetables**



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Why eat fruit and vegetables?

There is a large variety of fruit and vegetables in the market today. Apart from servicing them as an accompaniment to a main meal, they can be dishes in their own right. Fruit and vegetables taste delicious and add colour, flavour and texture to meals and snacks. Eating the recommended daily intake of different fruit and vegetables help protect you against heart disease, stroke and some types of cancer.



Fruit and vegetables

- All for the right reasons

High in soluble and insoluble dietary fibre

- Soluble fibre binds to bile acids (manufactured from cholesterol) in the gut. The bound bile acids are then removed from body, and new bile acids are formed, hence lowering cholesterol levels in the blood.
- The insoluble fibre in fruit and vegetables provides bulk in your diet and helps to promote bowel function.

High in potassium and low in sodium

- Fruit and vegetables are high in potassium and low in sodium. This balance helps to keep your blood pressure normal.

Rich in antioxidant vitamins and other phytochemicals

- Vitamin C, folate and phytochemicals (such as beta-carotene and flavonoids) found in fruit and vegetables, help to keep your blood vessels healthy and free from fatty deposits.

Low in fat

- All fruit and vegetables are low in fat with the exception of avocados, olives and durians.

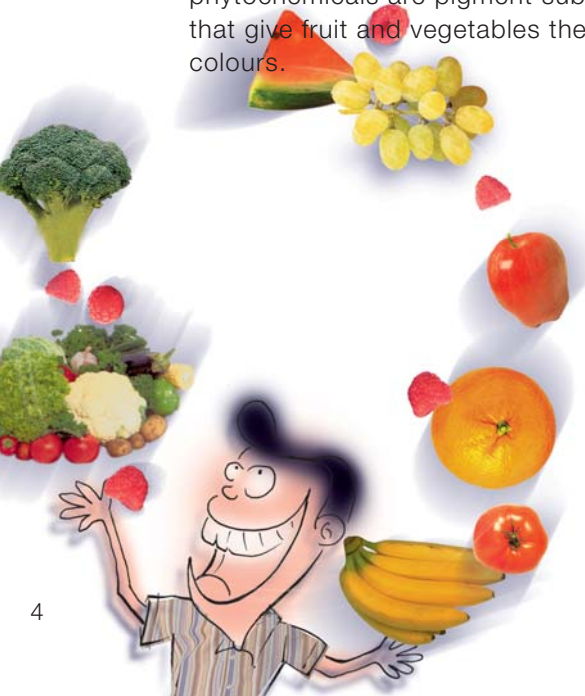
Phytochemicals

- What are they?



Phytochemicals is a general term, which simply means plant chemicals. Phytochemicals are substances that plants produce naturally to protect themselves against viruses, bacteria and fungi. Fruit and vegetables contain numerous phytochemicals. Studies have shown that phytochemicals in fruit and vegetables can prevent diseases such as cancer, stroke and heart disease.

Some examples of phytochemicals are carotenoids, flavonoids and indoles. The more colourful varieties of fruit and vegetables tend to be richer in phytochemicals since many of these phytochemicals are pigment substances that give fruit and vegetables their bright colours.

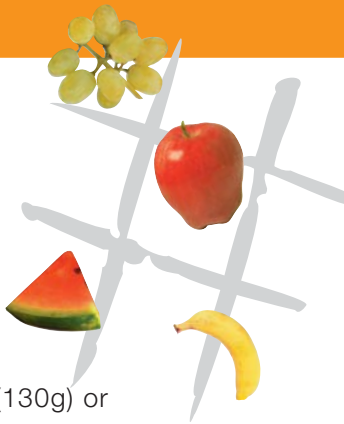


HOW MUCH IS ENOUGH?

2 SERVINGS OF FRUIT +
2 SERVINGS OF VEGETABLES
EVERY DAY.

1 serving of fruit is:

- 1 medium banana or
- 1 small apple (130g) or
- 10 grapes (50g flesh) or
- 1 wedge of watermelon (130g) or
- $\frac{1}{4}$ cup dried fruit (40g) or
- 1 cup pure fruit juice (250ml)



1 serving of vegetables is:

- 100g cooked vegetables ($\frac{3}{4}$ mug*)
- 100g raw non-leafy vegetables
- 150g raw leafy vegetables

*refers to a 250ml mug



Which
fruit and vegetables
are better **choices?**

- Brightly-coloured vegetables such as carrots, pumpkin, broccoli, capsicum, tomatoes
- Green leafy vegetables such as spinach, kangkong, chye sim
- Bright yellow or orange-coloured fruit such as papaya, mango, honeydew, apricots
- Kiwi fruit, strawberries and citrus fruits (such as orange, lemon)

In general, brightly-coloured fruit and vegetables contain more nutrients and phytochemicals than pale-coloured ones. Try to include some brightly-coloured fruit and vegetables in your diet every day. Different fruit and vegetables are rich in different nutrients and it is important to eat a variety to obtain the maximum benefits.

