

# 耆幼健康 飲食秘笈

Gramps' Healthy  
Diet Guidebook





As to elevate the health and slow down the physical degeneration of the elderly group in Hsinchu city, we set up the first Community Nutrition Promotion Center in North District Health Center, providing nutrition-related consultation with the goals of Better-eating, Enough-eating, Right-eating and Clever-eating.

## *We Take Care of Your Nutrition Intake ; Together We Live Healthy & Happy Days*

As the general healthcare conditions got better in recent years, Taiwan has entered a new era with an aging population. The elderly people are facing issues with chewing, swallowing and digestion. Since nutrition is one of the foundations of good health, Hsinchu City established Community Nutrition Promotion Centers to provide even better care to the senior population. Starting in August 2018, our North District Health Center expanded kitchen facilities, nutrition clinics and presentation rooms in the Community Nutrition Promotion Center. Targeting at seniors in our city, the professional dietitians and promotion teams are providing nutrition-related consultation, with the goals of My Plate, Better-eating, Enough-eating, Right-eating and Clever-eating. To fulfill missions of Local-aging, Energetic-aging, and Healthy-aging, we intend to make our society an age-friendly one.

We take care of your nutrition intake. Community Nutrition Promotion Center will be your good friend in the neighborhood, taking up the responsibility of sharing fundamental knowledge on nutrition to everyone. We hope to support a culture on healthy diets for the elderly, because healthy grandparents mean happy families in our cities. The promotion received positive feedback from communities and the elderly group. This year we proposed grants from central government to add a Community Nutrition Promotion Sub-Center at Xiangshan Health Center to strengthen our abilities for better services. We also invited professional dietitians to stay regularly at East District Health Center for: 1) Nutrition clinics: evaluation, consultation and individual lessons for the elderly; 2) Group workshops; 3) Training for community nutrition promotion dietitians; and 4) Assistance on preparing healthy diets for caterers in the community.

To promote better knowledge and execution on healthy and balanced diets, this year we decided to host a healthy diet contest “Gray Hair + New Diet: the Age of Healthy Gourmet” and invited caterers, dietitians and local elderly people to demonstrate how to prepare healthy, flavorful and age-friendly dishes for grandpas and grandmas.

To draw more attention on healthy diets for the elderly, we put together the featured recipes and also tips from professional dietitians in this Chinese-English bilingual pamphlet. It is our hope to share this information with more communities and caregivers to guard the health of our seniors together with knowledge on balanced nutrition.



Hsinchu City Community Nutrition Promotion Center

# Winning List of the Cuisine Contest for the Elderly

## Secret Health Recipes: Social Division

| Award                 | Participating Unit  |
|-----------------------|---|
| Gold                  | East District<br>Keyuan Community Development Association   |
| Silver                | East District<br>Haishan Community Development Association  |
| Bronze                | North District<br>Jinzhu Community Development Association  |
| Featured Flavor Prize | North District<br>Xinmin Community Development Association<br><br>Xiangshan District<br>Dongxiang Community Development Association<br><br>East District<br>Ligong Community Development Association  |
| Memorable Dish Prize  | North District<br>Minfu Community Development Association<br><br>Xiangshan District<br>Huzaishan Community Development Association<br><br>East District<br>Gongyuan Community Development Association<br><br>Xiangshan District<br>Xiangcun Community Development Association |

## Secret Health Recipes: Professional Division

| Award              | Participating Unit  |
|--------------------|---|
| Gold               | Children Are Us Foundation Bakery Restaurant (Hsinchu City) |
| Silver             | Miracle Green House   |
| Bronze             | Four Gentleman Health Foods                                 |
| Total Flavor Prize | Green Kitchen<br>House of Fish Japanese Eatery              |

Let us enjoy the grand revealing of these secret recipes



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## Secret Health Recipes

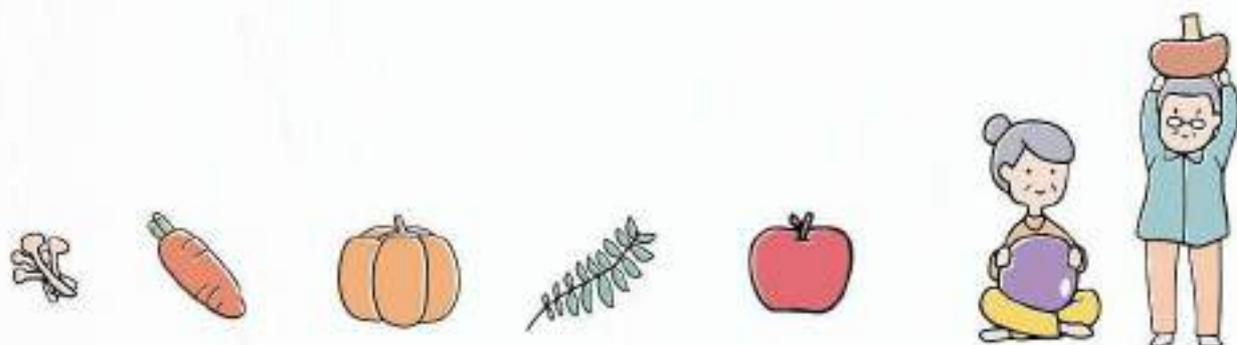
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**Social Division**



East District Keyuan Community Development Association

## Pandora's Box of Healthy Foods



### A Turmeric potato brown rice

white rice 40g  
brown rice 20g  
sweet potato 5dices

### B Ginger Bean mushroom

beech mushroom 10g  
snow white  
mushroom 15g  
abalone mushroom 7g  
mushroom 25g  
lady finger 10g  
wolf berry less

### C Vegetables roll

pho roll half piece  
Apple 3strip  
alfalfa sprout 1box  
asparagus 2root  
carrot 2strip

### D Salmon

cucumber 6strip  
perilla leaf 4leaf  
salmon 4piece

### E Lost porcupine

kiwi / grape / tomato  
Total 170g

### F Nuts

pecan, cashew  
pistachio Total 15g

### G Roselle yogurt

yogurt 280ml  
roselle 2lower

### H Seasoning

Turmeric powder  
Sesame sauce  
lemon/ginger shred  
vegetarian oyster oil  
sugar / camellia oil

## Production process

### (A) Turmeric potato brown rice

1. Wash and steam potato.
2. Immerse brown rice, add white rice and turmeric powder. Cook it. Dressing on the steamed potato.

### (B) Ginger Bean mushroom

1. Wash all the mushrooms and lady finger, and remove the water.
2. Fry ginger shred, add in mushrooms and stir-fry.
3. Flavor by the oyster oil and sugar, fry with medium and small fire, add in pieces lady finger and wolf-berry stir-fry.

### (C) Vegetables roll

1. Wash and remove the skin of carrot. Cut in strip and steam with asparagus.
2. Put all the ingredients and topped the sesame sauce. Roll it and done.

### (D) Salmon

1. Wash and fry the salmon.
2. Take the salmon out. Squeeze lemon juice, add cucumber strip. Wrap it with perilla leaf and fix it with toothpick.

### (E) Lost porcupine

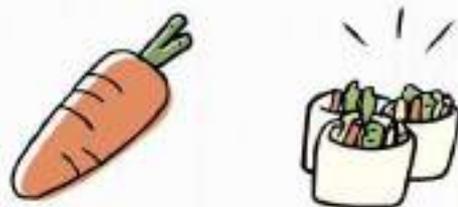
Peel the kiwi. Combine the grape and cherry tomato by using toothpicks as a porcupine shape. Finally use the seeds of watermelon as the eyes.

### (F) Nuts

Dressing nuts on plate.

### (G) Roselle yogurt

Pour some yogurt and dressing with 2 pieces of roselle flower.



## Team Intro or Cuisine Idea

We are a team of volunteers from Keyuan Community Development Association in the East District of Hsinchu City. Based on our past experiences, our elderly people cannot eat too much, and they know it is unhealthy to eat something too salty, too sweet, or too greasy. Therefore, we are here to help.





