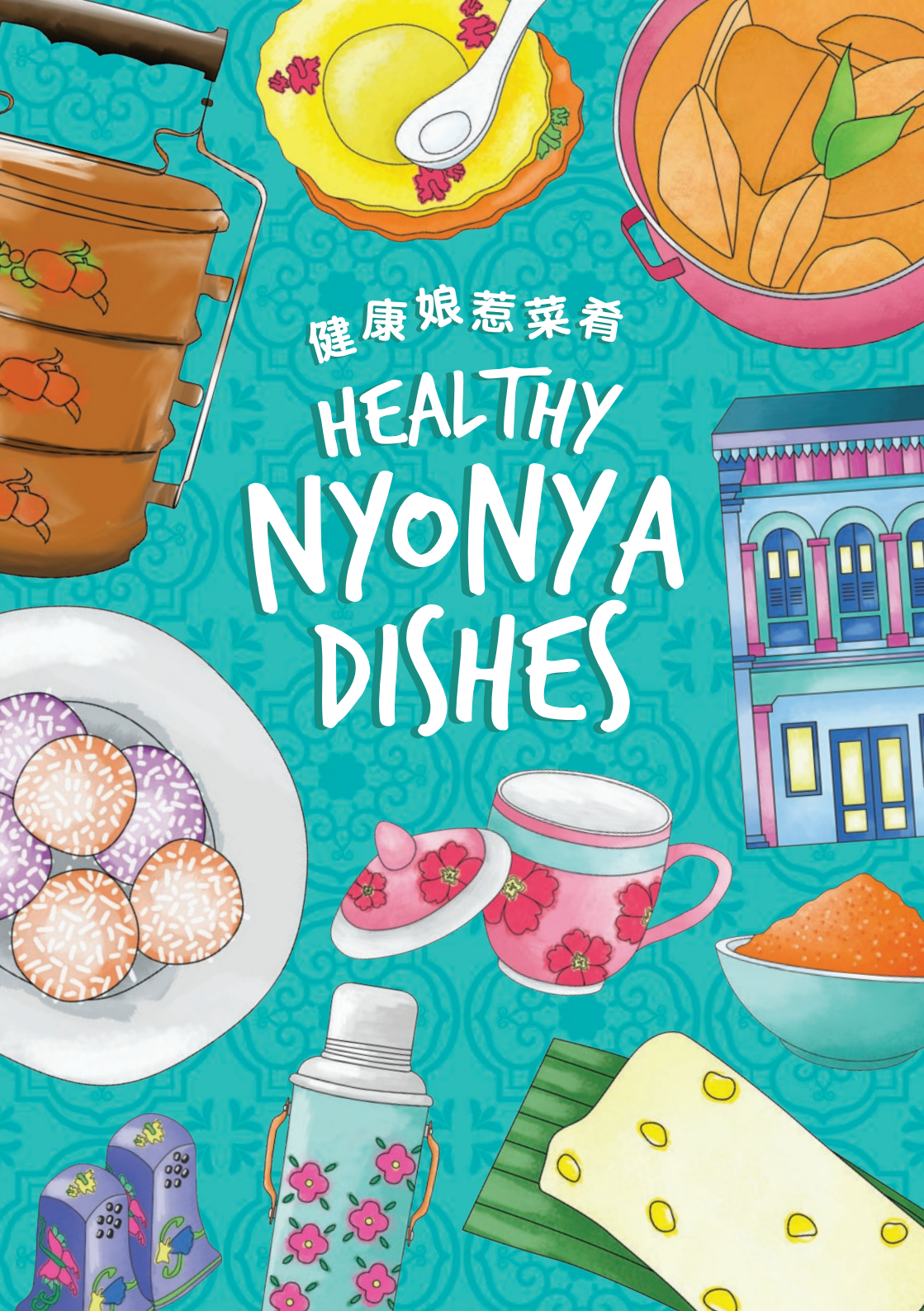




健康娘惹菜肴

HEALTHY NYONYA DISHES



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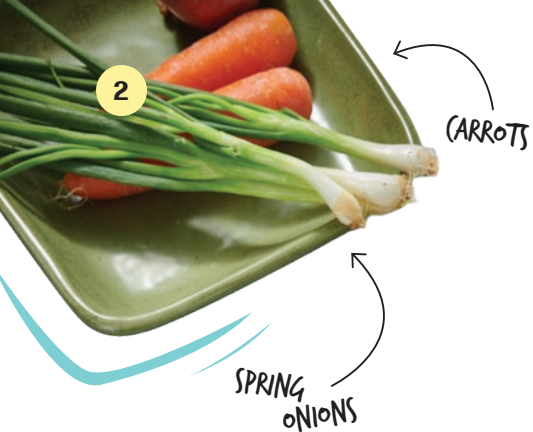
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HEALTHY SUBSTITUTIONS IN
BAKING AND COOKING