Including fruit and vegetables can be
easier than you think - here are
some **tips to help you:**

- Ask for more vegetables when eating out.
- Include at least one vegetable-based dish for lunch and dinner.
- Buy enough fruit and vegetables to provide “2+2” servings each day for everyone in your family.
- Be creative. Experiment with fruit and vegetables in your cooking (refer to the ‘Recipes’ portion of this booklet for ideas).
- Snack on fruits.
- End your meals with fruits.

Making 2+2

Eating at Home		No. of Fruit Servings	No. of Vegetable Servings
Breakfast			
<ul style="list-style-type: none"> • Wholemeal bread with spread • Coffee 	2 slices 1 cup		
Lunch			
<ul style="list-style-type: none"> • Rice • Braised chicken • Stir-fried chye sim • Banana • Water 	1 plate 1 portion 1 portion 1 medium 1 glass	1	1
Snack			
<ul style="list-style-type: none"> • Biscuits • Tea with milk 	3 pieces 1 cup		
Dinner			
<ul style="list-style-type: none"> • Pork ribs and peanuts soup • Rice • Pan-fried fish • Stir-fried broccoli with mushrooms • Papaya 	1 bowl 1 plate 1 small 1 portion 1 wedge	1	1
Total number of fruit and vegetable servings		2+	2

Eating Away from Home		No. of Fruit Servings	No. of Vegetable Servings
Breakfast			
<ul style="list-style-type: none"> • Mee rebus • Milky drink 	1 bowl 1 glass		
Lunch			
<ul style="list-style-type: none"> • Yong Tau Hoo noodle soup • Watermelon • Water 	1 bowl 1 wedge 1 glass	1	$\frac{1}{2}$
Snack			
<ul style="list-style-type: none"> • Oatmeal cookies • Tea with milk 	2 pieces 1 cup		
Dinner			
<ul style="list-style-type: none"> • Rice • Stir-fried kang kong • Fish curry with vegetables • Pear 	1 plate 1 portion 1 portion 1 fruit	1	1 $\frac{1}{2}$
Total number of fruit and vegetable servings		2+	2

All good things in a balance

The nutritional benefits of eating fruit and vegetables are optimised when eaten as part of a balanced diet.

Use the Healthy Diet Pyramid as a guide to plan and eat a well-balanced diet each day.



Practical tips

BUYING FRUIT AND VEGETABLES

Here are some tips to help you choose wisely in order to get top-quality fruit and vegetables for the money you spend.

- Select fruits with aromatic smell and vegetables with crispy, fresh leaves and tender, fleshy stems. Avoid fruit and vegetables that are bruised, shrivelled, blemished, spongy or mouldy.
- For variety, pick fruit and vegetables of different colours such as light green, dark green, bright yellow and orange.
- Include fresh, frozen and dried fruit and vegetables in your diet. Check the expiry dates and labels on these packages. Select those with little or no added salt, sugar or fat. Pickled or preserved vegetables are high in salt and nitrates (which may cause certain cancers) so replace them with fresh vegetables.
- Buy only what you can eat within a few days. Most fresh vegetables can be stored for two to five days at the right temperature.

Refer to the table on 'A Buying and Storing Guide for Common Vegetables' for more information.

STORING FRUIT AND VEGETABLES

Fresh fruit and vegetables can continue to ripen after harvest. Proper storage will help to maintain their quality, freshness, flavour and nutrient values.

- Store fruits, except for bananas in the refrigerator. Try not to place heavy fruits or vegetables on top of softer fruits.
- Store raw fruits that need ripening at room temperature.
- Pack vegetables in sealed bags or containers before storing them in the vegetable compartment (crisper or hydrator) of the refrigerator.
- Do not mix ripe fruits (e.g. mango) with vegetables in the vegetable compartment. Ripe fruits produce ethylene gas that can cause green leafy vegetables to turn yellow.
- Potatoes and onions keep best if stored in a cool, dark and dry place.
- Frozen vegetables can be kept for months with little change in nutrient content, taste and texture. These need not be thawed before cooking.
- Fruit and vegetable juices should be kept in the refrigerator after opening. Consume all opened packages within two days.

Refer to the table on 'A Buying and Storing Guide for Common Vegetables' for more information.