East District Haishan Community Development Association

## Love with Sea and Mountain



### A Turmeric Quinoa-rice

white rice 50g  
red Quinoa 20g

### B Asparagus shrimp

asparagus 55g  
shrimp 2piece

### C Vegetables

Red yellow green  
chili 50g  
lily 20g  
mushroom 10g

### D Three colour egg

egg 3units  
century egg 1unit  
salted egg 1unit

### E Nuts

walnut / cashew  
pine nuts / almond  
Total 20g

### F Fruits

pineapple 200g

### G Milk

milk 300ml

### H Seasoning

salt  
ginger shred  
rice wine  
garlic  
soy sauce  
Turmeric  
powder  
potato starch

## Production process

### (A) Turmeric Quinoa rice

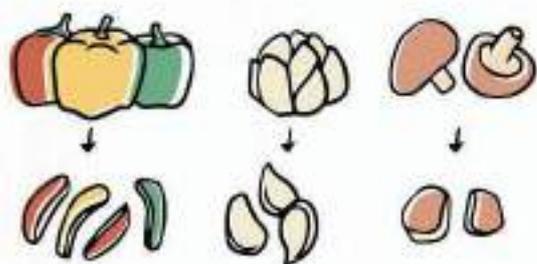
Rinse white rice and red Quinoa, add in turmeric powder. Mix all together and cook it with the rice cooker.

### (B) Asparagus shrimp

Cut asparagus in segment and fry with garlic. Add in the shrimp, stir-fry and done.

### (C) Vegetables

1. Cut in suitable size and cook red yellow green chilli, lily, mushroom with boiled water.
2. Fry the garlic. add all ingredients above and stir-fry.



### (D) Three colour egg

1. Cut century and salted egg into dices. Separate egg yolk and egg white prepare to use.
2. Mix egg white, century and salted egg. Steam 15 min, make sure that egg white solidify, pour the egg yolk evenly on the surface.
3. Wait all well done and cut it cube.

### (E) Nuts

Dressing the nuts on plate.

### (F) Fruits

Cut pineapple slice.

### (G) Milk

Pour milk in glass.



## Team Intro or Cuisine Idea

"Love with Sea and Mountain" originated from the literal meaning of Haishan Community Development Association. Since we have sea and mountain in the title, we took fresh shrimp from the sea and colorful bell peppers from the mountain. Without extra seasoning, we hope our senior enjoy this healthy, tasty and balanced cuisine package.





North District Jinzhu Community Development Association

## Healthy Diet for Silver Hair



### A Grain Rice

grain rice 10g  
white rice 40g  
sweet potato 65g

### D Gold salad

lady finger 65g  
egg plant 55g  
baby corn 20g

### G Almond milk pudding

almond 30g  
milk 240ml

### B Meet ball

grand pork 120g  
Chinese  
cabbage 50g  
spring onion 3g

### E All kind of nuts

walnut / almond  
macadamia  
cashew  
Total 40g

### H Seasoning

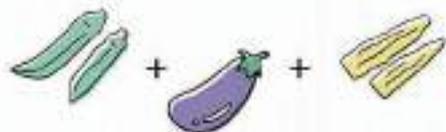
rice wine / sugar  
soy sauce  
potato starch  
salt / gelatin

### C Seafood tofu

tofu 120g  
salmon 30g  
shrimp 15g  
spring onion 5g

### F All kind of fruits

banana  
dragon fruit  
Total 150g



## Production process

### (A) Grain Rice

1. Immerse the grain rice.
2. Wash and peel the skin of the potatoes. Cut small cubes.
3. Rinse the rice. Add in the grain rice and potatoes into rice cooker. Add in suitable ratio of water and cook.

### (B) Meet ball

1. Add less potato starch in ground pork and mix well. Rub it become a ball.
2. Add Chinese cabbage, meat ball, soy sauce in pot and cook it.
3. Dressing with some onion shred.

### (C) Seafood tofu

1. Steam the salmon and tofu after cut to small piece with a bowl.
2. After steam replace to plate and put on the shrimp and spring onion.

### (D) Cold salad

Cut and cook the vegetable.

### (E) All kind of nuts

Dressing the nuts on plate.

### (F) All kind of fruits

Cut the fruit.

### (G) Almond milk pudding

1. Heat the milk with sugar until sugar melt.
2. Add almond powder and gelatin, stir until fusion.
3. Pour in cup and refrigeration for 2-3hour.



## Team Intro or Cuisine Idea

Jinzhu Community Development Association is a big family, and we definitely care about the diet of our senior people. With this understanding, we participated in this cuisine contest to present flavorful and healthy dishes and hoped that our spirit and recipe will prevail.





North District Xinmin Community Development Association

## Flavorful & Nutritious with Love



### A Grain rice

grain rice 10g  
white rice 40g

### D Fried tofu

frozen tofu 65g  
carrot 8g  
parsley 0.5g

### G All kind of nuts

cashew / walnut  
pumpkin seed  
Total 20g

### J Seasoning

soy sauce  
crystal sugar  
black sugar  
garlic  
sugar cane  
ginger  
star anise  
red onion  
rice wine

### B Braised pork

pork 65g

### E Pumpkin with sweet potato leaves

pumpkin 80g  
sweet potato leaves 75g  
white sesame 0.1g

### H All kind of fruits

pineapple  
watermelon  
grape  
Total 100g

### C fried anchovy

egg 25g  
anchovy 20g  
spring onion 1g

### F Three colour vegetable

bottle gourd 90g  
fungus 10g  
carrot 2g

### I Fresh milk

milk 240ml



## Production process

### (A) Grain Rice

1. Immerse the grain rice.
2. Steam the grain rice and white rice together.

### (B) Braised pork

1. Fried the black sugar, crystal sugar and star anise until spiced, add pork soy sauce and rice wine.
2. Add the sugar cane continue fried, let it cook until the meat become soft.

### (C) fried anchovy

1. Fried the egg.
2. Fried the garlic and add the anchovy and fried egg, add some spring onion and flavor it.

### (D) Fried tofu

1. Fried carrot and tofu.
2. Add parsley after the carrot become soft.

### (E) Pumpkin with sweet potato leaves

1. Steam the pumpkin.
2. Fried the sweet potato leaves with garlic and ginger, place beside the steam pumpkin.

### (E) Three colour vegetable

1. Shred the bottle gourd, fungus and carrot after wash.
2. Fried with garlic and ginger.

### (G) All kind of nuts

Put the nuts on plate.

### (H) All kind of fruits

Cut the fruit and put on plate.

### (I) Fresh milk

A cup of milk.



## Team Intro or Cuisine Idea

It is the Mayor's policy to encourage our seniors to step out, but it is also important to recruit volunteers to help! With our Village Leader decorating the community center, our Representative providing the equipment, and the chef, and the team: We are here for the elderly generation. As we often get together to dine and chat, and share home-grown fruit and vegetables, we are a happy big family.





Xiangshan District Dongxiang Community Development Association

## Dongxiang Energy Pack



### A Grain rice with sweet potato

grain rice 20g  
white rice 40g  
sweet potato 2~3pieces

### B Tofu with shrimp

shrimp 10g  
tofu 75g  
carrot 5g  
lady finger 10g

### C Cucumber with meat

cucumber 60g  
ground pork 20g  
egg 10g  
mushroom 1flower  
wolf Berry 10dices  
spring onion 1tea spoon  
green soy bean 5g

### D Four colour vegetable

green pepper 20g  
yellow pepper 30g  
white oyster  
mushroom 25g

### E Assorted fruits

grape / kiwi  
watermelon  
mango / guava  
Total 100g

### F All kind of nuts

walnut / cashew  
pumpkin seed  
Total 1tea spoon

### G Fresh milk

milk 240ml

### H Seasoning

salt  
soy sauce  
garlic  
ginger  
cooking oil  
rice wine

## Production process

### (A) Grain rice with sweet potato

1. Immerse the grain rice.
2. Steam the grain rice, white rice and sweet potato together.

### (B) Tofu with shrimp

1. Washed the shrimp, one chop of spring onion white, one slide of ginger, a little rice wine.
2. boil the water add the shrimp, spring onion, ginger and white wine.
3. Takeoff the shell of shrimp, place on the tofu, get some sauce, lady finger and carrot.

### (C) Cucumber with meat

1. Cucumber cut half, takeout the seed.
2. Mix the grand, egg, salt, soy sauce and spring onion, put inside the cucumber, steam with mushroom, wolf Berry and green soy bean.

### (D) Four colour vegetable

1. Shred the green pepper, red pepper and yellow pepper.
2. Fried all the ingredient with garlic, add some water to cook until soft.

### (E) Assorted fruits

Place the fruit on plate.

### (F) All kind of nuts

Put the nuts on plate.

### (G) Fresh milk

A cup of milk.



## Team Intro or Cuisine Idea

We are a courageous and creative cuisine team from Dongxiang Community. We named our cuisine "Dongxiang Energy Pack". We took fresh materials and cooked with simple steps. Low fat, low sodium and low sugar are our basic principles. Nutritious, tender, and delicious are the features of our creative package. This is healthy and beneficial to grandpas and grandmas. Hope you will like it!





