

HEALTHY LAH!

MAKAN!

SHIOK!

RECIPE BOOK

健康食谱

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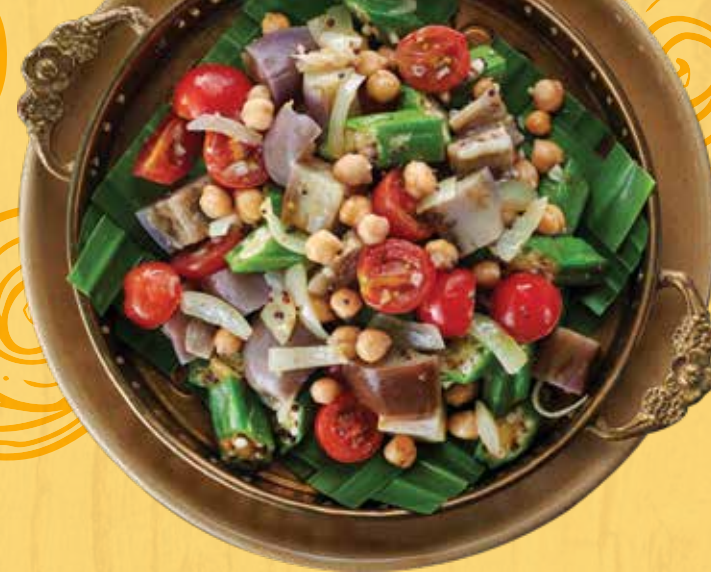
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CHAPALANG BEANCURD SHEET SALAD

杂菜腐皮沙拉



Serving Size | 份量
四个人



Preparation Time | 准备时间
10 mins | 10分钟



Cook Time | 烹调时间
10 mins | 10分钟



INGREDIENTS

1 ½ cup rehydrated black fungus (soaked till soft, cut into bite sized pieces)
100g beancurd sheet (soaked in hot water till soft, drain, cut into small strips)
¼ green bell pepper, sliced
¼ red bell pepper, sliced
¼ yellow bell pepper, sliced

DRESSING

2 tbsp chinese black vinegar
1 tbsp sesame oil
1 tbsp light soy sauce
1 tsp brown sugar

GARNISH

¼ cup cilantro, chopped
1 tbsp toasted white sesame seeds

INSTRUCTIONS

1. Mix well light soy sauce, black vinegar, brown sugar, and sesame oil in a small bowl.
2. Combine black fungus, beancurd sheet, and bell pepper slices into a large bowl, pour in sauce, top with cilantro and white sesame seeds.
3. Mix well and serve immediately as an appetizer or a side.

材料

1½ 杯泡发黑木耳
(泡软, 切小块)
100克腐皮
(用热水泡软, 沥干, 切小条)
¼ 粒青灯笼椒, 切丝
¼ 粒红甜灯笼椒, 切丝
¼ 粒黄灯笼椒, 切丝

调味汁

2汤匙黑醋
1汤匙麻油
1汤匙酱油
1茶匙黄糖

装饰

¼ 杯香菜, 切碎
1汤匙烤白芝麻

做法

1. 将酱油、黑醋、黄糖和麻油放入一个小碗搅拌均匀。
2. 将黑木耳、腐皮和灯笼椒丝放入一个大碗中, 倒入酱汁, 再放上香菜和白芝麻。
3. 拌匀后立即上桌, 可作开胃菜或配菜。

HO JIAK CHICKEN NOODLE SOUP

美味鸡丝汤面



Serving Size | 份量
四四四四



Preparation Time | 准备时间
15 mins | 15分钟



Cook Time | 烹调时间
35 mins | 35分钟



INGREDIENTS

2 cups cooked chicken, shredded
6 cups chicken broth
1 package (250g) soybean noodles (tau chiam)
1 medium onion, chopped
1 ½ cups chopped celery (ribs and leaves)
1 ½ cups chopped carrots
1 lemon, zest and juice
1 tbsp extra light olive oil
2 tsp garlic, crushed
2 tsp ginger, minced
½ tsp coarse black pepper
¼ tsp salt
1 bay leaf

INSTRUCTIONS

1. Heat olive oil in a large saucepan or pot over medium heat.
2. Add onion, celery, carrots, garlic, and ginger. Sauté until vegetables are slightly softened, about 5 minutes.
3. Add chicken broth, bay leaf and shredded cooked chicken. Cook over medium heat for 20 minutes.
4. Remove bay leaf and add noodles. Cook for 5 minutes or until noodles are soft.
5. Remove from heat, add lemon juice and zest.
6. Season with salt and pepper if needed.