PREPARATION TIPS

- Rinse all fruit and vegetables thoroughly in a basin of tap water to remove any dirt, bacteria or chemical residues.
- For leafy vegetables, remove the soiled portions of the vegetable and / or cut off the base and rinse away any residual soil with tap water.
- Soak the vegetables in a basin of fresh tap water for 15 minutes.
- Before cutting and cooking, rinse the vegetables once more under a tap or in a basin of fresh tap water.
- For items such as potatoes and carrots, scrub the skin gently with a brush to get rid of dirt.
- Addition of salt, special detergents or washes is not needed for cleaning fruit and vegetables.
- To preserve the nutritional value, minimise cutting and shredding of fruit and vegetables. Once fruit and vegetables are cut and exposed to the air, their vitamin C content decreases.

COOKING TIPS

The method of cooking determines the amount of nutrients retained or lost in vegetables.

- Avoid reheating leftovers.
- Do not overcook vegetables. Cooked vegetables should be soft yet firm to bite.
- Cook in large pieces so that vitamin and mineral losses are minimised.
- Use the smallest amount of water possible when cooking. Do not add bicarbonate of soda as it can destroy B vitamins and vitamin C.
- If you boil vegetables, retain the water for soup stocks.
- Healthier ways to cook fruit and vegetables include steaming, microwaving, and stir-frying. These cooking methods also result in minimal loss of vitamins and minerals.

A buying and storage **guide** for common vegetables

The following are some specific qualities that may further help you to identify good quality vegetables.

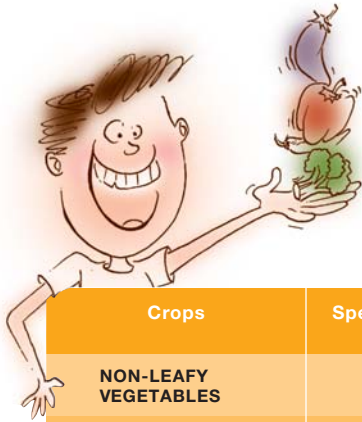


Crops	Specific Qualities to Look for	Storage Life	Wrapping	Storage Temperature*
LEAFY VEGETABLES				
Caixin	<ul style="list-style-type: none"> • Big leaf with glossy look • Flowering caixin has flowers that have not bloomed 	Up to 7 days	Sealed plastic	4 - 10°C*
Xiaobaicai	<ul style="list-style-type: none"> • Big leaf with green and thick leaf stalks 	Up to 7 days	Sealed plastic	4 - 10°C*
Bayam (Chinese spinach)	<ul style="list-style-type: none"> • Tender stems and leaves 	Up to 5 days	Sealed plastic	4 - 10°C*
Kangkong (Water spinach)	<ul style="list-style-type: none"> • Tender stem without side shoots 	Up to 7 days	Sealed plastic	4 - 10°C*
Ceylon spinach	<ul style="list-style-type: none"> • Tender and fleshy stems with broad leaves 	Up to 7 days	Sealed plastic	4 - 10°C*
Chinese white cabbage	<ul style="list-style-type: none"> • Compact and firm head with flat midribs • Free from black leafy specks 	Up to 3 days	Sealed plastic	4 - 10°C*
Peking cabbage	<ul style="list-style-type: none"> • Heavy with crisp and light green/yellow leaves 	Up to 5-7 days	Sealed plastic	4 - 10°C*
Lettuce	<ul style="list-style-type: none"> • Crisp and firm • Free from discoloration 	Up to 7 days	Sealed plastic	4 - 10°C*
Gailan	<ul style="list-style-type: none"> • Powdery waxy thick leaves 	Up to 7 days	Sealed plastic	4 - 10°C*
Baicai	<ul style="list-style-type: none"> • Dark green and thick broad leaves 	Up to 7 days	Sealed plastic	4 - 10°C*
Spinach	<ul style="list-style-type: none"> • Dark green, wrinkly but crispy leaves 	Up to 7 days	Sealed plastic	4 - 10°C*