烘焙和烹饪中的健康替代品





香烤五香卷

BAKED NGOH HIANG



Prep time 准备时间
45 mins 45分钟



Cook time 烹饪时间
30 mins 30分钟

3



INGREDIENTS

(Yields 6 rolls, Serves 3)

- 1/2 sheet bean curd skin
- 1/4 tsp soybean oil for brushing

Meat filling

- 250g lean chicken breast, minced
- 100g firm tofu, mashed
- 6 water chestnuts, diced finely
- 1 small carrot, diced finely
- 1 bunch spring onions, sliced finely
- 1 small egg, whisked
- 1/4 tsp salt
- 1 tsp ground black pepper
- 1/2 tsp five spice powder



METHOD

- 1 In a bowl, mix all the meat filling ingredients until well combined.
- 2 Place bean curd skin on a flat surface, using a damp cloth, wipe surface of skin repeatedly to remove excess sodium.
- 3 Cut the skin into 8 rectangular pieces.
- 4 Scoop 4 tbsp of the meat filling mixture onto bean curd sheets.
- 5 Roll and fold in the sides.
- 6 Steam rolls in a tray for 10 minutes. Remove and place them on a lined baking tray and lightly brush the rolls with oil.
- 7 Bake for 30 minutes at 180°C until crispy golden brown.
- 8 Allow to cool before cutting each roll into bite sizes and serve.



烹饪材料

(制6条, 3人份)

- 1/2张豆腐皮
- 1/4茶匙黄豆油, 抹油用

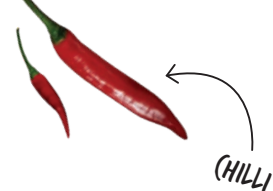
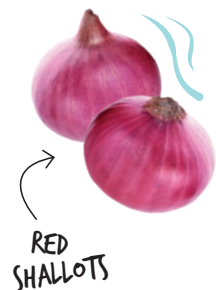
肉馅

- 250克瘦鸡胸肉, 剁碎
- 100克豆腐, 捣碎
- 6颗马蹄, 切丁
- 1条红萝卜(小), 切丁
- 1束青葱, 切碎
- 1粒鸡蛋(小), 打散
- 1/4茶匙盐
- 1茶匙黑胡椒粉
- 1/2茶匙五香料粉



烹调方法

- 1 将所有肉馅食材于碗中搅拌直到完全融合成糊。
- 2 把豆腐皮放在平面上, 用湿布反复擦拭豆腐皮表面以去除多余的钠(盐分)。
- 3 将豆腐皮切成8个长方形块。
- 4 将4汤匙肉馅糊舀到豆腐片上。
- 5 用豆腐皮将肉馅卷起, 将两端折叠封口。
- 6 放入盘中蒸10分钟。取出后放在有衬里的烤盘上, 在五香卷上轻轻抹上油。
- 7 以180°C烘烤30分钟至酥脆金黄色。
- 8 冷却后将每卷切成人嘴大小即可上桌。



NYONYA STEAMED EGGPLANT



娘惹蒸茄子



Prep time 准备时间
10 mins 10分钟



Cook time 烹饪时间
10 mins 10分钟



INGREDIENTS

(Serves 3-4)

- 300g eggplant, cut into 2 inch pieces
- 150g red shallots, peeled and sliced
- 2 tbsp soybean oil
- 3 bird's eye chillies, sliced

Seasonings

- 3 tbsp calamansi lime juice
- 1/2 tbsp low-sodium light soy sauce
- 1/2 tbsp water



烹饪材料

(3-4人份)

- 300克茄子，切成2寸段
- 150克红葱头，去皮切片
- 2汤匙黄豆油
- 3根指天椒，切片

调味料

- 3汤匙酸柑汁
- 1/2汤匙低钠生抽
- 1/2汤匙清水



METHOD

- 1 Steam sliced eggplants for 10 minutes. Remove from heat and transfer to a serving plate and cut in 2 inch sections.
- 2 Heat up oil in a pan and pan-fry sliced shallots until golden and crispy. Drain and keep the shallot oil.
- 3 Mix all seasoning ingredients in a bowl, then pour on top of the steamed eggplants. Scoop 1 tbsp of shallot oil from earlier and garnish with sliced chillies and fried shallots, then serve.