East District Ligong Community Development Association  
**Dining at Ligong**



**A** Brown rice

white rice 40g  
 brown rice 20g

**B** Steam fish

fish 70g  
 spring onion 2g

**C** Fried pumpkin

pumpkin 75g  
 ground pork 3g

**D** Fried mushroom

mushroom 45g  
 fungus 7g  
 pork slice 3g

**E** Chinese mustard

Chinese mustard  
 100g

**F** Nuts

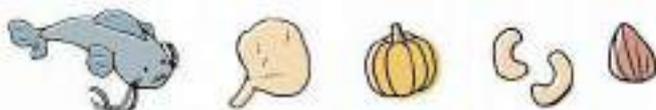
cashew / almond  
 2tea spoon

**G** Milk

milk 240ml

**H** Seasoning

salt  
 rice wine  
 ginger mince  
 vegetarian  
 oyster oil  
 bean sauce  
 garlic mince  
 sebastian  
 plum cordia



## Production process

### (A) Brown rice

1. Immerse the brown rice.
2. Steam the rice.

### (B) Steam fish

1. Immerse the fish with rice wine and salt, add some spring onion.
2. Steam for 15 min.

### (C) Fried pumpkin

1. Takeout the seed of pumpkin and steam it.
2. Fried the ground pork with garlic, ginger and steamed pumpkin, flavored by oyster oil and soy bean.



### (D) Fried mushroom

1. Cut the ingredient to strip.
2. Fry a spoon of minced garlic, add in ingredients above and stir-fry, flavor with oyster oil and salt.

### (E) Chinese mustard

1. Cook the mustard with boiled water.
2. Add some oil to the mustard and some salt. Fry again.

### (F) Nuts

Dressing a spoon of cashew and almond.

### (G) Milk

A cup of milk.



## Team Intro or Cuisine Idea

We are from Ligong Community Development Association in the East District of Hsinchu City. The central kitchen in our community center provides delivery services to elderly residents. We hope to prepare healthier foods to our gramps.





North District Minfu Community Development Association

## Minfu Energetic Baseball Meal No.1



### A) shrimp grain rice

rice 40g  
grain rice 20g  
shrimp 0.2g

### D) Meat ball

pork 50g  
mushroom 3g  
Chinese mustard 45g  
spring onion 1g

### G) Fruit

papaya 120g

### B) pacific saury

pacific saury 103g  
Basil 8g

### E) Vegetables

cabbage 40g  
pea sprout 30g  
pepper 38g  
fungus 42g

### H) Milk

milk powder 50g

### C) Fried egg with fish

egg 60g  
fish 2g  
spring onion 1g

### F) Nuts with Turnip Cake

almond / cashew  
pecan / Hawaii nut  
Total 17g  
turnip cake 45g

### I) Seasoning

vegetarian oil / salt  
soy sauce / sugar  
potato starch / vinegar  
Vegetarian mushroom  
oyster oil / Turmeric  
powder / garlic

## Production process

### (A) shrimp grain rice

1. Immerse the rices.
2. Fry the shrimp with vegetable oil, and bake it in oven.
3. Cook the rice with suitable ratio of water, take out some rice and mix with fried shrimp.

### (B) pacific saury

1. Pickle the pacific saury with vinegar. Steam for 15 min.
2. Fry the saury. Dressing the plate with basil and place the saury on the basil.

### (C) Fried egg with fish

Fry the fish and onion. Beat the egg and add into the pan and fry.



### (D) Meat ball

Chop the pork into minced, add potato starch, oyster oil, diced onion, and rub them become a small ball. Dressing on plate and some sesame oil.

### (E) Vegetables

Fry the five types of vegetable with vegetable oil. Add some turmeric powder and stir-fry a while.

### (F) Nuts with Turnip Cake

### (G) Fruit

papaya.

### (H) Milk

Prepare a cup of milk with powder.

## Team Intro or Cuisine Idea

We are from Ligong Community Development Association in the East District of Hsinchu City. The central kitchen in our community center provides delivery services to elderly residents. We hope to prepare healthier foods to our gramps.





Xiangshan District Huzaishan Community Development Association

## Tiger Comes with Wind



### A Pumpkin rice

white rice 60g  
pumpkin 45g

### C Cold Salad cucumber

cucumber 80g  
pepper 15g  
chili 0.5g

### F Fruit

java-apple  
guava  
Apple  
Total 100g

### B Five vegetables with garlic

broccoli 90g  
carrot 20g  
pork slice 45g  
shrimp 65g  
mushroom 5g  
sea cucumber 5g

### D sweet potato leaves

sweet potato  
leaves 80g  
onion oil 0.5g

### G Milk

milk 200ml

### E Nuts

cashew  
pumpkin seed  
Total 20g

### H Seasoning

salad oil / salt / sugar  
white rice vinegar  
rice wine / garlic

## Production process

### (A) Pumpkin rice

1. Wash pumpkin and cut into small cubes.
2. Rinse the rice 2-3 times quickly. Immerse it 10-15mins.
3. Add the pumpkin to the rice and cook.

### (B) Five vegetables with garlic

1. Blanch the broccoli, carrot, pork slice, shrimp and sea cucumber.
2. Fried the mushroom slice with garlic.
3. Add other ingredient and flavor.

### (C) Cold Salad cucumber

1. Cut the both side of cucumber, smashed it.
2. Chili cut slice.
3. Flavor by all vinegar, salt, sugar, garlic and chili.

### (D) sweet potato leaves

1. Blanch the sweet potato leaves with boil water that add rice wine and salt.
2. Mix with red onion oil.

### (E) Nuts

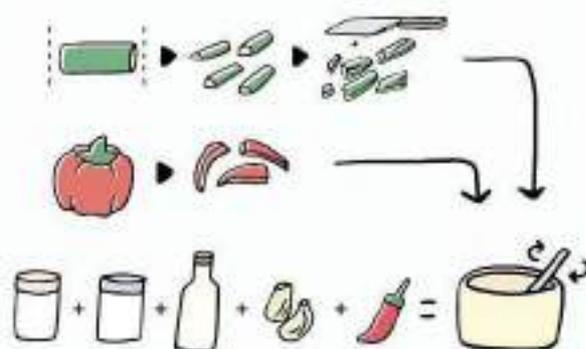
Fried and flavor the nuts.

### (F) Fruit

Cut the fruit.

### (G) Milk

A cup of milk.



## Team Intro or Cuisine Idea

Since 1996, we have been trying to create innovative dishes to serve the elderly residents in our community. The life in our community may be ordinary, but together we tried to make it happy and fun. Step by step, we live as a big family in Huzaishan and share fresh organic veggies with the neighborhood. Our ultimate goal is to help out each other with love, patience, and healthy diet. The senior population in our community worked really hard to achieve that goal.





East District Gongyuan Community Development Association

## Successful Life with a Fortune



### A Rice

white rice 60g

### D Steam egg

egg 60g  
mushroom 2g

### G Fruit

Apple / kiwi  
Total 65g

### B Bitter ground with pork

bitter ground 65g  
grand pork 50g  
celery 2g

### E Three vegetable

broccoli 75g  
mushroom 13g  
carrot 10g

### H Milk

milk 240ml

### C Steam fish

fish 75g  
spring onion 2g  
carrot 1g

### F Nuts

cashew / walnut  
Total 10g

### I Seasoning

salt / soy sauce  
rice wine  
garlic mince  
ginger mince

## Production process

### (A) Rice

Steam the rice.

### (B) Bitter ground with pork

Bitter ground cut small circle, mix the grand pork, soy sauce and celery, put in the bitter ground and steam.

### (C) Steam fish

Wash the fish, add some salt, soy sauce, minced ginger garlic and rice wine to remove the unpleasant smell, steam it 20 min, dressing with scallions and carrot shred.

### (D) Steam egg

1 egg with some salt, sauce, water and slided mushroom. Mix them and steam 10 mins.



### (E) Three vegetable

Wash broccoli, carrot and mushroom. Add some oil in pan, add all the ingredients and water stir-fry.

### (F) Nuts

One spoon of all types non-flavor of nuts, baked in oven with 150 degree celcius for 5 mins.

### (G) Fruit

Peel the kiwi and apple. Cut into slices and dress on plate.

### (H) Milk

A cup of milk.