*Store in vegetable compartment/crisper of refrigerator

A buying and storage **guide** for common vegetables



Crops	Specific Qualities to Look for	Storage Life	Wrapping	Storage Temperature
NON-LEAFY VEGETABLES				
Broccoli	<ul style="list-style-type: none"> • Compact green head with no discolouration of bud clusters 	2 - 3 days	Unwrapped (turns yellow if wrapped)	4 - 10°C*
Cauliflower	<ul style="list-style-type: none"> • Compact head with no black spots 	Up to 7 days	Sealed plastic	4 - 10°C*
Head lettuce	<ul style="list-style-type: none"> • Compact green head • Free from reddish brown brown spots 	Up to 7 days	Sealed plastic	4 - 10°C*
Tomato	<ul style="list-style-type: none"> • Ripe, firm, regular shape, uniform colour 	Up to 7 days	Wrap in loose plastic bag	Do not refrigerate. Temperatures below 10°C will destroy flavour and texture of tomatoes.
Capsicum	<ul style="list-style-type: none"> • Ripe, uniform colour, firm 	Up to 7 days	Unwrapped	4 - 10°C*
Okra (Lady's finger)	<ul style="list-style-type: none"> • Well shaped, tender with tip readily broken when snapped 	2 - 3 days	Sealed plastic bags	4 - 10°C*
Eggplant (Brinjal)	<ul style="list-style-type: none"> • Uniform colour, firm 	2 - 3 days	Unwrapped	4 - 10°C*
Beans	<ul style="list-style-type: none"> • Green and firm 	2 - 5 days	Sealed plastic bags	4 - 10°C*
Cucumber	<ul style="list-style-type: none"> • Light green, firm and smooth 	2 - 5 days	Sealed plastic bags	4 - 10°C*
Chilli	<ul style="list-style-type: none"> • Ripe, uniform colour, firm • Free from black spots 	Up to 3 weeks	Unwrapped	4 - 10°C*

*Store in vegetable compartment/crisper of refrigerator



Frequently asked **Questions:**

Should fruit and vegetables be eaten raw for maximum benefits?

In the past, it was believed that fruit and vegetables should to be eaten raw for maximum benefits because heat-sensitive vitamins (i.e. vitamin C) are lost in cooking. However, studies in recent years have shown that health benefits from eating fruit and vegetables are also contributed by other food components like phytochemicals, besides vitamin C. Some of these phytochemicals, (e.g. lycopene - the red pigment in tomatoes) are more easily absorbed by the body after cooking. In general, one should eat more fruit and vegetables, whether cooked or raw. However, the advice of not overcooking vegetables is important.



What time of the day is best to eat fruits?

To date, there is no scientific basis to conclude that fruits can only be eaten at particular times of the day. As long as your two servings are met, the timing of eating fruits is not important.

I don't like to eat vegetables. Can I eat four servings of fruits instead?

Fruits and vegetables are two different food groups of the Healthy Diet Pyramid, and each has their own characteristic combination of nutrients and phytochemicals. By excluding vegetables from your diet, you may miss out on some important nutrients and phytochemicals contained in them.



Can I take vitamin-mineral supplements instead of eating fruit and vegetables?


Fruit and vegetables contain hundreds of phytochemicals - not just the few that are obtained from supplements. Moreover, the safety of consuming high levels of vitamin and minerals from supplements is unknown.

What about pesticides and chemicals on fresh fruit and vegetables?

The Agri-food Veterinary Authority conducts inspection programmes to ensure that both imported and locally produced fruit and vegetables do not contain excessive pesticide and chemical residues. However, it is always a good practice to wash your fruit and vegetables before eating or cooking. A combination of rinse, soak and rinse will help to remove pesticide residues on vegetables substantially. When rinsing, pay attention to the base of the stems where dirt or pesticides tend to get trapped.

Is the wax used on fruit safe to eat? Why is this necessary?

Research carried out by governmental and scientific authorities such as the U.S. Food and Drug Administration has shown that approved waxes are safe to eat. As wax is indigestible, it will go through the body without breaking down or being

The background of the page is a soft-focus image of several sliced lemons. The slices are arranged in a way that creates a sense of depth, with some in the foreground and others in the background. The lighting is bright and natural, highlighting the texture of the lemon segments and the white pith.

absorbed. Waxing helps to retain moisture in fruit and vegetables during shipping and marketing. It also inhibits mould growth and protects the fruit and vegetables from diseases. The shiny protective coating also enhances the appearance of the produce.

Some leafy vegetables, especially kai lan and dou miao, have often got a layer of white coating on it which can't be removed by washing. Are these pesticides?

The leaf surfaces of some plants, such as kai lan are naturally waxy and can appear as an even white coating.

Are salt and special detergents necessary for removing pesticides?

You do not need to use salt or special detergents to wash vegetables and fruits. Thorough washing with clean water is sufficient to remove dirt, bacteria and chemical residues.



*Note: **tbsp** is tablespoon
tsp is teaspoon
kcal is kilocalories*

Banana berry smoothie

Ingredients

1 banana, peeled and sliced
 $\frac{3}{4}$ cup strawberries, hulled and halved
 $1\frac{1}{4}$ cup low-fat milk
1 tbsp clear honey

Method

- Place the banana and strawberries in a blender or liquidiser and blend until smooth.
- Add the milk and honey and blend until it is smooth and well mixed.
- Pour into glasses and serve immediately.