烹调方法

- 1 茄子切片蒸10分钟。从蒸笼取出后，转放盘上，切成2英寸片。
- 2 热锅下油，将青葱片煎至金黄酥脆。沥干保留葱油。
- 3 将所有调味料混合在一个碗中，然后倒在蒸好的茄子上。舀1汤匙前述葱油，饰以辣椒片和炸葱，即可上桌。

ACHAR

CUCUMBER

亚 渣

SESAME SEEDS

CARROTS

CHILLI



Prep time 准备时间
40 mins 40分钟



INGREDIENTS

(Serves 5)

- 300g cucumber – quartered into 1 inch
- 150g cabbage – cut into large pieces
- 50g carrot – peeled and quartered into 1 inch
- 4 slices of pineapple – cut into 1 inch chunks
- 1/2 tbsp salt*
- 3 tbsp soybean oil
- 60g roasted peanuts – grounded
- 3 tbsp white sesame seeds – roasted
- 1/2 tsp salt
- 2 tbsp stevia/lakanto sweetener
- 50ml rice vinegar
- 30ml water

Spice Paste

- 5 shallots
- 5 fresh red chillies
- 1 tsp turmeric powder
- 2 candlenuts (or 5 macadamia nuts)



烹饪材料

(5人份)

- 300克黄瓜 – 分切成1寸长
- 150克白菜 – 切成大片
- 50克红萝卜 – 去皮分切成1寸长
- 4片黄梨 – 切成1寸块
- 1/2汤匙盐*
- 3汤匙黄豆油
- 60克烤花生 – 磨碎
- 3汤匙白芝麻 – 烤香
- 1/2茶匙盐
- 2汤匙甜菊糖 / 罗汉果糖甜味剂
- 50毫升米醋
- 30毫升清水

香料酱

- 5粒小葱
- 5条小红辣椒
- 1茶匙姜黄粉
- 2颗烛仁 (或5颗坚果)



Cook time 烹饪时间
10 mins 10分钟



METHOD

- 1 Mix the vegetables with 1/2 tbsp salt and leave in a colander for 30 minutes to retain the crunchiness of the vegetables. *If you prefer a softer bite, you can skip this step and cut down on sodium intake.
- 2 Blend the ingredients for the spice paste in a food processor until a paste is formed.
- 3 Heat up the oil on a wok on medium heat, add the spice paste and stir-fry until aromatic. Add vinegar and water, bring the mixture to a boil then add 1/2 tsp salt and sweetener.
- 4 Turn off the heat, add all vegetables into the wok and stir well. Lastly, add the ground peanuts and sesame seeds and mix well.
- 5 Transfer to a jar or container and allow to cool before storing in the refrigerator. Allow the achar to rest overnight in the refrigerator for the flavours to develop.
- 6 The achar can be stored for up to 2 weeks in the refrigerator.



烹调方法

- 1 将蔬菜与1/2汤匙盐混合，在滤锅中放置30分钟，以保持蔬菜的脆度。*如果您喜欢吃软一点的，您可以跳过这一步，减少钠的摄入量。
- 2 把香料酱食材放入食品加工器中搅拌，直到形成糊状。
- 3 用中火在锅上加热油，加入香料糊炒香。加入醋和水，将杂酱煮沸，然后加入1/2茶匙盐和甜味剂。
- 4 熄火，将所有蔬菜放入炒锅中搅拌均匀。最后，加入磨碎的花生和芝麻，搅拌均匀。
- 5 将食品挪进罐子或容器中，冷却后再放入冰箱。让亚渣在冰箱中静置一夜，好让食材入味。
- 6 亚渣可以在冰箱中储存长达2周。



GINGER



(HILLI)