## Team Intro or Cuisine Idea

Our association has our own kitchen, and the chefs are volunteers from the senior guards. Volunteers in our community shop in the markets, select proper materials, process and prepare the cuisines for elderly residents. The major goal is to prepare tender, flavorful, nutritious and balanced meals to promote healthy lifestyles.





Xiangshan District Xiangcun Community Development Association



## Healthy Grains Pack

### A Grain rice

grain rice 60g  
sweet potato 45g  
cucumber 1strip

### C Vegetables

oyster mushroom  
105g  
broccoli 40g  
sweet bean 20g

### F Fruits Treasure

dragon fruit / kiwi  
Apple / mango  
grape / tomato  
Total 165g

### B Double fish pork

fish 110g  
pork 65g  
carrot 20g  
Chinese mustard  
40g  
cucumber 1strip

### D Tofu

tofu 1piece

### G Grain milk

milk 240ml  
grain less

### E Nuts with Chinese yam

Chinese yam 100g  
nuts 10g  
egg 55g  
sweet pepper 1 unit

### H Seasoning

oyster oil / salad  
salt / Ginger  
pepper powder  
Japanese sauce  
blueberry jam  
bonito flake



## Production process

### (A) Grain rice

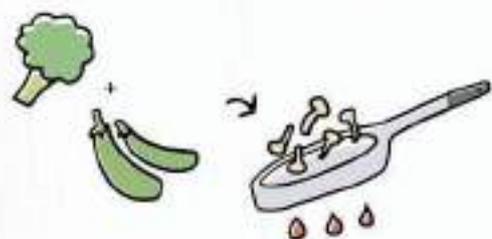
1. Immerse the grain rice for 3 hour and steam with sweet potato.
2. Steamed rice put in a bowl and decoration by cucumber.

### (B) Double fish pork

1. Fried the fish and add some Ginger and salt.
2. Blanch the pork and cucumber, roll the pork by cucumber slide.

### (C) Vegetables

1. Blanch the broccoli and sweet bean.
2. Fried the oyster mushroom, add blanched broccoli and sweet bean.



### (D) Tofu

1. Add some water in the flour, tofu cut to cube and batter.
2. Deep-fry the tofu become golden-yellow, dressing by bonito flake.

### (E) Nuts with Chinese yam

1. Stir the egg and steam with sweet pepper.
2. Chinese yam cut small size, add some nuts and blueberry jam.

### (F) Fruits Treasure

Cut all the fruit and put inside the yellow pepper.

### (G) Grain milk

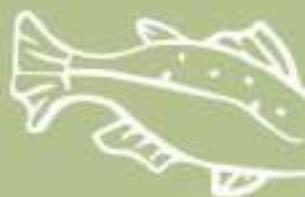
Mix the grain with milk.



## Team Intro or Cuisine Idea

We took traditional rice recipes along with local produce to match the theme of healthy diets. Our cuisine is chewable, digestible, healthy and full of visual/aromatic/tasty pleasure. With the goal of benefiting the health and life quality of our elderly residents, we hope to invite the whole families in the community to enjoy healthy and happy dining with us.









Children Are Us Foundation Bakery Restaurant (Hsinchu City)

## Silvery Life



### A carrot cake

carrot 80g  
mushroom 2g  
dried shrimp 3g  
rice 20g  
potato starch 10g

### B Japanese flavor yam

Chinese yam 35g

### C Cabbage roll

cabbage 40g  
fish paste 5g  
squid paste 5g  
asparagus 10g  
carrot 10g  
purple Chinese yam 10g

### D Sour tomato

tomato 40g

### E Thai fish roll

Dolly fish 35g  
lemon 8g  
garlic 3g  
chili 3g  
parsley 2g

### F Curry tofu

tofu 40g  
yellow pepper 10g  
red pepper 10g  
cucumber 10g

### G burdock soup

burdock 50g  
grand pork 35g  
Ginger 3g  
golden mushroom 30g

### H osmanthus jelly

dry osmanthus 1g  
plum 3g  
gelatin 5g

### I sesame milk

milk 240ml  
sesame 15g

### J Seasoning

Chinese cedar  
salt  
black pepper  
powder  
Japanese  
vinegar  
perilla paste  
miso  
fish sauce  
miso  
Curry cube  
brown sugar



## Production process

### (A) carrot cake

1. Shred the carrot and cook. Cut the mushroom and dry shrimp to mince. bland the rice.
2. Add potato starch , salt, pepper and Chinese cedar in the bland rice.
3. Mix the rice and blanched carrot, steam 30min.

### (B) Japanese flavor yam

1. Shred and blanch the Chinese yam.
2. Add Japanese vinegar.

### (C) Cabbage roll

1. Blanch the Chinese yam, carrot and asparagus.
2. Blanch the cabbage.
3. mix the fish paste, squid paste, salt, pepper and rice wine.
4. Roll all the ingredients in cabbage and steam.
5. Cabbage roll cook with miso sauce.

### (D) Sour tomato

1. Blanch the tomato and takeoff the skin.
2. Perilla make it paste.
3. Mix Perilla juice, Perilla paste and sugar .
4. Immerse the tomato in the Perilla paste.

### (E) Thai fish roll

1. Garlic, chili, parsley cut to mince add lemon juice, fish sauce and miso.
2. Dolly fish cut slice and roll, add Thai sauce , steam 8min.

### (F) Curry tofu

1. deep-fry the tofu cube.
2. Sweet potato and cucumber cut small piece.
3. Cook the Curry cube, soup, tofu, add the sweet pepper and cucumber.

### (G) burdock soup

1. Cut the Ginger, burdock and golden mushroom
2. Mix the ground pork , soy sauce and pepper + make it steak
3. Boil water, add steak, pork ribs, golden mushroom and Ginger, blend some golden mushroom add inside the soup.

### (H) osmanthus jelly

Cook the dry osmanthus, sugar and gelatin for 30min.

### (I) sesame milk

Mix the milk with sesame.

## Team Intro or Cuisine Idea

Children Are Us Foundation was founded by a group of parents whose children have intellectual development disorders. Some of our kids with Down's syndrome begin to look mature in their 40s. Facing the issues of the kids growing old with their parents, our foundation realized this could be an immediate social problem. So our team redesigned 760 calories My Plates with tender foods, with the hope to resolve the issues within an aging society.





Miracle Green House

## A Little Happiness in Hand



### A Stewed rice

rice 60g  
quinoa less  
white broccoli 40g  
broccoli 40g  
oyster mushroom  
65g  
King oyster  
mushroom 120g  
red pepper 30g  
soy milk 800ml  
pine nut less

### B Japanese yam tofu

tofu 100g  
Japanese yam 100g  
oakleaf  
lettuce less  
white sesame less  
cucumber 7g

### C Lucky bag

yam 80g  
corn 80g  
yam bean 80g  
fungus 80g  
Apple 80g  
celery 80g  
cabbage 1piece  
water snowflake 1Strip

### D Plain vegetarian cold salad lady finger

lady finger 50g  
tomato 40g  
oyster mushroom 10g

### E Soya pumpkin soup

pumpkin 100g  
carrot 20g  
potato 30g  
soy milk 300ml

### F Nuts

cashew  
hawaii bean  
walnut  
Total 25g

### G Oat milk

oat 5g  
soy milk  
250ml

### H Tri colour fruits

papaya 100g  
kiwi 50g  
grape 50g  
lemon 2pieces  
Basil  
1Small flower

### I Seasoning

rock salt  
Basil  
mushroom  
powder  
white pepper  
powder  
red yeast paste  
miso / sugar  
plain meat  
vegetarian  
oyster oil

## Production process

### (A) Stewed rice

1. Steam the rice with quinoa, blanch white broccoli and broccoli
2. Fried the oyster mushroom, King oyster mushroom, and red pepper, add rice and broccoli
3. Add some soy milk and continue cooking, flavor it.

### (B) Japanese yam tofu

1. Fried the tofu and Chinese yam.
2. Cut the cucumber slice.
3. Add the red yeast paste, miso, sesame.

### (C) Lucky bag

1. Cut the yam, yam bean, oyster mushroom, fungus, Apple, celery to small cube
2. Blanch cabbage and water snowflake
3. Fried step(1) and flavor.
4. Step(3) roll in the cabbage.

### (D) Plain vegetarian cold salad lady finger

1. Blanch the lady finger.
2. Fried the oyster mushroom, tomato and vegetarian meat, put on the lady finger.

### (E) Soya pumpkin soup

Bland the pumpkin, carrot, potato and soy milk after fried by olive oil.