Nutrient content per serving

Energy	185 kcal
Fat	3 g
Fibre	3 g
Vit A	19 mcg
Vit C	12 mg
Calcium	225 mg

Banana, dates and peanut spread

Ingredients

2 ripe bananas
2 tbsp peanut butter
2 tbsp chopped dates
Some lemon juice

Method

- Mash bananas and mix with a little lemon juice.
- Stir in the other ingredients and mix well.

Nutrient content per serving

Energy	90 kcal
Fat	3 g
Fibre	2 g
Vit A	5 mcg
Vit C	5 mg
Calcium	10 mg

Cabbage rolls

Ingredients

- 8 round cabbage leaves - *blanch for 1 minute*
 - 1 cup minced meat
 - $\frac{1}{2}$ cup mixed vegetables
 - 4 cloves garlic
 - 4 slices of ginger
 - 1 tbsp cooking oil
 - Salt and pepper to taste
 - 1 sliced red chilli
 - 1 tsp paprika
- } *mix with
minced meat*

Method

- Saute ginger and garlic in oil.
- Stir in minced meat.
- Add rest of the vegetables and stir briefly.
- Divide into 8 portions.
- Place portion on each cabbage leaf and roll up.
- Steam for 20 minutes.

Suggestions:

Use green cabbage leaves to give a better colour mix.

Nutrient content per serving

Energy	79 kcal
Fat	6 g
Fibre	2 g
Vit A	90 mcg
Vit C	10 mg
Calcium	16 mg

Carnival salad

Ingredients

6 lettuce leaves - *shredded*
2 small carrots - *grated*
2 tbsp chopped prunes
1 small green pepper - *diced*
1 red apple - *grated and sprinkled with lemon/lime juice to stop browning*
 $\frac{1}{2}$ cup low-fat plain yoghurt
A sprinkle of cinnamon powder

Method

- Combine all the ingredients and chill for $\frac{1}{2}$ hour to allow the flavour to develop before serving.

Nutrient content per serving

Energy	55 kcal
Fat	0 g
Fibre	3 g
Vit A	368 mcg
Vit C	24 mg
Calcium	67 mg

Colourful french onion soup

Ingredients

3 large onions - *thinly sliced*
7 cups meat stock
1 tsp lemon juice
2 cups mixed vegetables
2 slices toasted cheese on high fibre bread - *cut into 8 pieces*
Salt and pepper to taste

Method

- Bring stock to boil and add in onions.
- Simmer till onions are soft.
- Add in mixed vegetables and bring to boil, then simmer for another 10 minutes.
- Add lemon juice.
- Dish-up into individual bowls and top with cheese toast.
- The rest of the cheese toast pieces may be eaten with the soup or on its own.

Nutrient content per serving

Energy	86 kcal
Fat	3 g
Fibre	2 g
Vit A	208 mcg
Vit C	6 mg
Calcium	87 mg

crisp apple salad

Ingredients

250 g red and green apples (*cored, sliced and skin on*)
100 g strawberries, sliced into quarters
100 g dried apricot
40 g macadamia nuts
20 g walnut toasted
20 g pine nut toasted
45 ml lime juice
15 ml honey
150 ml plain low-fat yoghurt
5 g mint
20 g prunes pitted
2 g salt

Method

- Toss the apples with lime juice.
- Combine the rest of the ingredients with the apple.
- Gently toss the ingredients and season with salt.
- Garnish with chives, prunes and serve.

Nutrient content per serving

Energy	179 kcal
Fat	7 g
Fibre	7 g
Vit A	26 mcg
Vit C	17 mg
Calcium	120 mg

Curried vegetable pot

Ingredients

2 tbsp curry powder - *made into a paste*
1 large onion } *sliced*
1 slender carrot }
6 long beans - *cut into 3cm pieces*
2 large cabbage leaves - *tear into pieces*
1 red pepper - *diced*
3 cups kangkong - *cut into strips*
 $\frac{1}{2}$ cup low-fat yoghurt
2 tbsp cooking oil
1 to 2 sticks lemon grass
4 cups water
Salt to taste

Method

- Fry curry paste and onion till fragrant.
- Pour in water and then add salt, long beans, cabbage and carrots.
- Simmer for 20 minutes.
- Finally stir in yoghurt, pepper and kangkong and simmer for 2 minutes.

Nutrient content per serving

Energy	120 kcal
Fat	9 g
Fibre	2 g
Vit A	397 mcg
Vit C	34 mg
Calcium	143 mg

Dahl curry with tropical fruit

Ingredients

$\frac{1}{2}$ cup dahl, soak for at least 2 hours
2 tbsp curry powder - *made into a paste*
1 large onion - *sliced*
1 tsp mustard seeds
2 tomatoes - *cut into quarters*
1 cup honeydew melon balls / pieces
1 cup mango pieces
 $\frac{1}{2}$ cup low-fat yoghurt
2 tbsp cooking oil
Salt to taste
5 cups of water

Method

- Brown paste and onion in oil.
- Add in curry paste, dahl and water.
- Simmer till dahl is soft.
- Add in mustard seeds, tomatoes and a pinch of salt.
- Bring to boil and simmer for 10 minutes.
- Finally add in yoghurt and boil for 1 minute.
- Remove from heat, stir in the honeydew and mango.