TEMPEH RENDANG

豆豉
仁当



Prep time 准备时间
15 mins 15分钟



INGREDIENTS

(Serves 4)

- 450g tempeh, sliced
- 6 garlic cloves
- 4 shallots
- 1 chilli pepper, seeded
- 1 lemongrass stalk
- 2 inches of ginger
- 2 tbsp soybean oil
- 1 cup (250ml) low-fat milk
- 1 cup (225g) tomato paste
- 2 tbsp low-sodium light soy sauce
- 2 tbsp sesame oil
- 1 tbsp turmeric powder



烹饪材料

(4人份)

- 450克豆豉，切片
- 6瓣大蒜
- 4粒葱头
- 1条辣椒，去籽
- 1根柠檬草茎
- 2寸生姜
- 2汤匙黄豆油
- 1杯（250毫升）低脂牛奶
- 1杯（225克）番茄酱
- 2汤匙低钠生抽
- 2汤匙麻油
- 1汤匙姜黄粉



Cook time 烹饪时间
30 mins 30分钟



METHOD

- 1 Bake sliced tempeh pieces in a preheated oven at 180°C for 20 minutes until golden brown and crispy.
- 2 Meanwhile, place the garlic, shallots, chilli pepper, lemongrass and ginger in a food processor and run until you achieve a fine paste.
- 3 Heat a pan with oil and fry the paste over high heat for 2 minutes. Add low-fat milk, tomato paste, low-sodium soy sauce, sesame oil and turmeric powder to the pan, stir and cook over low heat for 10 minutes, stirring frequently. When all liquid is evaporated, add in the crispy tempeh.
- 4 You may serve this with unpolished rice, cucumber slices, hard-boiled egg, baked anchovies and peanuts.



烹调方法

- 1 将豆豉切片放入预热好的烤箱，以180°C烤20分钟至金黄酥脆。
- 2 同时，将大蒜、葱头、辣椒、柠檬草和生姜放入食品加工器中搅拌，直到形成细腻的糊状。
- 3 用油加热平底锅，用大火煎香料糊2分钟。锅中加入低脂牛奶、番茄酱、低钠酱油、麻油和姜黄粉，搅拌均匀，小火煮10分钟，不时搅拌。当所有液体蒸发后，加入脆豆豉。
- 4 可以搭配糙米、黄瓜片、水煮蛋、烤江鱼仔和花生一起上桌。

NYONYA (CHICKEN CURRY)



CURRY
POWDER



(CHILLI)



(CURRY
LEAVES)



娘惹咖喱鸡



Prep time
15 mins

准备时间
15分钟

Marinate time
1-6 hours

腌肉时间
1-6小时



Cook time
35 mins

烹饪时间
35分钟



INGREDIENTS

(Serves 4)

- 1/2 cup nyonya curry powder (Ingredients: coriander, turmeric, chilli, anise, five spice, garlic, cloves, cinnamon, nutmeg, cardamom)
- 8 tbsp water
- 1 sprig of curry leaves
- 2 potatoes, cubed
- 4 small shallots
- 4 garlic cloves
- 4 slices ginger
- 2 tbsp soybean oil
- 1 whole onion, chopped into large chunks
- 1 tsp salt (maximum)
- 350g chicken breast, fats removed, cut into large pieces
- 100ml low-fat milk
- 450ml water



烹饪材料

(4人份)

- 1/2杯娘惹咖喱粉 (成分: 香菜、姜黄、辣椒、八角、五香料、大蒜、丁香、肉桂、肉豆蔻、豆蔻)
- 8汤匙清水
- 1枝咖喱叶
- 2粒马铃薯, 切成方块
- 4粒小葱头
- 4瓣大蒜
- 4片姜
- 2汤匙黄豆油
- 1整颗洋葱, 切成大块
- 1茶匙盐 (最多)
- 350克鸡胸肉, 去脂, 切成大块
- 100毫升低脂牛奶
- 450毫升清水



METHOD

- 1 Mix nyonya curry powder with 8 tbsp water to form a paste.
- 2 Deskin the shallots, garlic and ginger and blend coarsely. Then, add this mixture to the curry paste.
- 3 Add the chicken breast to the mix and coat evenly. Cover and place in the refrigerator 1-2 hours. You can leave it to marinate up to 6 hours.
- 4 When ready to cook, add oil in a pot and stir-fry chopped onions and curry leaves until onions turn light golden brown.
- 5 Add the marinated meat and potatoes, and stir-fry until aromatic. Gradually add in 450ml water and low-fat milk while stirring.
- 6 Bring the curry to a boil, then simmer on low heat for 30 minutes. Add salt to taste (maximum 1 tsp). Serve hot.