### (F) Nuts

Plating the nuts.

### (G) Oat milk

Bland the soy milk, cashew, and oat.

### (H) Tri colour fruits

Cut the fruit, dressing by lemon and Basil.



## Team Intro or Cuisine Idea

In response to the concepts of vegetarian, eco-friendly and world-saving, the cuisine in our restaurant are vegan, very well-designed and providing visual and palatal enjoyment. We use local organic rice, fruit and vegetable for healthy, eco-friendly, and tasty vegan cuisine. And we are proud to say our package is one of the best options for the elderly.





## Four Gentleman Health Foods

## Gentleman's Health Box

**A** Grain Rice

grain rice 30g  
white rice 30g  
white sesame less

**D** Fried double mushroom

mushroom 1flower  
oyster mushroom  
60g

**G** Milk

milk 300ml

**B** Chicken Ceder

chicken Brest 80g  
Chinese ceder 30g  
pumpkin paste 30g  
carrot 15g

**E** Nuts

cashew / almond  
Total 25g

**H** Seasoning

oyster oil  
sea salt / sugar  
olive oil  
sesame oil  
garlic mince

**C** Summer Fresh Cold Salad

egg plate 100g

**F** Fruit

graph / banana  
Total 85g



## Production process

### (A) Grain Rice

1. Immerse the grain rice.
2. Steam the rice.

### (B) Chicken Ceder

1. Low degree cook chicken.
2. Bland the Chinese cedar with olive oil and salt.
3. Bland steamed pumpkin and add some salt.
4. Wobble plate.

### (C) Summer Fresh Cold Salad

Mix the garlic, oyster oil, sugar and water, pour on the steamed egg plant.

### (D) Fried double mushroom

Fried the mushroom

### (E) Nuts

Put the nuts on plate.

### (F) Fruit

Cut the fruit.

### (G) Milk

A cup of milk.



## Team Intro or Cuisine Idea

We are a group of caterers aiming at presenting healthy lifestyle in our cuisine. Realizing the chronic harms that came with chemicals and preservatives, we intentionally applied steaming, boiling, mixing and low-smoke styles of cooking in our kitchen. Seasoning with only natural ingredients and targeting at nutritious cuisine for the elderly, we hope to challenge the stereotype that plain foods only mean less delicious ones.





Green Kitchen

## Five-Grains Healthy Diet



### A Grain Rice

grain rice 20g  
white rice 50g

### D Colourful double plate

pork 65g  
drumstick 70g

### G Fresh milk

milk 240ml

### B Fried egg

carrot 100g  
egg 1unit

### E Gold kiwi

kiwi 1unit

### H Seasoning

salt / sugar  
vegetarian  
oyster oil  
garlic mince

### C Fried amaranth

amaranth 80g  
anchovy 10g

### F Non-flavor nuts

cashew 8g  
pumpkin seed 4g

## Production process

### (A) Grain Rice

1. Immerse the grain rice.
2. Steam the rice.

### (B) Fried egg

Fried the carrot with garlic, and add the egg continue fried.

### (C) Fried amaranth

Blanch the amaranth, mix with the anchovy that fried with garlic.

### (D) Colourful double plate

1. Roll the drumstick flavored by rice wine, garlic and salt, fried it after steam.
2. Fried the pork by Ginger, add oyster oil and soy sauce, cook until meat soft.

### (E) Gold kiwi

Cut the kiwi.

### (F) Non-flavor nuts

Put the nuts on plate.

### (G) Fresh milk

240ml of milk.



## Team Intro or Cuisine Idea

Cooking with low sodium, low fat, and low sugar, our healthy cuisine is featured for high fiber and its balance. We adopt fresh pork, chicken and in-season vegetables, and process with zero frying, zero chemicals and zero MSG. The goal is to make the original taste of the foods presentable, and to keep the neat natural flavors of the ingredients.





House of Fish Japanese Eatery

## Healthy Foods for Gramps from the Sea and the Mountain

**A** Grain Rice

white rice 40g  
grain rice 20g

**C** fried chicken with mushroom

chicken breast 35g  
oyster mushroom 20g  
colour pepper 15g  
Chinese yam 10g  
fungus 5g  
asparagus 5g  
baby corn 5g  
green bean noodle 5g  
spring onion 5g  
yellow chives 5g

**E** All kind of nuts

walnut  
almond  
cashew  
pumpkin seed  
pistachio  
Total 13g

**G** Fresh milk

milk 240ml

**B** double egg with shrimp

egg 70g  
shrimp egg 5g  
shrimp 30g  
cucumber 5g

**D** sweet potato leaves with cheese

sweet potato leaves 85g  
wolf Berry 2g  
cheese cube 5g

**F** All kind of fruits

tomato  
orange / kiwi  
blueberry  
guava / graph  
Total 190g

**H** Seasoning

salt  
sugar  
oil  
potato starch  
miso  
rice wine

## Production process

### (A) Grain Rice

1. Immerse the rice.
2. Steam the rice.
3. Add some seaweed powder on the rice.

### (B) double egg with shrimp

1. Fried the omelette.
2. Take off the shell of shrimp after cook, cucumber cut slice.
3. Shrimp egg, shrimp and cucumber put on the top of omelette.

### (C) fried chicken with mushroom

1. Flavor the chicken.
2. Fried the chicken with vegetable.

### (D) sweet potato leaves with cheese

Blanch the sweet potato leaves  
add some olive oil, dressing by wolf  
Berry, orange and cheese cube.

### (E) All kind of nuts

Put the nuts on plate.

### (F) All kind of fruits

Cut the fruit.

### (G) Fresh milk

A cup of milk.



## Team Intro or Cuisine Idea

House of Fish Japanese Eatery was set up in 1998 to provide safe and healthy foods. We use local veggies and fruits from eco-friendly farms and design low fat, low sodium and low sugar dishes for the elderly people with degenerating chewing and tasting capabilities. Our goal is to simply make better, enough and healthy foods.







# Dietitian Division



Hsinchu Mackay Memorial Hospital Dietitian(s): Liling Ke, Peiyu Qiu, Youling Lin

## Colorful & Energetic Pack

### A Sesame rice

brown rice 55g  
white rice 25g  
black sesame 2g

### D Chinese amaranth

chinese amaranth 95g  
garlic Proper quantity

### G Sesame yogurt

yogurt 210g  
sesame sauce 7g

### B Tooth fish with ginkgo nuts

tooth-fish 70g  
ginkgo nuts  
Proper Quantity

### E Cabbage

cabbage 85g  
carrot 15g

### C Egg plant with ground pork

ground pork 20g  
egg plant 70g  
basil 3g

### F Fruits

kiwi 60g  
grape 65g



## Production process

### (A) Sesame rice

Immerse the rice for 2~3hours, after you rinse the rice, then steam the rice with the ratio of rice and water 1 : 1.2, last sprinkle with sesame.

### (B) Tooth fish with ginkgo nuts

Spread the ginkgo and brush the sauce on the fish, steam 20minute.

### (C) Egg plant with ground pork

Fried the ground pork. Fried the eggplant after cut to pieces, cooking with ground pork and basil. Flavor it with some salt and sauce, stir-fry again for a few second.

### (D) Chinese amaranth

Hot the pan with oil then fried the garlic until fragrant. Add in Chinese amaranth stir-fry and flavor the dishes.

### (E) Cabbage

Hot the pan with oil. Add cabbage and carrot into the pan and fried it.

### (F) Fruits

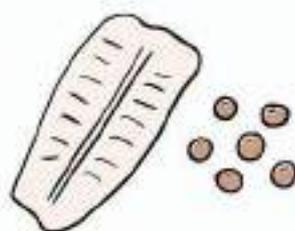
### (G) Sesame yogurt

Stir the sesame sauce with yogurt evenly.

## Cuisine Idea

In an aging society, many elderly people have bad appetite due to difficulties with chewing or digestion, and thus the aging group may have some nutrition issues. We try to add colors to the plates for better appetite, and choose soft and tender foods to help on digestion and some dental problems as well.

With fiber-rich brown rice and various kinds of veggies and fruits, we take fish and yogurt for protein and dairy, and add nuts to brown rice as well as yogurt. Therefore, all the 6 groups of nutrition intake are embedded in this diet. And our elderly people will be eating right and eating clever for full energy recharge.