Suggestion:

Unripe jackfruit may be used as a variation.

Nutrient content per serving

Energy	158 kcal
Fat	10 g
Fibre	2 g
Vit A	116 mcg
Vit C	13 mg
Calcium	124 mg

Farmhouse mix

Ingredients

1 medium-sized potato
1 slender carrot
1 tbsp cooking oil
4 cloves of garlic } *chopped*
1 tomato }
1 medium-sized onion - *sliced*
1 egg - *lightly beaten*
Ground pepper and salt to season

Method

- Place potato and carrot in a pot with just enough water to cover and boil till just done.
- It should not be mushy.
- Remove, cool and cut both potato and carrot into strips.
- Saute garlic and onion in oil.
- Add tomato, potato and carrot strips, stir fry for 2 to 3 minutes.
- Add beaten egg, leave to set and season with salt and pepper.

Suggestion:

Curry powder may be added to make it more spicy.

Nutrient content per serving

Energy	81 kcal
Fat	6 g
Fibre	1 g
Vit A	180 mcg
Vit C	5 mg
Calcium	13 mg

Fried kangkong belacan

Ingredients

600 g kangkong, cut into 10cm lengths
100 g small prawns, shelled
1 tsp salt
2 tbsp unsaturated oil

Grounded Ingredients:

*1 tsp belacan
2 cloves garlic
8 dried chillies, soaked
8 shallots*

Method

- Heat oil (unsaturated) and fry grounded ingredients with salt till fragrant. Then add prawns.
- Stir in kangkong stalks, then the leaves.
- Keep stirring till vegetables are cooked. Do not overcook.

Nutrient content per serving

Energy	120 kcal
Fat	8 g
Fibre	2 g
Vit A	688 mcg
Vit C	41 mg
Calcium	99 mg

Fruity kebab

Ingredients

4 pieces of jackfruit
4 sugar plums
1 starfruit
1 red apple
1 green apple
Lemon juice

Method

- Cut fruit into bite size.
- Squeeze lemon juice onto apples.
- Thread the fruit pieces onto satay sticks.
- Serve with ice cream or low-fat yoghurt.

Nutrient content per serving

Energy	85 kcal
Fat	0 g
Fibre	4 g
Vit A	75 mcg
Vit C	19 mg
Calcium	14 mg

Fruit juice agar

Ingredients

- ½ sachet agar powder
- 1 cup unsweetened fruit juice
- 1 cup plain water

Method

- Dissolve agar over low heat, stirring continuously.
- Remove from flame and slowly add in fruit juice.
- Chill to set.
- Serve with ripe bananas and raisins.
- Decorate with glaze cherries.

Suggestion:

This dessert may be served with any fresh fruits in season.

Nutrient content per serving

Energy	75 kcal
Fat	0 g
Fibre	2 g
Vit A	8 mcg
Vit C	35 mg
Calcium	15 mg

Lotus Seed dessert

Ingredients

1 cup lotus seeds
6 candied winter melon strips
 $\frac{1}{2}$ tbsp pitted dried longan
8 cups of water

Method

- Bring water to boil.
- Add in all the ingredients and simmer until lotus seeds are soft.

Nutrient content per serving

Energy	147 kcal
Fat	1 g
Fibre	1 g
Vit A	0 mcg
Vit C	3 mg
Calcium	42 mg

Mandarin fish

Ingredients

4 pieces fish fillet
2 cloves garlic - *crushed*
4 shallots - *sliced*
4 slices of ginger
1½ cups mixed vegetables
Salt and pepper
Grated orange rind
Segments of orange and lettuce leaves for garnishing

Marinate:

1 tsp light soya sauce
Juice of 1 Mandarin orange (use half only)

Gravy:

Remaining half of orange juice
1 tsp corn flour

Method

- Season fish with salt, pepper and marinate for 1 hour.
- Brown garlic, onions and ginger.
- Add in fish fillets and mixed vegetables.
- Stir in gravy mix and simmer for 10 minutes.
- Garnish and decorate with segments of orange and lettuce leaves.
- Top with grated orange rind.