烹调方法

- 1 将娘惹咖喱粉与8汤匙水混合成糊状。
- 2 将葱头、大蒜和姜去皮, 并粗糙搅拌。然后, 将此混合物加入咖喱酱中。
- 3 加入鸡胸肉搅拌均匀。盖上盖子放入冰箱1-2小时。您可以让其腌泡长达6小时。
- 4 准备烹调时, 在锅中加油, 将切碎的洋葱和咖喱叶炒至洋葱变成浅金黄色。
- 5 加入腌好的肉和马铃薯, 炒香。边搅拌边逐渐加入450毫升水和低脂牛奶。
- 6 把咖喱煮滚, 然后用小火炖30分钟。加盐调味 (最多1茶匙)。趁热上桌。

ASSAM FISH CURRY WITH VEGETABLES



GINGER



LONG BEAN

LEMONGRASS

BRINJAL

亚参咖喱鱼配蔬菜



Prep time 准备时间
10 mins 10分钟



INGREDIENTS

(Serves 4)

- 40g tamarind paste (assam)
- 500ml water
- 1 tbsp soybean oil
- 4 shallots, peeled and finely chopped
- 4 garlic cloves, finely chopped
- 1 inch of ginger, sliced
- 200g fish curry powder
- 2 sprigs of curry leaves
- 1 stick of lemongrass
- 4 tenggiri fish fillets or any fillet of choice
- 7 lady's fingers, cut to 3 parts
- 100g long bean, cut into 1 inch pieces
- 100g brinjal, halved lengthwise and cut into 1 inch slices
- 2 medium tomatoes, cut into wedges
- Chilli powder to taste



烹饪材料

(4人份)

- 40克罗望子酱 (亚参)
- 500毫升清水
- 1汤匙 黄豆油
- 4个葱头, 去皮并切碎
- 4瓣大蒜, 切碎
- 1寸生姜, 切片
- 200克咖喱鱼粉
- 2枝咖喱叶
- 1根柠檬草
- 4条腾吉里鱼片或任何合意的鱼片
- 7条秋葵, 切成3部分
- 100克长豆, 切成1寸块
- 100克茄子, 纵放切半, 再切成1寸薄片
- 2粒番茄 (中型), 切成楔形
- 辣椒粉调味



Cook time 烹饪时间
25 mins 25分钟



METHOD

- 1 Dissolve tamarind in water then filter the mixture through a sieve and set aside.
- 2 Heat a pot and add oil. Add shallots and ginger, stir fry until aromatic.
- 3 Add garlic, fish curry powder and curry leaves. Stir fry until fragrant, for about 1 minute.
- 4 Add tamarind solution and lemongrass, bring to a boil. Add fish fillets and brinjal and cook for 4 minutes. Then add the remaining vegetables except tomatoes. Allow to simmer for 5-7 minutes.
- 5 Add tomato wedges and cook for another minute before turning off the heat.
- 6 Add chilli powder to taste and serve with basmati rice.



烹调方法

- 1 将罗望子溶解在水中, 然后用筛子滤掉混合的碎末, 搁放一旁。
- 2 热锅, 加入油。加入葱和姜, 翻炒至香味四溢。
- 3 加入大蒜、咖喱鱼粉和咖喱叶。炒至喷香, 约1分钟。
- 4 加入罗望子溶液和柠檬草, 煮沸。加入鱼片和茄子, 煮4分钟。然后加入除番茄外的其余蔬菜。慢火煮5-7分钟。
- 5 加入番茄块再煮一分钟, 然后熄火。
- 6 加入适量辣椒粉调味, 与印度香米一起上桌。



SHIITAKE MUSHROOMS

(HAP (HYE

杂菜



GINGER

PRAWNS



Prep time 准备时间
10 mins 10分钟



INGREDIENTS

(Serves 4)