材料

2杯熟鸡肉，切丝
6杯鸡汤
1包（250克）黄豆面（豆签）
1粒中型洋葱，切碎
1½杯切碎的芹菜（茎和叶）
1½杯切碎的红萝卜
1粒柠檬的柠檬皮和柠檬汁
1汤匙特级淡橄榄油
2茶匙蒜泥
2茶匙姜末
½茶匙粗黑胡椒
¼茶匙盐
1片月桂叶

做法

1. 将橄榄油倒入深平底锅或汤锅中，用中火加热。
2. 加入洋葱、芹菜、红萝卜、蒜和姜末。拌炒约5分钟，直到蔬菜略软。
3. 加入鸡汤、月桂叶和熟鸡丝。用中火煮20分钟。
4. 取出月桂叶，然后加入面条。煮5分钟或直到面条变软。
5. 将锅子移开火炉，加入柠檬汁和柠檬皮。
6. 按口味酌量加盐和胡椒粉调味。

SUI SUI PUDDING

美美布丁



Serving Size | 份量
2人份



Preparation Time | 准备时间
5 mins | 5分钟



Cook Time | 烹调时间
25 mins | 25分钟

INGREDIENTS

2 tbsp ginger juice
1 cup low-fat milk
3 eggs
2 sachet of stevia (may adjust to taste)
½ tsp goji berry (soaked till soft)

INSTRUCTIONS

1. Grate fresh ginger and squeeze the grated ginger to yield ginger juice.
2. In a mixing bowl, whisk together milk, eggs, and stevia until well combined.
3. Add in ginger juice to the mixture, and whisk again.
4. Strain egg mixture into bowls/ramekins, and cover each bowl/ramekin with aluminium foil.
5. Steam over medium heat until egg pudding is firm and fully cooked, about 20-25 minutes.
Note: Steaming time depends on the bowl/ramekin you are using, so please check starting at around 15 minutes.
6. Garnish with goji berry and serve.

材料

2汤匙姜汁
1杯低脂牛奶
3粒鸡蛋
2小包甜菊糖（可依口味调整）
½茶匙枸杞（泡软）

做法

1. 将生姜磨碎，挤出姜汁。
2. 将牛奶、鸡蛋和甜菊糖放入一个搅拌碗中，搅拌至充分混合。
3. 在混合液中加入姜汁，继续搅拌。
4. 将蛋液过滤至碗/烤模中，并用铝箔纸覆盖每个碗/烤模。
5. 用中火蒸，直到鸡蛋布丁开始凝固并完全煮熟，大约20-25分钟。
注意：蒸煮时间取决于您使用的碗/烤模，因此请在15分钟左右即开始查看。
6. 以枸杞装饰，上桌享用。

SEDAP GADO-GADO

美味加多加多



Serving Size | 份量
四个人



Preparation Time | 准备时间
25 mins | 25分钟



Cook Time | 烹调时间
15 mins | 15分钟



INGREDIENTS

4 large hard-boiled eggs, sliced or cut into quarters
1 block firm tofu, cubed
1 cup tempeh, cut into strips
½ cup purple cabbage, blanched
½ cucumber, cubed
½ cup jicama/chinese turnip, cubed
½ cup beansprouts, blanched
½ cup long bean/french bean, blanched
2 potatoes, peeled, cubed then boiled
Drizzle of sesame oil

PEANUT SAUCE

½ cup 100% peanut butter
½ cup (80ml) water
1 clove garlic, minced
½ tsp coriander powder
½ lime, juiced
1 tbsp chilli paste
1 tbsp soy sauce

GARNISH (OPTIONAL)

Peanuts, crushed
Spring onion, chopped

INSTRUCTIONS

1. In a bowl, add all the peanut sauce ingredients and mix well until combined, then set aside.
2. Cut tempeh into 1cm strips, bake till crispy and golden brown.
3. In a frying pan, add cubed tofu with sesame oil and stir fry until golden and slightly crispy. Then set aside.
4. Add the hard boiled eggs, tempeh, long bean, cabbage, cucumber, jicama, beansprouts, tofu, and potatoes into a bowl and mix well with the peanut sauce, then garnish with spring onion and peanuts, and serve.

