



10
Delicious &
Diabetic-Friendly
Malaysian Breakfasts

Recipes By



Chefs

CAFE
COLUMBIA

Plus 10 Healthy Dishes
for All of Us!

About Café Columbia



Café Columbia offers a wide range of fresh, nutritious and healthy meals. Our dedicated chefs tirelessly prepare Local Favourites, Heart Healthy dishes, Vegetarian Selections, International Menu and much more. This in-house Columbia Asia hospital cafeteria can be found in our hospitals in Puchong, Bukit Rimau, Cheras, Setapak, Petaling Jaya, Nusajaya, Taiping and Seremban. It is located at the Ground Floor of respective Columbia Asia hospital and opens daily from 7am to 9pm.



Bukit Rimau
Chef Nor Hisam Ghazali



Cheras
Chef Megat Basarudin Megat Kechil



Nusajaya
Chef Mahmor Abas



Petaling Jaya
Chef Khairudin Nordin

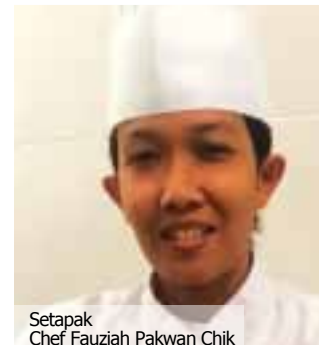
Columbia Asia Master Chef Competition



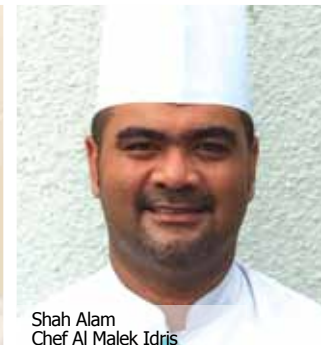
Puchong
Chef Nik Shaiful Rizal Wan Aziz



Seremban
Chef Ravindran a/l Mathavan



Setapak
Chef Fauziah Pakwan Chik



Shah Alam
Chef Al Malek Idris



Taiping
Chef Ghazali Mohd Saeid

About Columbia Asia

International healthcare company, Columbia Asia, started its operations in 1997. Now, Columbia Asia has 28 medical facilities across Asia, with 11 in Malaysia. The company believes in setting up mid-size hospitals – between 100 to 150 beds -- built in residential areas for accessibility and efficiency. This also helps keep costs down for consumers with no compromise on healthcare quality, modern amenities and highly-trained teams of specialists and nurses.

Estimated nutrient content
(1 serving): • 294kcal
• 15g protein • 11g fat • 34g
carbohydrates • 3g fibre & 99mg
sodium • Serves 1

LONTONG SRI MERANTI

By Chef Nor Hisam Ghazali
Columbia Asia Hospital-
Bukit Rimau

Brown rice (nasi impit), 80gm
Chicken breast, 15gm
Round cabbage, 8gm
Carrot, 8gm
Brinjal, 8gm
Long bean, 6gm
Tempeh, 10gm
Water tofu, 18gm
Onion, 8gm
Lemongrass, 5gm
Low fat milk, 80ml
Turmeric powder, as needed
(½ teaspoon)
Ginger, 5gm

Peanut Sauce

Ground nut, 15gm (baked and
grinded)
Brown sugar, 6gm
Onion, grinded 8gm
Ginger, grinded 5gm
Lemongrass, grinded 5gm
Galangal, grinded 4gm
Dry chili, 8gm (boiled and
blended)
Cumin powder (jintan manis),
2gm
Water, as needed (100ml)
Salt, to taste (pinch)



Cooking methods:

- 1. Brown rice (nasi impit):** Place the brown rice in 9 x 11 inch plastic bag. Make a hole on the top and back of the plastic back by using bamboo satay skewer. Boil the brown rice in boiling water with pandan leaves until cooked (approximately 1 hour). Toss the brown rice and let it cool.
- 2. Sauté all ground ingredients** with onions and ginger. Pour in the low fat milk and let it boil. Add in all the vegetables and turmeric powder. Season with salt and pepper
- 3. Peanut Sauce:** Sauté all the ground ingredients. Add in chili and stir until the oil is separated. Pour in water and groundnuts. Season with salt and brown sugar.