Hsinchu Cathay General Hospital Dietitian: Guanjing Lai

## Onion Chicken Pack

### A Stewed chicken with onion

onion 50g  
chopped drumstick 120g  
shred garlic 5g  
shred carrot 10g  
soy sauce 1spoon

### B Mushroom fried egg

gold mushroom 50g  
egg 1  
salt 1g

### C Baked cauliflower

cauliflower 100g  
cheese 15g

### D Pumpkin milk

pumpkin 40g  
milk 120ml

### E Healthy rice

grain rice 60g

### F Fruits plate

dragon fruit 40g  
guava 50g  
apple 40g

### G Chinese jujube and walnut

walnut 1unit  
Chinese jujube 1unit  
almond 3unit



## Production process

### (A) Stewed chicken with onion

1. Chop the drumstick into piece. Immerse in hot water to clean away the blood water and astringency.
2. Cut the onion into shred and spread it on the bottom of the plate. Add the chopped drumstick, onion and carrot onto it. Put the plate on the middle of the electronic pot and add some water by the side of the plate. Steamed.

### (B) Mushroom fried egg

1. Cut gold mushroom into small pieces, boil it with water about 10 minutes above. The water is prepared to use.
2. Whisk the egg and add the gold mushroom boiled water. Use the pan to fry the egg into omelet and roll it.

### (C) Baked cauliflower

Wash and cut the cauliflower into

small pieces. Boiled it with hot water. Take out the cauliflower. Spread the cheese onto it. Put into the oven and bake it 10 min.

### (D) Pumpkin milk

Cut the pumpkin into cubes. Steamed it and allow to cool. After that add half glasses of milk. Blended it with the blender.

### (E) Healthy rice

Rinse the grain rice and immerse into water 1 hours. Add in 1.2-1.5 times water into it. Cooked.

### (F) Fruits plate

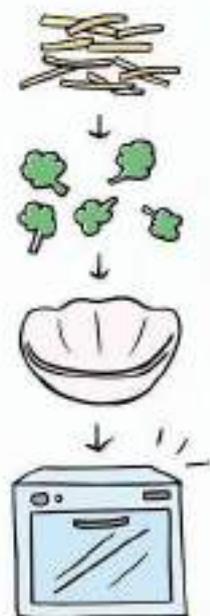
Wash the fruits cut into small cube. Dressing up on the plate.

### (G) Chinese jujube and walnut

Cut the Chinese jujube and clip it with walnut. Dressing with almond.

## Cuisine Idea

Generally the elderly group enjoy juicy, tasty, colorful and warm dishes with dressing. Making chicken stew with onion brings up the juiciness and sweetness of the foods, and replaces seasoning with natural ingredients. And the dressing won't contain too much sodium. Onion juice has rich sulfide and anticancer phytochemical. We put in flammulina for its dissolvable fiber feature and added its juice to egg solution, and used cheese on broccoli for better taste and calcium intake. The colorful fruit plate comes with mouthful pieces, and pumpkin is added to the milk for better flavor and nutrition.





Hsinchu Armed Force Hospital Dietitian(s): Zhiling Huang, Weiren Lin, Fongxun Zhang

## Blossoming Flowers

### A Cantonese Fried Turnip Cake

turnip cake  
3pieces  
oil 2spoon

### B Chinese Mustard

Chinesemustard  
(small) 5roots

### C Eggplant

eggplant  
1Sesame  
oil 1spoon

### D Baked tomato

sliced cheese 1pieces  
tomato 1unit  
ground pork 5g  
onion 3g

### E Sweetfish Honeydew

sweet-fish 1fish  
bonito flake Proper quantity  
plum 1unit  
sauce 20ml  
miso 20ml  
rice wine 30ml

### F Lucky bag

egg 1unit  
flour a little  
chives 1root

### G Fruit salad

dragon fruit 1/4 unit  
pear 1/4unit  
mango 1/4unit  
apple 1/4unit  
raisin 6unit  
alfalfa sprout 60g  
nut 2spoon  
yogurt 20g

### H Sesame milk

milk 360ml  
sesame powder  
2spoon

## Production process

### (A) Cantonese Fried Turnip Cake

Fried the turnip cake with low temperature about 2 minutes.

### (B) Chinese Mustard

Boil the water and add oil then add in Chinese mustard to cook. Take it out, cut into pieces add flavor it by the sauce.

### (C) Eggplant

Boil the water and add oil then cut the eggplant into slice, add it into the boiled water to cook. Take it out and flavor it with sauce.

### (D) Baked tomato

Empty the tomato, fry with grand pork and onion stuff in to tomato, spread the cheese by 10~15min with 180 degree.

### (E) Sweetfish Honeydew

Sprinkle some salt on the fish bake until gold and fried with ginger slide, flavor it and add water boil it for half hour, add some sweet boil for 3 hour until fish bone become soft, can add some water when it become dry.

### (F) Lucky bag

Flavor the egg and some flour and water, fried into slice wrap anything and truss up by the chive.

### (G) Fruit salad

Cut the fruit into cube and mix with yogurt and all ingredient.

### (H) Sesame milk

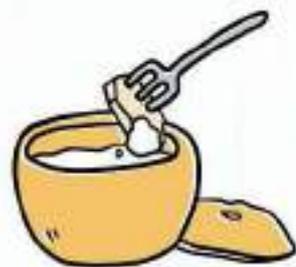
Add two spoon sesame powder into the milk.

## Cuisine Idea

Other than the decoration, these dishes are the top-rated ones from our nursing home department for monthly birthday celebration parties. Targeting at the senior population, we choose fish and egg as the main dish to avoid potential muscle disease.

And we put together a variety of colorful vegetables in the salad for the intake of multiple phytochemical.

We added sesame powder to the milk for better fragrance and calcium intake. Sesame powder can lower down the cholesterol level and the oxidization time of low-density lipoprotein.





National Taiwan University Hospital Hsinchu Branch Dietitian(s): Ziyu Chen, Yuting Zheng

## Smart Eating and No Worries

### A Rice with vegetable

white rice 150g  
red buckwheat 5g  
Chinese mustard 35g

### B Sweet-sour tofu ball

grand pork 60g  
tofu 35g  
tomato 40g  
pineapple 10g  
basil 3g

### C Fried salmon with miso sauce

salmon 55g  
egg white 25g  
flour 10g  
miso 15g  
beech mushroom 15g  
komatsuna 20g  
wolf berry 1.5g

### D Japanese flavo ramaranth

amaranth 100g  
pine nuts 5g  
onion 25g  
Bonito flakes 0.5g  
Japanese soy 10ml

### E Beetroot soup

beetroot 20g  
white fungus 15g  
lady finger 10g

### F Nuts yogurt

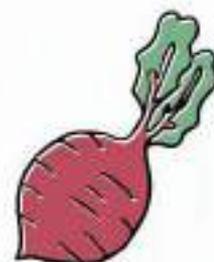
almond 3g  
walnut 2g  
sesame 2.5g  
raspberry 3unit  
yogurt 75g

### G Health tea

corn tea 1unit  
hawthorn 5g  
chrysanthemum 1g

### H Fruit plate

mango 50g  
cherry 60g



## Production process

### (A) Rice with vegetable

wash and chop the Chinese mustard, fried and add into the steam rice, flavor it.

### (B) Sweet-sour tofu ball

Mix the tofu with grand pork, pinch into ball and steam, tomato and pineapple cut small cube and fried it, put in the meatball and flavor .

### (C) Fried salmon with miso sauce

Blender the steamed salmon, mix with egg white and flour, fried to gold . blend the cooked komatsuna, boil the blender sauce and flavor it, fried the beech mushroom, wobble it.

### (D) Japanese flavor amaranth

Chop the amaranth and fried with onion slice, dressing by Bonito flakes, soy sauce and fried pine nuts.

### (E) Beetroot soup

Cut the ingredient to small piece, boil it and flavor.

### (F) Nuts yogurt

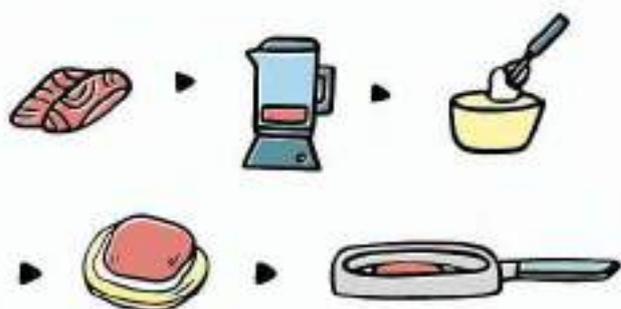
Blend the nuts and add with yogurt.

### (G) Health tea

Put the ingredient into hot water.