材料

4粒大粒的水煮蛋（切片或切半）
1块硬豆腐，切方块
1杯天贝黄豆饼（切条）
½杯紫包菜，清烫
½条黄瓜，切丁
½杯沙葛，切丁
½杯豆芽，清烫
½杯菜豆 / 四季豆，清烫
2粒马铃薯，去皮切丁后煮熟
芝麻油少许

花生酱

½杯100%花生酱
½杯（80毫升）水
1瓣蒜头，切碎
½茶匙芫荽粉
½粒酸柑，榨汁
1汤匙辣椒酱
1汤匙酱油

装饰（可选）

花生，打碎
葱，切碎

做法

1. 在碗中加入所有花生酱材料，搅拌均匀混合，放置一旁。
2. 将天贝黄豆饼切成1厘米的长条，烤至香脆呈金黄色。
3. 在平底锅中加入芝麻油和切成方块的豆腐，煎炒至金黄，表皮微脆。放置一旁。
4. 将煮熟的鸡蛋、天贝、菜豆、包菜、黄瓜、沙葛、豆芽、豆腐和马铃薯放入碗中，与花生酱充分混合，然后配上葱和花生装饰，即可上桌享用。

AYAM KUNYIT

炒黄姜鸡



Serving Size | 份量
四个人



Preparation Time | 准备时间
15 mins | 15分钟



Cook Time | 烹调时间
10 mins | 10分钟



INGREDIENTS

300g chicken breast, cut into slices
4 strands of long beans, cut into 2" strips
½ carrot, julienned
1 large onion, sliced
1 red chilli, sliced
4 lemon leaf
2 tbsp extra light olive oil
3 clove garlic, sliced
2 inch ginger, sliced
1 tbsp turmeric powder
½ tsp salt

INSTRUCTIONS

1. Marinate chicken with turmeric powder and salt for at least 30 minutes.
2. Heat olive oil in a non-stick pan. Stir-fry garlic and ginger until fragrant.
3. Add in chicken and stir regularly to prevent scorching.
4. When the chicken is almost well-cooked, add in long beans, carrot, onion, red chilli, and lemon leaf. Continue stir-frying until vegetables turn soft. Serve immediately.

材料

300克鸡胸肉，切片
4根菜豆，切成2寸长条
½条红萝卜，切成细条
1个大洋葱，切成薄片
1个红辣椒，切成薄片
4片柠檬叶
2汤匙特级淡橄榄油
3瓣蒜头，切片
2寸姜片，切片
1汤匙姜黄粉
½茶匙盐

做法

1. 用姜黄粉和盐腌鸡肉至少30分钟。
2. 在不沾锅中加热橄榄油。将蒜头和姜片炒香。
3. 加入鸡肉并不时翻炒，以免变焦。
4. 鸡肉快炒熟时，加入菜豆、红萝卜、洋葱、红辣椒和柠檬叶。继续翻炒至蔬菜变软，随即上桌享用。

BuBuR CHA CHA

摩摩喳喳



Serving Size | 份量
四四四四



Preparation Time | 准备时间
15 mins | 15分钟



Cook Time | 烹调时间
30 mins | 30分钟



INGREDIENTS

150g red sweet potato, peeled and cut into 2cm cubes
150g purple sweet potato, peeled and cut into 2cm cubes
½ cup bananas, peeled and sliced
25g chia seed

MILK SOUP BASE

5 pandan leaves, tied into a knot
100ml coconut milk
100ml low fat milk
2 cups of water
¼ tsp salt
4 sachet of stevia (may adjust according to taste)

INSTRUCTIONS

1. Steam sweet potatoes until it is just cooked and not too soft.
2. In a large pot, boil water with knotted pandan leaves.
3. Add chia seeds, banana, sweet potatoes, and coconut milk. Cover with lid and bring to boil. Then, reduce heat to medium low and simmer for 4 to 5 minutes.
4. Turn off heat and remove pot. Sweeten with stevia, and adjust taste with a little salt. Stir in low fat milk.
5. Serve immediately hot or if served cold, chill in the refrigerator until cold before serving.