Nutrient content per serving

Energy	81 kcal
Fat	2 g
Fibre	1 g
Vit A	192 mcg
Vit C	20 mg
Calcium	35 mg

Oriental

soup/stew

Ingredients

- 2 cloves garlic
- 4 slices of ginger
- 1 tsp soya sauce
- 3 stalks pak choy (leafy green) - *diagonally sliced*
- 1 cup of broccoli florets
- 1 carrot - *sliced*
- $\frac{1}{2}$ cup peas
- 1 tsp peppercorns
- 2 cup of soba (Japanese buckwheat noodles)
- 5 cups vegetables or meat stock

Method

- Bring stock to the boil with peppercorns and carrots, simmer for 15 minutes.
- Add in rest of the vegetables, garlic and ginger and simmer for 5 minutes.
- Finally add in the soya sauce and noodles.
- To make a stew, thicken with cornflour and use only $\frac{1}{2}$ stock.

Nutrient content per serving

Energy	188 kcal
Fat	1 g
Fibre	4 g
Vit A	219 mcg
Vit C	20 mg
Calcium	48 mg

Pear sampan

Ingredients

2 medium pears
Lemon juice
1 cup watermelon balls
Ice cream or low-fat yoghurt

Method

- Cut pears in half lengthwise and remove the core.
- Be careful not to break the bottom.
- Brush all over with lemon juice to prevent browning.
- Pile some watermelon balls into the pear hollows.
- Set aside some for decoration.
- Spoon ice cream or yoghurt over the pear and decorate with the rest of the watermelon balls.

Nutrient content per serving

Energy	47 kcal
Fat	0 g
Fibre	1.4 g
Vit A	8 mcg
Vit C	4.4 mg
Calcium	56 mg

Pineapple Surprise

Ingredients

1 small ripe pineapple with leaves
10 seedless grapes
1 red apple }
1 ripe mango } *diced*

Method

- Cut pineapple in half lengthwise and carefully scoop out the flesh.
- Take care not to damage the shell.
- Discard the core.
- Cut the flesh into bite size.
- Put all mixed fruits in the shell.

Nutrient content per serving

Energy	66 kcal
Fat	0 g
Fibre	3 g
Vit A	124 mcg
Vit C	26 mg
Calcium	24 mg

Prunes and nut spread

Ingredients

- 1 cupped prunes
- $\frac{1}{3}$ cup water
- $\frac{1}{4}$ cup walnuts - chopped

Method

- Bring water and prunes to boil and simmer for 5 minutes.
- Cool and mash.
- Add chopped walnuts.

Nutrient content per serving

Energy	45 kcal
Fat	2 g
Fibre	1 g
Vit A	50 mcg
Vit C	0 mg
Calcium	15 mg

Quick garden salad

Ingredients

Use any of the following green leafy vegetables:
*Kailan, broccoli, chye sim, dark leafy spinach
(por cai)*

*Wash thoroughly.
Allow 2 cups for each adult.*

2 slender carrots } sliced
1 red chilli }
1½ tbsp oyster sauce
2 tsp sesame oil

Method

- Boil carrots for 10 minutes.
- Add in green vegetables and boil for another 8 minutes.
- Drain and place green vegetables on a plate and cut into smaller pieces with a pair of scissors.
- Arrange carrots around the green vegetables.
- Spoon over oyster sauce and sesame oil.
- Decorate with red chilli.
- If spinach is used, boil for 3 to 5 minutes only.

Nutrient content per serving

Energy	52 kcal
Fat	2 g
Fibre	5 g
Vit A	370 mcg
Vit C	90 mg
Calcium	37 mg

Sayur Iodeh

Ingredients

- 1 medium brinjal, sliced
- 150 g turnip
- 100 g sliced cabbage
- 200 g long beans, cut into 6cm length
- 2 tempehs, cut into pieces
- 3 cups coconut milk
- 3 cups low-fat milk
- 3 green chillies, sliced
- 3 red chillies, sliced
- 3 shallots, sliced thinly
- 3 cloves garlic, sliced thinly
- $\frac{1}{4}$ cup dried prawns
- 3 pcs duan salam
- 1 tomato, quartered
- 2 tsp turmeric powder
- $\frac{1}{2}$ tbsp sugar
- $\frac{1}{2}$ tsp salt

Method

- Bring coconut milk and low-fat milk to boil with chillies, shallots, garlic, dried prawns, duan salam and tomato for 5 minutes.
- Add in vegetables, turmeric, sugar, tempehs and salt. Cook for 10 to 15 minutes.
- Remove from heat and serve.