- 1 tbsp soybean oil
- 2 garlic cloves, sliced
- 1 inch of ginger, sliced
- 12 pieces of prawns, shelled
- 1/2 tsp low-sodium dark soy sauce
- 1/2 tbsp low-sodium oyster sauce
- drizzle of sesame oil
- 1 stalk chinese leek, sliced
- 120g chinese cabbage, sliced
- 7 black fungus, soaked for 20 minutes, sliced (hard part removed)
- 4 shiitake mushrooms
- 50g dried bean curd knots
- 30ml water



烹饪材料

(4人份)

- 1汤匙黄豆油
- 2瓣大蒜，切片
- 1寸生姜，切片
- 12只虾，去壳
- 1/2茶匙低钠老抽
- 1/2汤匙低钠蚝油
- 少量麻油
- 1根韭菜，切片
- 120克大白菜，切片
- 7片黑木耳，浸泡20分钟，切片（去硬部分）
- 4粒香菇
- 50克豆结
- 30毫升清水



Cook time 烹饪时间
10 mins 10分钟



METHOD

- 1 In a heated pan, sauté garlic and ginger with oil.
- 2 Add prawns and fry for 2 minutes.
- 3 Add all the sauces and stir-fry for another minute.
- 4 Lastly, add in all the vegetables, mushroom, bean curd knots and water. Cook for 5 minutes until all the ingredients are cooked through.
- 5 Dish out on a plate, and serve hot.



烹调方法

- 1 在热锅上用油炒大蒜和姜。
- 2 加入虾炒2分钟。
- 3 加入所有酱汁，再炒一分钟。
- 4 最后加入所有蔬菜、香菇、豆结和水。烹煮5分钟，直到所有食材都煮熟。
- 5 上盘端出，趁热上桌。



PENGAT PISANG

BANANA DESSERT

香蕉冻糊



Prep time 准备时间
30 mins 30分钟



Cook time 烹饪时间
30 mins 30分钟



INGREDIENTS

(Serves 2-3)

- 2 medium-sized ripe bananas, sliced
- ¼ cup chia seeds
- 1 cup water for chia seeds + 2 cups of water to boil
- 80ml low-fat coconut milk
- 160ml low-fat milk
- 2 tbsp gula melaka
- 3 pandan (screw pine) leaves tied into knots



METHOD

- 1 Soak chia seeds with 1 cup water for 20-30 minutes.
- 2 Meanwhile, add 2 cups water, coconut milk, gula melaka, and pandan leaves into a pot and cook for 10 minutes or until the liquid starts to simmer, reduce heat to low. Cook for another 15 minutes, and stirring frequently.
- 3 Remove pandan leaves, add sliced bananas, low-fat milk, and chia seed pudding. Cook for a further 3 minutes. Then serve warm.



烹饪材料

(2-3人份)

- 2条熟香蕉（中型），切片
- ¼杯奇亚籽
- 1杯水加入奇亚籽 + 2杯水煮沸
- 80毫升低脂椰奶
- 160毫升低脂牛奶
- 2汤匙椰糖
- 3片班兰叶，打结



烹调方法

- 1 用1杯水浸泡奇亚籽20-30分钟。
- 2 同时，将2杯水、椰奶、椰糖和班兰叶加入锅中，煮10分钟或直到液体开始沸腾，将火调小。再煮15分钟，并不时搅拌。
- 3 把班兰叶捞出，加入香蕉片、低脂牛奶和奇亚籽布丁。再煮3分钟。然后趁热上桌。

SWEET POTATO ONDEH-ONDEH



PURPLE SWEET POTATO



番薯蛋



Prep time 20 mins
准备时间 20分钟



INGREDIENTS

(25 balls, Serves 10)

- 150g orange sweet potato
- 150g purple sweet potato
- 100g glutinous rice flour
- 2 tbsp water
- 50g gula melaka, chopped into small pieces
- 5 tbsp chia seeds
- 100g grated coconut
- 100g ground peanuts



烹饪材料

(制25球, 10人份)

- 150克橙番薯
- 150克紫番薯
- 100克糯米粉
- 2汤匙清水
- 50克椰糖, 切成小块
- 5汤匙奇亚籽
- 100克椰子, 磨碎
- 100克花生, 磨碎