材料

150克红番薯，
去皮并切成2厘米方块
150克紫番薯，
去皮并切成2厘米方块
½杯香蕉，去皮并切片
25克奇亚籽

椰浆汤底

5片班兰叶，打结
100毫升椰浆
100毫升低脂牛奶
2杯水
¼茶匙盐
4小包甜菊糖（可依口味调整）

做法

1. 将番薯蒸至刚熟，不要太软。
2. 在一个大锅中加水煮沸，放入打结的班兰叶。
3. 加入奇亚籽、香蕉、番薯和椰浆。盖上盖子煮沸。然后转成中小火，继续焖煮4至5分钟。
4. 关火，移开锅子。加入甜菊糖使汤汁变甜，并用少许盐调味。加入低脂牛奶。
5. 趁热享用，或放入冰箱冷藏后享用。

MASALA CAI

玛沙拉香料菜



Serving Size | 份量
四个小碗



Preparation Time | 准备时间
10 mins | 10分钟



Cook Time | 烹调时间
15 mins | 15分钟

INGREDIENTS

2 cups okra, cut into 1 inch slices
2 cups brinjal, cut into cubes
1 cup chickpea
1 cup cherry tomato
½ cup chicken or vegetable broth
¼ cup cilantro, chopped, for garnishing
2 tbsp extra light olive oil
1 small onion, cut into small chunks
1 tsp garlic, minced
2 tsp ginger, minced
2 tsp black mustard seeds
1 tsp garam masala mixed spices
½ tsp salt

INSTRUCTIONS

1. Heat oil in a wok or pan, stir-fry the onion, garlic, ginger and black mustard seeds until seeds begin to pop and onion begin to brown.
2. Add in cherry tomatoes. Cook until they begin to burst, stirring occasionally to keep prevent scorching.
3. Add okra and brinjal. Reduce heat to medium. Cook about 10 minutes until tender, stirring occasionally.
4. Deglaze the pan with broth, adding enough to keep the vegetables moist but not soupy.
5. Add chickpeas and garam masala spices. Season with a little salt, and stir well to combine.
6. Garnish with fresh cilantro just before serving.

材料

2杯羊角豆，切成1寸小段
2杯茄子，切丁
1杯鹰嘴豆
1杯小番茄
½杯鸡汤或蔬菜高汤
¼杯香菜，切碎，作为装饰
2汤匙特级淡橄榄油
1粒小洋葱，切小块
1茶匙蒜末
2茶匙姜末
2茶匙黑芥末籽
1茶匙玛沙拉综合香料
½茶匙盐

做法

1. 在炒菜锅或平底锅中热油，拌炒洋葱、蒜、姜和黑芥末籽，直到芥末籽爆裂，洋葱开始变成褐黄色。
2. 加入小番茄。烹煮至开始裂开，适时搅拌以免变焦。
3. 加入羊角豆和茄子。转至中火。烹煮约10分钟直至变软，适时搅拌。
4. 用高汤洗锅收汁，加入适量高汤使蔬菜保持湿润，但汤汁不可过多。
5. 加入鹰嘴豆和玛沙拉香料。用少许盐调味，并充分混合拌匀。
6. 上菜前先用新鲜香菜装饰。

BAKED YOGURT MACCHALEE

酸奶风味烤鱼



Serving Size | 份量
四个小碗



Preparation Time | 准备时间
15 mins | 15分钟



Bake Time | 烹调时间
15-20 mins | 15-20分钟

INGREDIENTS

400g fish
4 tbsp plain low-fat yogurt

GARNISH (OPTIONAL)

Red chilli, shredded
Purple onion, shredded
Cilantro, chopped
¼ wedge lime

SEASONING

6 cloves garlic, minced
2 inch ginger, minced
2 tbsp cilantro, chopped
1 tbsp ground coriander seed
½ tsp cayenne pepper
¼ tsp turmeric powder
1 tsp cumin powder
½ tsp salt

INSTRUCTIONS

1. Mix yogurt and all the seasoning in a zipper bag until well combined. Add in fish and toss until evenly coated with the marinade. Marinate in the refrigerator for at least 1-2 hours, or marinate overnight for best results.
2. Preheat oven to 200°C. Line baking tray with baking paper. Remove fish from the marinade, shake off and discard the excess marinade.
3. Place fish onto baking tray and bake for 15-20 minutes or until fish flakes easily with fork. Garnish and serve.