Nutrient content per serving

Energy	351 kcal
Fat	28 g
Fibre	3 g
Vit A	94 mcg
Vit C	19 mg
Calcium	196 mg

Stewed chicken with prunes

Ingredients

8 pitted prunes
2 whole chicken breast
2 cloves garlic - *crushed*
1 tbsp cooking oil
1 tsp cornflour and $\frac{1}{4}$ cup water - gravy mix
1 large onion } *sliced*
1 slender carrot }
1 cup cauliflower florets
 $\frac{1}{2}$ cup snow peas
4 slices of ginger
 $\frac{1}{2}$ cup water
Salt and pepper

Method

- Cut chicken into 8 pieces and season with salt and pepper.
- Wrap prunes around the chicken and secure with cocktail sticks.
- Saute onion, garlic and ginger.
- Add in carrots, water and simmer for 10 minutes.
- Finally add in chicken, snow peas and cauliflower and simmer for 10 minutes.
- Thicken with gravy mix.

Nutrient content per serving

Energy	125 kcal
Fat	5 g
Fibre	4 g
Vit A	207 mcg
Vit C	10 mg
Calcium	20 mg

Spicy apricot chicken

Ingredients

2 whole chicken breast - *all skin and visible fat removed*
1 large onion - *coarsely chopped*
4 cloves garlic - *sliced*
4 slices of ginger
10 pieces dried apricots - *coarsely chopped*
2½ cups French beans
12 fresh mushrooms
1 tbsp pistachio nuts
1 to 2 dates (optional)
1 tsp raisins
1 tsp five spice powder
1 tbsp cooking oil
½ cup water
Salt and pepper

Method

- Cut chicken into smaller pieces and season with five spice powder, salt and pepper.
- Brown onions, garlic and ginger followed by chicken pieces.
- Add in raisins and apricots.
- Pour in water (dates may be added at this stage) and simmer for 15 minutes.
- Sprinkle with pistachio nuts.

Nutrient content per serving

Energy	156 kcal
Fat	7 g
Fibre	6 g
Vit A	92 mcg
Vit C	4 mg
Calcium	43 mg

Spicy pumpkin

Ingredients

$\frac{1}{2}$ cup shelled small prawns
1 small pumpkin
1 large onion
4 cloves garlic
4 slices of ginger
2 tbsp curry powder - made into a paste
 $\frac{1}{2}$ cup low-fat yoghurt
1 tbsp cooking oil
1 cup water
Salt to taste

Method

- Cut pumpkin into large chunks.
- Saute garlic, onion and ginger in oil.
- Mix in curry paste and stir till fragrant.
- Add chunks of pumpkin and water and simmer for 15 minutes or till soft but not mushy.
- Finally add in yoghurt and prawns, simmer for another 15 minutes.

Suggestions:

To serve attractively, steam the pumpkin and scoop out the flesh taking care not to break the bottom.

Serve the cooked curry in the pumpkin shell.

Nutrient content per serving

Energy	121 kcal
Fat	5 g
Fibre	2 g
Vit A	562 mcg
Vit C	8 mg
Calcium	100 mg

Tangy pineapple fish

Ingredients

- 4 pieces snapper fillet
- 6 ladies fingers
- $\frac{1}{2}$ cup long beans
- $\frac{1}{2}$ ripe pineapple - cut to pieces
- 3 slices turmeric
- 3 slices lengkwas
- 1 large onion
- 4 cloves garlic
- 5 dried chillies
- 1 stick lemon grass
- 4 cups assam juice
- 1 tbsp cooking oil

} sliced

Method

- Brown onions and garlic in oil.
- Add in assam juice, lemon grass, turmeric, lengkwas and dried chillies, boil for 10 minutes.
- Put in vegetables and simmer for 5 minutes.
- Finally add in the fish and pineapple and simmer for another 10 minutes.

Nutrient content per serving

Energy	123 kcal
Fat	6 g
Fibre	2 g
Vit A	15 mcg
Vit C	9 mg
Calcium	56 mg

Tofu chicken burger

Ingredients

1 cup minced chicken meat
3 tbsp besan (chickpea / bengal gram flour)
1 large square bean curd
 $\frac{1}{2}$ cup mixed vegetables
1 tbsp cooking oil
Salt and pepper to taste
Any preferred herbs or spice for flavouring

Method

- Season the chicken meat with a little salt and pepper.
- Mash the bean curd.
- Mix chicken meat and besan in a bowl.
- Add in bean curd and mix thoroughly.
- Add in more besan if mixture is very wet or sticky.
- Stir in herbs, spice or vegetables.
- Shape into patties.
- Heat oil in non-stick frying pan and brown patties on both sides or alternatively brush with oil and grill.

Suggestion:

For extra crunchiness add in chopped water chestnuts or turnips. Besan is available from any provision shop in Little India.

Nutrient content per serving

Energy	94 kcal
Fat	4 g
Fibre	2 g
Vit A	44 mcg
Vit C	1 mg
Calcium	78 mg

acknowledgements:

Agri-food Veterinary Authority
(www.ava.gov.sg)





notes