Cook time 30 mins
烹饪时间 30分钟



METHOD

- 1 Peel and steam the purple and orange sweet potatoes separately for 25 minutes or until fork tender.
- 2 Allow sweet potatoes to cool before mashing in two separate bowls.
- 3 Add half the amount of glutinous rice flour into purple sweet potato mash and mix, then 1-2 tbsp of water while kneading with your hands until the consistency resembles play dough. Repeat the same steps with the orange sweet potato mash.
- 4 Take a spoonful of dough and roll into small 1 inch ball. Form a well in the middle and add 1/2 tsp of gula melaka and 1/4 tsp chia seeds. Seal the dough and roll into a smooth ball. Repeat this for the remaining dough.
- 5 Boil a pot of water then cook the balls in batches. When the balls float to the surface, remove and allow to cool down without touching one another.
- 6 After cooling down slightly, roll in the ground peanuts and grated coconuts. Serve warm.



烹调方法

- 1 将紫番薯和橙番薯去皮分别蒸25分钟或直到可用叉子叉起的软度。
- 2 让番薯稍微冷却, 然后分别在两个碗中捣碎。
- 3 将一半的糯米粉加入紫薯泥中拌匀, 然后加入1-2汤匙水, 用手揉成像塑性粘土一样稠度均匀的面团状。对橙薯泥重复相同的步骤。
- 4 取一勺薯泥团, 滚成1英寸的小球。在中间形成一口槽, 加入1/2茶匙椰糖和1/4茶匙奇亚籽。将薯泥团密封并揉成光滑的球形。对剩余的薯泥团重复此操作。
- 5 烧开一锅水, 然后分批煮番薯球。当球浮到水面时, 取出并冷却, 不要相互碰触。
- 6 煮好稍微冷却后, 将磨碎的花生粉和削成丝的椰肉裹进番薯球, 趁热上桌。

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BANANA
LEAVES

CORN HOON KUEH



玉米粉粿



CORN



Prep time 准备时间
10 mins 10分钟



Cook time 烹饪时间
10 mins 10分钟

Chill time 冷冻时间
35-40 mins 35-40分钟

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INGREDIENTS

(Serves 3)

- 23g hoon kueh flour (mung bean / green bean flour) or corn flour
- 50ml water
- 20g low-fat milk
- 30g low-fat coconut milk
- 88ml water
- 16g stevia/lakanto sweetener
- 30g cooked corn kernels
- banana leaves, cut into 15cm x 20cm



METHOD

- 1 Mix hoon kueh flour and water till a smooth mixture form.
- 2 In a pot, heat coconut milk, milk, 88ml water and sweetener till sweetener dissolves. Slowly add the hoon kueh flour mixture, constantly stirring on low heat.
- 3 After the mixture thickens, turn off the heat and remove the pan from the stove. Stir in the corn.
- 4 Scoop 3-4 tbsp of the hoon kueh mixture onto banana leaves or silicon moulds.
- 5 Wrap the leaf into a rectangle pouch and use toothpicks to fasten.
- 6 Allow to chill in the refrigerator for 35-40 minutes until firm, and serve.



烹饪材料

(3人份)

- 23克粉粿粉（绿豆粉）或玉米粉
- 50毫升清水
- 20克低脂牛奶
- 30克低脂椰奶
- 88毫升清水
- 16克汤匙甜菊糖 / 罗汉果糖甜味剂
- 30克熟玉米粒
- 香蕉叶，切成15cm x 20cm



烹调方法

- 1 将粉粿粉和水混合成平滑糊状。
- 2 在锅中加热椰奶、牛奶、88毫升水和甜味剂直至甜味剂溶解。慢慢加入粉粿糊，在低温下不断搅拌。
- 3 粉糊变稠后，关火，将锅从炉子上移开，拌入熟玉米粒。
- 4 舀3-4汤匙的粉泥到香蕉叶上或硅胶模具里。
- 5 用叶子把粉泥包成一个长方形的袋状，用牙签固定。
- 6 放入冰箱冷藏35-40分钟直至粉泥变韧，即可上桌。

HEALTHY SUBSTITUTIONS IN BAKING AND COOKING



烘焙和烹饪中的健康替代品



Did you know that you can substitute common ingredients with healthier alternatives while retaining its flavour?