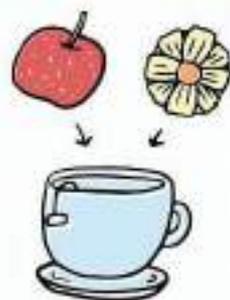
### (H) Fruit plate

Cut the fruit and plating.



## Cuisine Idea

In an aging society, the nutrition issue of our elderly people is gaining more attention. With the slogan to "Eat Well and Eat Smart" , we also care about the diversity of our dish selections. This time we choose the combination of foods that fit in the needs of gramps from nutrition concerns. With several different ingredients and processing methods, we tried to make the dishes more tasty, easy to bite, and focused on the balance of flavors and visually appealing colors for better appetite.





Community Nutrition Promotion Center Supportive Dietitian: Jialing Fan

## Happiness with Plain Foods

### A Pumpkin quinoa brown rice

pumpkin 20g  
quinoa 1tea spoon  
brown rice 30g  
white rice 30g

### B Mushroom baked salmon

salmon 70g  
abalone mushroom 40g  
nuts 1tea spoon  
salt proper quantity  
black pepper  
proper quantity  
Italy seasoning  
proper quantity

### C Mediterranean ratatouille

water bamboo 50g  
onion 30g  
colourful pepper 30g  
asparagus 30g  
lettuce 20g  
garlic 2clove  
olive oil 2teaspoon  
Bay lead 1/3piece  
salt proper quantity  
wine proper quantity

### D Fruit plate

Apple 1/2 unit  
cherry 4 unit

### E Milk

milk 240ml



## Production process

### (A) Pumpkin quinoa brown rice

Mix all ingredient and steam.

### (B) Mushroom baked salmon

abalone mushroom bake with flavored salmon, 200 degree 20min, dressing with nuts.

### (C) Mediterranean ratatouille

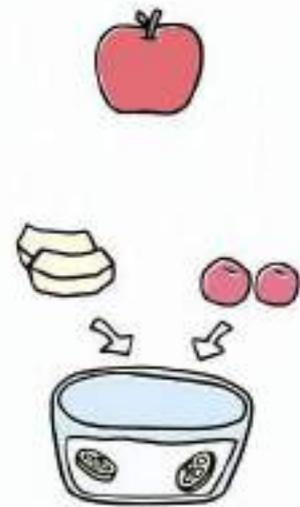
cut all the ingredient to small piece, fried the garlic and onion, add water and all ingredient cooking for 5min.

### (D) Fruit plate

Cut the fruit.

### (E) Milk

240ml milk.



## Cuisine Idea

Multiple grains with other ingredients to elevate nutrition, taste, and color levels for better appetite. Multiple kinds and colors of veggies and fruits for better intake of phytochemical.

I took elements from Mediterranean foods with the combination of fish stew for the elderly people with dental issues. The intake of fish oil is beneficial to our health too.

Following the principles from "My Plate" and designing easy processes to prepare for the dishes, all the meals will be homemade-friendly and very balanced.





Community Nutrition Promotion Center Supportive Dietitian: Meijing Liu

## Fun and Pleasure Doubled

### A Grain rice

barley / oat  
rice bean  
brown rice  
red lentils  
buckwheat  
glutinous rice  
red beans  
green beans  
Chinese yam  
Oat meal  
red wheat  
Total 150g

### B Baked salmon with cheese

salmon 40g  
cheese 35g

### C Taiwanese Tofu Cold Salad

tofu 140g  
spring onion 1g  
garlic 1g  
chili 1g

### D Sponge gourd Chinese Wolfberry

sponge gourd 170g  
Chinese Wolfberry 2g  
ginger shred 5g

### E Sushi

seaweed 1.3g  
cucumber 30g  
corn 30g  
cheese salmon 5g  
mayonnaise 5g

### F Fruit

watermelon 180g

### G Nuts

walnut 10g

## Production process

### (A) Grain rice

Wash the Grain rice and steam.

### (B) Baked salmon with cheese

Crush the fried salmon, make it round and spread the cheese. Bake 12 min.

### (C) Taiwanese Tofu Cold Salad

Cut tofu into cubes. Wash and cut garlic, chili, onion into small pieces, add in diluted soy sauce on the tofu.

### (D) Sponge gourd Chinese Wolfberry

1. Remove the skin of the sponge gourd and cut into cubes. Wash the Wolfberry. Cut the ginger into shred.
2. Hot the pan and fry the sponge gourd and rice wine. when the water boiled, add in wolfberry, stew it 1-2 min.
3. Before serve it out add some salt and mix with ginger shred.

### (E) Sushi

1. Wash and cut the cucumber into small pieces the remove the water.
2. Place the seaweed on the bottom of the plate, add on grain rice, dressing pieces of cucumber, corn and cheese salmon with mayonnaise.

### (F) Fruit

Remove the watermelon's skin and dressing it on the plate.

### (G) Nuts

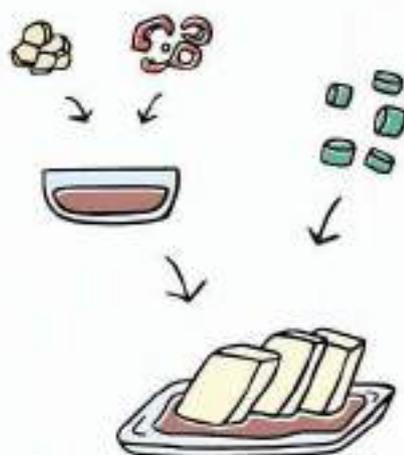
Use a clean spoon or fork to crush the nuts, Dressing on plate.

## Cuisine Idea

Eating is crucial to our life. If eating is boring, we will have no desire for that, and there will be serious consequences to our health. So "Fun, Pleasure and Expectation" guides my design.

We are providing an interesting combination of two styles of cuisine: Chinese and Japanese. The innovative Grilled Salmon with Cheese has two parts: one with diced cucumber, corn and mayonnaise for sweet and fresh taste; the other is cut into pizza slice shapes with soybean sauce dressing from the Chinese style tofu. Cashew is processed into crumbs to add to multi-grain rice for better fragrance and nutrition.

6 Groups: 4 Main Dish, 2 Veggie, 2 Bean/ Fish/Egg/Meat, 1 Dairy and 1 Nut.





Community Nutrition Promotion Center Supportive Dietitian: Minghua Qi

## Colorful Life

### A Sweet potato rice

white rice 40g  
sweet potato 15g  
brown rice 5g

### B Ground pork egg

ground pork 35g  
egg half  
mushroom 5g  
wine 2ml  
soy sauce 5ml  
garlic 2g  
tapioca 0.5g

### C Rosemary nugget

nugget 40g  
soy sauce 10ml  
rosemary powder 1g  
wine 2ml  
sugar 5g

### D Kimchi

cabbage 85g  
carrot 15g  
chili 2g  
vinegar 5ml  
sugar 5g  
salt 20g  
sesame oil 2ml

### E Edible gynura

edible gynura 100g  
oil 5ml  
garlic 8g

### F Fruit

passion fruit 1grain

### G Sesame milk

milk 35g  
black sesame 5g

## Production process

### (A) Sweet potato rice

1. Wash the potato add cut into small pieces. Prepare it to use.
2. Rinse white rice and brown rice, add in water and potato to the rice cooker to cook.

### (B) Ground pork egg

1. Immerse the mushroom add cut into small cube. Prepare to use.
2. Ground pork, mushroom, rice wine,soy sauce(replace salt to decrease sodium), minced garlic, tapioca. Mix all the ingredients and pickled.
3. Steam the pickled ground pork and mushroom 20mins.
4. Beat the egg and pour it to the steam pot, place the ground pork then steam 5 min again.

### (C) Rosemary nugget

1. Nugget, rice wine, soy sauce, minced garlic,sugar,rosemary powder, Mix all the ingredients and pickled for 1 hrs.

2. Bake the pickled nugget in oven 30 min.

### (D) Kimchi

1. cabbage cut to small piece after wash.
2. carrot and chili cut slice.
3. mix the cabbage, carrot and chili, add some salt and wait for 30min.
4. take off the water of vegetable, flavor it and wait for 2hour.

### (E) Edible gynura

1. edible gynura cut to slide after washing.
2. fried the edible gynura with garlic and flavor

### (F) Fruit

cut the passion fruit.

### (G) Sesame milk

mix the milk and sesame powder.