材料

400克鱼
4汤匙原味低脂酸奶

装饰 (可选)

红辣椒, 切丝
紫洋葱, 切丝
香菜, 切碎
¼粒 酸柑

调味料

6瓣蒜末
2寸姜末
2汤匙 香菜, 切碎
1汤匙芫荽籽末
½汤匙红辣椒粉
¼茶匙姜黄粉
1茶匙小茴香粉
½茶匙盐

做法

1. 将酸奶和所有调味料放入拉链袋中充分混合。加入鱼片摇晃, 直到鱼肉均匀 沾满腌料为止。在冰箱中腌制至少1-2小时, 腌制一晚更入味。
2. 将烤箱预热至200°C。将烘焙纸铺在烤盘底部。从腌料中取出鱼片, 甩去多余腌料。
3. 将鱼放在烤盘上, 烘烤15至20分钟, 或直到鱼肉可轻易用叉子剥开。添加装饰配料, 上桌享用。

CHOP CHOP PUDDING

果仁燕麦布丁



Serving Size | 份量
四四四四



Preparation Time | 准备时间
10 mins | 10分钟



Cook Time | 烹调时间
10 mins | 10分钟

INGREDIENTS

½ cup rolled oats/baby oats
1 cup water
4 medjool dates, deseeded and chopped
2 cloves
½ tsp cardamom powder
½ cup low fat milk
4 tbsp almond, toasted and chopped

INSTRUCTIONS

1. Place oats, water, dates, clove in a saucepan over medium-high heat and bring to boil, stirring regularly to prevent sticking.
2. Turn to low heat, add in cardamom powder and mix well. Remove from heat, and stir in milk.
3. Pour the pudding into serving glasses or bowls, top with chopped almonds.
4. Serve warm immediately, or cover and refrigerate until pudding becomes firm and serve chilled.

材料

½杯燕麦片 / 小燕麦片
1杯水
4个椰枣，去籽切碎
2粒丁香
½茶匙荳蔻粉
½杯低脂牛奶
4汤匙杏仁，烘烤后切碎

做法

1. 将燕麦片、水、椰枣、丁香放入一个平底锅，以中火煮至沸腾，不时搅拌以免黏底。
2. 转小火，加入荳蔻粉并搅拌均匀。从火炉上移开，然后拌入牛奶。
3. 将布丁倒入玻璃杯或碗中，洒上切碎的杏仁。
4. 趁热享用，或盖好放入冰箱冷藏至布丁变硬后享用。

BLUEBERRY KIM JIO BOWL

冰沙碗



Serving Size | 份量
🍽️🍽️



Preparation Time | 准备时间
10-15 mins | 10-15分钟



INGREDIENTS

1 large banana, peeled and frozen
2 cups frozen blueberries
1 cup low-fat yogurt/greek yogurt
¼ cup rolled oats
2 tbsp 100% almond/peanut butter
1 tbsp chia seeds
1 tbsp flax seed
½ tsp cinnamon
Ice cubes (optional)

Choice of toppings: crushed nuts, chia seeds, flax seeds, granola, fresh fruits, dark chocolate, toasted coconut, goji berry, mint leaf etc

Toppings in illustration: toasted almond, blueberries, sliced banana, kiwi, chia seeds, goji berry

INSTRUCTIONS

1. Place the frozen banana, blueberries, yogurt, oats, almond butter, chia seeds, flax seeds, and cinnamon into a high-powered blender.
2. Blend on high 3-5 minutes, scraping down the sides if needed, until smooth and creamy. If needed, add a few ice cubes to keep it frozen.
3. Divide between two bowls and top with your choice of toppings!