您知道吗，您可以用更健康的替代品代替普通食材，同时保持其风味？



SALT

Here are some ways you can add flavour to your dish without salt:

- Use herbs and spices such as parsley leaves or turmeric powder to season your dish.
- Switching to fruit juices and zests. Citrus juices such as lime and lemon juice could be great alternatives for additional flavours.
- Using onions, garlic or leek to enhance dish flavours.



盐

以下是一些可以在不加盐的情况下为菜肴增添风味的方法：

- 使用香草和香料（如欧芹叶或姜黄粉）为菜肴调味。
- 改用果汁和果酱。酸橙汁和柠檬汁等柑橘汁可能是增加风味的绝佳替代品。
- 使用洋葱、大蒜或韭菜来增强菜肴的风味。



SUGAR

Sugar is widely used in cooking and baking, but here are some substitutes you could try without compromising the taste:

- Try alternative sweeteners such as stevia and monkfruit which contains zero calories.
- Instead of cream, try swapping for matcha or cocoa powder.
- Dried fruits such as raisins and dates which can sweeten your desserts.
- Try using vegetables to make small snacks such as sweet potato fries or zucchini brownies.



糖

糖被广泛用于烹饪和烘焙，但您可以尝试以下一些替代品，而不会影响味道：

- 尝试替代甜味剂，如甜叶菊和罗汉果，它们的卡路里含量为零。
- 尝试用抹茶或可可粉代替奶油。
- 葡萄干和枣等干果，可以使您的甜点增加甜意。
- 尝试用蔬菜制作小点心，如番薯薯条或西葫芦布朗尼。



FATS

These are some alternatives without using fats such as cream and butter:

- Use fruit puree such as banana puree instead of butter when making cookies.
- Switch your cream for mashed beans as a thickener when making soups.
- Greek yoghurt would be a suitable substitute for cream with similar consistency.
- Instead of chips or ice cream for snacks, switch it up for nuts or yoghurt.



FOR ADDITIONAL NUTRIENTS

Here are some ways you can add more nutrients to your food:

- Adding nuts and seeds to your smoothie bowl.
- Adding more protein such as tofu or fatty omega-3 fish to your meals.



脂肪

这是一些不须用奶油和牛油等脂肪的替代品：

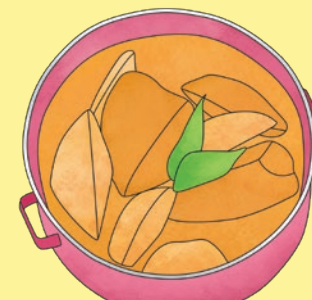
- 制作饼干时使用香蕉泥等水果泥代替牛油。
- 煮汤料时，将奶油换成豆泥作为增稠剂。
- 希腊酸奶的稠度类似于奶油，是合适的替代品。
- 可以坚果或酸奶代替薯条或冰淇淋作为零食。



补充营养

以下是一些可以为食物添加更多养份的方法：

- 在您的冰沙中加入坚果和种子。
- 在您的日常饮食中添加更多蛋白质，例如豆腐或富含omega-3的鱼。





FOR DIETARY FIBRE

Having enough dietary fibre is important. It can promote gut health and lower blood cholesterol. The following are some tips of increasing your intake of dietary fibre:

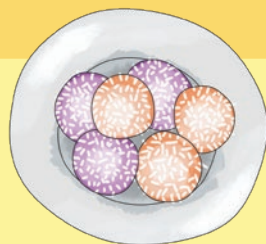
- Having more beans, lentils and legumes.
- Eating more whole fruits and vegetables. Whole fruits and vegetables would have more nutrients than juices.
- Include oats and wholegrains. Choose wholegrain products such as wholegrain wraps or pastas.



对于食用纤维

摄取足够的食用纤维很重要。它可以促进肠道健康并降低血液中的胆固醇。以下是增加食用纤维摄入量的一些小提示：

- 多吃豆类、扁豆和长豆类。
- 多吃完整的水果和蔬菜。整个水果和蔬菜比果汁含有更多的营养。
- 增加摄取燕麦和全麦。选择全麦产品，如全麦卷饼或意大利面。





365 Cancer Prevention Society

📍 1 Commonwealth Lane,
One Commonwealth Building, #03-10
Singapore 149544

☎ 6337 3368

✉ enquiry@365cps.org.sg

📘 www.facebook.com/365cps

📷 www.instagram.com/365cancerpreventionsociety

🌐 www.365cps.org.sg