## Cuisine Idea

For our elderly people to eat healthy, we choose easily-prepared ingredients, and colorful and fiber-rich ones. We cook with low-fat, low-sodium methods so the recipe will be easier for our elderly for better motivation to cook by themselves. It is our hope to see our seniors cook their own tasty and colorful dishes without too much difficulty. As they can prepare milk drinks with nuts, they can eat balanced and nutritious diets. Eat well, and eat smart, with milk and fruits, and approximately 700 Kcals with our plate(s).





Community Nutrition Promotion Center Dietitian: Shuyi Lin

## Tasty and Memorable

### A Mushroom lion (Taiwanese)

#### Vegetarian ball with soy sauce

tofu 80g  
diced cucumber 20g  
Diced carrot 30g

#### Mushroom Chicken

nugget 40g  
mushroom 1unit

#### Seasoning(sour)

ketchup 3big spoon  
lemon 1/4unit  
sugar 2big spoon  
flour 1big spoon  
plain water  
2small spoon

### B Frankincense

egg plant 100g

#### Seasoning sauce

mayonnaise  
3big spoon  
soy sauce 1/4 spoon  
miso 1small spoon  
sugar 1small spoon

### C Three Vegetable

broccoli 50g  
colourful pepper 50g  
mushroom 25g  
Ginger, garlic a little

### D Potato brown rice

brown rice 60g  
sweet potato cube 28g

### E Beauty grape

grape 105g

### F Sesame milk

sesame powder 10g  
milk 240ml



## Production process

### (A) Mushroom lion (Taiwanese)

#### (a) Vegetarian ball with soy sauce

1. tofu, mix with cucumber cube and carrot cube, rubbed it into ball.
2. Fried the tofu ball until gold, add the sour sauce.

#### (b) Mushroom Chicken

1. Fried the chicken.
2. Steam the mushroom.
3. Dressing the chicken and mushroom with sour sauce.

#### (c) Seasoning(sour)

1. Mix the ketchup, lemon and sugar, heat until sugar melt.
2. Mix the flour with water.

### (B) Frankincense

Cut the egg plant to small piece, fried it and add the seasoning sauce.

#### (a) Seasoning sauce

Mix all the ingredients according to the ratio (mayonnaise, soy sauce, miso and sugar. )

### (C) Three Vegetable

1. Cut pepper to slide, mushroom and broccoli to small piece.
2. add some oil in the pan, fried the ginger or garlic, add broccoli, mushroom and pepper, Stir-fry and done.

### (D) Potato brown rice

Rinse the brown rice. Wash the sweet potato and cut it into small cube. Then add it into brown rice, with the ratio 1 : 1.3 plain water into electronic pot and steam it.

### (E) Beauty grape

Wash the grape and dressing on plate.

### (F) Sesame milk

Add milk into sesame powder.



## Cuisine Idea

Most elderly people have low appetite due to the degeneration of tasting and digestive systems. In this plate we put in the homemade low-fat, low-sodium sauce and simple cooking methods to go back to the quintessential design concept of a balance diet. We aim to retrieve the appetite of our elderly people with surprises on foods and pleasure with eating.



Community Nutrition Promotion Center Dietitian: Yuling Zheng

## Colorful Palatal Feast

### A Rice ship

white rice 100g  
cucumber 18g  
squid 15g  
carrot 5g  
baby corn 3g  
asparagus 1g  
Thai sauce 2g

### C Japanese tofu

tofu 180g  
flour  
proper quantity  
bonito flake  
proper quantity  
seaweed 1g

### E Passion fruit yogurt

passion fruit 140g  
yogurt 210g

### B Potato with pork

pork 75g  
potato 90g  
carrot 20g  
onion 10g  
mushroom oyster  
sauce 8ml  
wine 1ml  
miso 3ml  
sugar 2g

### D Cold salad

bitter melon 50g  
dried fish 2g  
peanut 3grain  
sebastian plum  
cordia 4grain  
olive oil 3g

### F All kind of nuts

walnut 3g  
cucumber seed 2g  
almond 3g  
raspberry 2 units  
grape 2g

## Production process

### (A) Rice ship

1. Steam the rice after wash. Cook all the ingredient by boiling water.
2. Steam rice and cucumber slide put on the top of squid, dressing by Thai sauce. Plating.

### (B) Potato with pork

1. Wash potato, carrot and onion, remove the skin and cut suitable size.
2. Add oil to the pan, add in pork, rice wine, potato, carrot, oyster sauce, sugar and miso. Fry the ingredients to fix the shape and colour.
3. Steam the pork and others vegetables.

### (C) Japanese tofu

1. Cut the tofu into same sizes, add some flour and deep-fry.
2. Fry until the surface become gold-yellow, dressing with seaweed and bonito flake.

### (D) Cold salad

1. Brush the Bitter gourd and cut pieces. Remove the seed.
2. Cut the bitter gourd into small slices and cook it with boiled water. Add in sebastian plum cordia and olive oil, mix together. Dressing with dried fish.

### (E) Passion fruit yogurt

1. Cut the passion fruits and take out the flesh.

2. Add some non-sugar yogurt in the bowl, add in 2/3 passion fruit. Mix together. Dressing the rest of the flesh on top of the yogurt.

### (F) All kind of nuts

Dressing non-flavor nuts on plate.



## Cuisine Idea

Eating is the top priority of many people. And we thought about how to make eating interesting. Avoiding the stereotypical "one bowl of rice per meal" concept, we design a tik-tak-toe game as the main theme of our dish. Accompanied with "O" s and "X" s within plating, we hope to bring joy and balanced nutrition to the elderly people with this package.

The target is the elderly group. We want our seniors to have better-eating, enough-eating, right-eating and clever-eating. The package focuses on quality other than quantity. The goal is for an elderly to finish eating everything on the plates. With a variety of dishes and seasoning, we are presenting some refreshing dishes to our seniors.

# Happy Days with Healthy Rules

Community Nutrition Promotion Center is taking senior population as the prioritized targeting group. Our professional dietitians are happy to offer practical knowledge on nutrition intake. Below are some of our services:

## ● On-spot individual nutrition consultation schedule:



### **East District Health Center**

Wednesday Mornings, 9-11 am  
No. 40-2, Minzu Rd., East Dist.,  
Hsinchu City 300, Taiwan  
03-5236158



### **North District Health Center**

Thursday Mornings, 9-11 am  
No. 69, Guohua St., North Dist.,  
Hsinchu City 300, Taiwan  
03-5353969



### **Xiangshan District Health Center**

Wednesday Mornings, 9-11 am  
1F., No. 188, Yude St., Xiangshan Dist.,  
Hsinchu City 300, Taiwan  
03-5398109

## ● Healthy Diet Principles:

### Better-eating :

Take advantage of cuisine skills to help on chewing and swallowing. Adjust cooking methods and food texture to prepare quality and nutritious foods for the elderly.

### Enough-eating :

Smaller amount for multiple meals per day. Other than cases of some chronicle disease or special concerns, we recommend our seniors to eat whatever they can eat, or choose to have multiple smaller meals in a day to acquire the required calories and nutrition.

### Right-eating :

Eating all 6 groups of foods every day. Follow suggestions of "My Plate" to have balanced nutrition intake.

### Clever-eating :

Flavorful dishes through inspiration. Options like choosing comparatively softer material, plating with smaller amount and adding natural seasoning to make dishes for the elderly. Also, dining with family and friends to enhance the motivation for more nutrition intake.

● “My Plate”, taking care of your meals:



One cup of milk every morning and night



A fist size of fruits each meal



A bit more vegetables than fruits



One teaspoon of nuts



A palm size of beans, fish, egg and meat



The same amount of rice as vegetables

## 我的餐盤 聰明吃·營養跟著來

每天早晚一杯奶  
乳品類

每天1.5-2杯  
(1杯240毫升)

每餐水果拳頭大  
水果類

在每餐中多樣化

菜比水果多一點  
蔬菜類

每餐至少1/3深綠色



堅果種子一茶匙

堅果種子類

每餐一茶匙，相當於大拇指第一節大小  
約杏仁兩粒、腰果半粒、核桃半粒、花生半粒

豆魚蛋肉一掌心

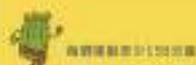
豆魚蛋肉類

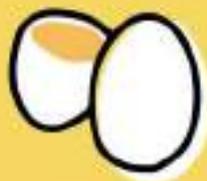
豆+魚+蛋+肉類

飯跟蔬菜一樣多

全穀雜糧類

至少1/3為全穀類或全穀雜糧類之全穀





新竹市衛生局  
Public Health Bureau, Hsinchu City Government