材料

1根大香蕉，去皮并冷冻
2杯冷冻蓝莓
1杯低脂酸奶 / 希腊酸奶
¼杯燕麦片
2汤匙100%杏仁酱 / 花生酱
1汤匙奇亚籽
1汤匙亚麻籽
½茶匙肉桂粉
冰块（可选）

配料选择：碎果仁、奇亚籽、亚麻籽、谷麦片、新鲜水果、黑巧克力、椰子脆片、枸杞、薄荷叶等

图片中的配料：烤杏仁、蓝莓、香蕉片、奇异果、奇亚籽、枸杞

做法

1. 将冷冻香蕉、蓝莓、酸奶、燕麦、杏仁酱、奇亚籽、亚麻籽和肉桂放入高速搅拌机中。
2. 高速搅拌3-5分钟，有需要时刮清壁上的混合物，搅拌至光滑细致为止。视需要添加冰块保持冷冻。
3. 平均装入两个碗，并添加您选择的配料！

STYLO DINNER

大厨上菜



Serving Size | 份量
四个小碗



Preparation Time | 准备时间
15 mins | 15分钟



Bake Time | 烹调时间
25-30 mins | 25-30分钟



INGREDIENTS

4 salmon fillet (~100g each fillet)
200g baby potatoes with skin on, scrubbed clean and cut into halves
200g cherry tomatoes
100g asparagus (woody parts removed)
1 large purple onion, cut into chunks
1 large carrot, cut into chunks or sticks
1 tbsp extra light olive oil
2 garlic clove, minced
1½ lemon (1 lemon for juice, ½ lemon sliced for garnishing)
2 tbsp dried italian herbs
¾ tsp salt
Coarse black pepper to taste

INSTRUCTIONS

1. Preheat oven to 180°C. Line baking tray with baking paper.
2. Combine olive oil, minced garlic, lemon juice, dried italian herbs, salt and black pepper.
3. Rub salmon fillet with dressing until evenly coated. Arrange salmon fillet onto baking sheet. Top lemon slices onto salmon fillet.
4. Toss and mix well all the chopped vegetables with dressing until evenly coated. Arrange chopped vegetables onto the baking tray without stacking.
5. Bake for about 25-30 minutes, or until fish flakes easily with a fork, and potatoes are able to poke through and slightly crispy on the edges.

材料

4片三文鱼 (每片约100克)
200克迷你马铃薯, 不去皮, 擦洗干净, 切成两半
200克小番茄
100克芦笋 (去除粗纤维部分)
1个大紫洋葱, 切块
1个大红萝卜, 切块或切条
1汤匙特级淡橄榄油
2瓣蒜头, 切碎
1½粒柠檬
(1粒榨汁, ½粒切片作为装饰)
2汤匙干燥意大利香料
¾茶匙盐
粗黑胡椒粉, 调味用

做法

1. 烤箱预热至180°C。将烘焙纸铺在烤盘底部。
2. 将橄榄油、蒜末、柠檬汁、干燥意大利香料、盐和黑胡椒粉混合。
3. 用调味料涂抹三文鱼, 直到均匀沾满。将三文鱼摆放在烘焙纸上。将柠檬片放在三文鱼上。
4. 将调味料与所有蔬菜块拌匀。将蔬菜块均匀铺在烤盘上, 不要堆迭。
5. 烘烤约25至30分钟, 或直到鱼片可用叉子轻易剥开, 马铃薯可刺穿且边缘略为焦脆。

SHIOK BITES

一口酥



Serving Size | 份量
88888888



Preparation Time | 准备时间
10 mins | 10分钟



Bake Time | 烹调时间
25 mins | 25分钟



INGREDIENTS

1 head cauliflower, cut into bite-sized florets
1 large zucchini, quartered lengthwise
2 large eggs, beaten

GARLIC PARMESAN CRUST

1 cup panko breadcrumbs (50g)
1/3 cup freshly grated parmesan cheese
2 tsp dried italian herbs
2 tsp garlic powder
Salt and freshly ground black pepper, to taste

DIP

4 tbsp low fat yogurt
2 tsp spring onion, chopped

GARNISH

Lemon wedge

INSTRUCTIONS

1. Preheat oven to 220°C. Line baking tray with baking sheet.
2. In a medium bowl, mix all the garlic parmesan crust ingredients.
3. In a separate bowl, whisk eggs.
4. Working in batches, dredge cauliflower in the eggs, then dredge in crust mixture, pressing to coat. Repeat same steps for zucchini.
5. Arrange cauliflower and zucchini onto baking sheet. Bake for 20-30 minutes, or until crispy and golden brown.
6. Serve immediately with yogurt dip.

材料

1粒白菜花，切成一口大小的小菜花
1个夏南瓜，直剖成四等分
2粒大鸡蛋，打成蛋液

蒜味帕玛森芝士脆皮

1杯panko面包屑（50克）
1/3杯现磨帕玛森芝士
2茶匙干燥意大利香料
2茶匙蒜粉
盐和现磨黑胡椒，调味用

沾酱

4汤匙低脂酸奶
2茶匙葱末

装饰

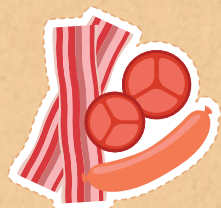
柠檬块

做法

1. 烤箱预热至摄氏220°C。将烘焙纸铺在烤盘底部。
2. 在一个中型碗中混合所有蒜味帕玛森芝士脆皮材料。
3. 在另一个碗中打蛋。
4. 依序将白菜花浸到蛋液里，然后放入脆皮粉料中，按压使表面裹上粉料。重复相同步骤处理夏南瓜。
5. 将白菜花和夏南瓜，放在烘焙纸上。烘烤20-30分钟，或直到表面酥脆呈金黄色。
6. 趁热沾酸奶酱享用。

WHAT FOOD TO **AVOID/LIMIT** FOR CANCER PREVENTION?

预防癌症应避免或少吃什么食物?



PROCESSED MEAT
加工肉制品



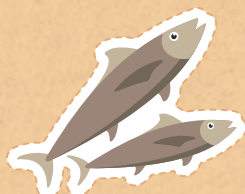
RED MEAT
红肉
(Limit to
<350-500g/week)
(限量于每周不超过
350-500g)



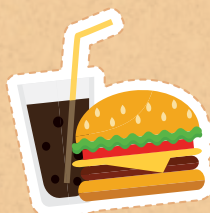
ALCOHOL
酒精



**BBQ/
CHAR-GRILLED FOOD**
炭烧烤



**SALTED FISH &
SALT-PRESERVED
FOOD**
咸鱼和腌制品



**FOOD & DRINKS
HIGH IN STARCHES,
SUGAR, AND FAT**
淀粉、糖和脂肪含
量高的食品和饮料

WHAT FOOD TO **CONSUME MORE** FOR CANCER PREVENTION?

预防癌症应多吃什么食物?



FRUITS
水果
2 servings / day
1天 2份



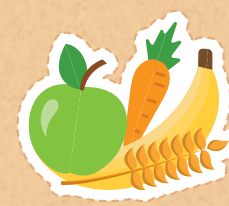
VEGETABLES
蔬菜
2-3 servings / day
1天 2-3份



CALCIUM
钙质
800-1000mg / day
1天 800-1000 毫克



WHOLE GRAINS
全谷类
1-3 servings / day
1天 1-3份



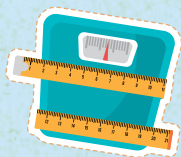
DIETARY FIBRE
膳食纤维
20-26 gram / day
1天 20-26 克



COFFEE/TEA
咖啡/茶
(Less/without sugar)
(无糖/少糖)

TOP 10 RECOMMENDATIONS FOR CANCER PREVENTION

预防癌症的十大建议



- 1** Achieve & maintain a healthy body weight.
(BMI 18.5-22.9)
保持健康的体重 (体重指数BMI 18.5-22.9)



- 2** Be physically active. ≥ 150 minutes/week
积极运动。每周至少150分钟



- 3** Eat a diet rich in whole grains, vegetables,
fruits, and beans.
鼓励多吃全谷类、蔬菜、水果和豆类。



- 4** Limit consumption of “Fast Food” or
ultra-processed foods high in fat, sugars,
and starches.
限量食用富含脂肪、糖和淀粉的“快餐”或
加工食品。



- 5** Limit consumption of red and
processed meat.
限量食用红肉和加工肉制品。



- 6** Limit consumption of sugar
sweetened drinks.
限量饮用含糖或甜饮料。



- 7** Avoid or limit alcohol consumption.
避免或限量饮用酒。



- 8** Do not rely on supplements for
cancer prevention.
不要依赖保健补品来预防癌症。



- 9** Don't smoke.
不要吸烟。



- 10** After a cancer diagnosis, follow the health
recommendations above, if you can.
确诊癌症之后，请尽可能采用以上的健康建议。



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