NASI LEMAK

By Chef Ravindran a/I Mathavan
Columbia Asia Hospital-Seremban

Rice

Brown rice, uncooked 175g
Low fat milk, 150ml
Pandan leaves, 3 (blended)
Salt, to taste (pinch)
**Optional: add trimmed coconut
milk, 70ml*

Crispy Cornflake Chicken

Chicken, 350g (sliced)
Eggs, 1 medium (for coating)
Cornflakes, 5g (for coating)
Multi-purpose flour, 20g (for
coating)
Salt, to taste (pinch)
Black pepper and Pepper, to
taste, (coarse)

Sambal

Blended dry chili, 20g
Blended shallots, 100g

Vegetable oil, 1 tablespoon
Salt, to taste (pinch)

Kangkung, 200g
Onion, 1 small
Red chili, 1 whole
Vegetable oil, 1 tablespoon

Acar Rampai

Cucumber, 75g
Carrot, 75g
Onion, 2 cloves
Garlic, 2 cloves
Curry powder, 2 teaspoons
Chili sauce, 1 tablespoon
Vinegar, 1 teaspoon
Star anise, 2 whole
Cinnamon stick, 2 whole
Vegetable oil, 1 tablespoon
Salt, to taste (pinch)
Pepper, to taste

Cooking methods:

- 1. Rice:** Mix low fat milk and blended pandan leaf with washed brown rice. Cook with a rice cooker.
- 2. Crispy cornflake chicken:** Coat the chicken sliced with multi-purpose flour, eggs and lastly cornflake. Bake in oven for 8 minutes at 160°C
- 3. Chinese water cress:** Heat oil in non-stick pan. Sauté onion till fragrance. Add vegetable.
- 4. Acar Rampai:** Heat oil in non-stick pan. Stir-fried all ingredients together.
- 5. Sambal:** Heat oil in non-stick pan. Sauté blended shallot and dry chili until fragrance.

Estimated nutrient
content (1 serving):
• 333kcal • 24g protein
• 10g fat • 36g
carbohydrates
• 3g fiber & 109mg
sodium • Serves 5



**To eat nasi lemak in a healthier way, replace the coconut milk with low fat milk. Alternatively, you can use trimmed/reduced fat coconut milk while controlling its quantity.*

NASI DAGANG WITH BAKED FISH CURRY

By Chef Mahmor Abas
Columbia Asia Hospital-Nusajaya

Nasi dagang (3 servings)

Brown rice, 100gm
Low fat milk, 100gm
Shallot, 1 small
Ginger, 1 inch
Garlic, 2 cloves
Pandan leaf, 1 leaf
Lemongrass, 1 stalk (ground)
Fenugreek seed (biji halba), 1
teaspoon

Baked fish curry (1 serving)

Mackerel/other types of fish,
100gm
Low fat milk, 100ml
Coriander seeds, 1 teaspoon
Shallot, 1 small
Ginger 1 inch
Chili paste, 1 teaspoon
(blended dried chilis)
Turmeric root
Salt, to taste (a pinch)
Basil leaves

Cooking methods:

- 1. Rice:** Soak brown rice in water (at least 1 hour). Prepare ingredients: sliced shallots, julienned ginger, ground garlic and lemongrass. Toss brown rice and put into rice cooker. Add in low fat milk, halba, pandan leaf and prepared ingredients.
- 2. *Bake the fish (8 minutes)** at 180°C. Season with salt and turmeric powder.
*alternately pan frying the fish on a non-stick pan.
- 3. Blend** low fat milk, coriander seeds, chili paste, turmeric, shallot and ginger. Boil all ingredients together until gravy thickens. Season with salt and local basil leaf.
- 4. Serve** with rice and fresh condiments (bitter gourd, cherry tomato, cucumber)



Estimated nutrient content
(1 serving): • 325kcal,
• 25g protein, • 9g fat, • 34g
carbohydrates, • 2g fibre &
135mg sodium



Estimated nutrient content (1 serving):
• 252kcal, • 13g protein, • 10g fat, • 27g carbohydrates,
• 3g fibre & 93mg sodium. • Serves 10

FRIED BROWN RICE CHINESE-STYLE

By Chef Ghazali Mohd Saeid
Columbia Asia Hospital-Taiping

Egg whites, 10 medium
Brown rice, cooked 1kg
Vegetable oil, 6 tablespoons
Garlic, chopped 1 tablespoon
Holland onions, chopped
20gm
Carrots, diced 200gm
Chicken fillet, small cubes
300gm
Spring onions
Chinese celery leaf, 20gm
Salt, to taste (dash)
Pepper, to taste (1/8
teaspoon)
Mustard green/siew pak
choy/choy sum 150gm
Round cabbage 150gm

Cooking methods:

- 1. Heat** the non-stick pan. Pan-fried egg whites and put aside.
- 2. Sauté** mustard green and round cabbage until cook.
- 3. Sauté** onions, garlic, chicken and carrots. Add cooked rice and season with salt and pepper.
- 4. Serve** with eggs and vegetables. Garnish with fresh condiments (cherry tomatoes, cucumber and red chilis)



*Enjoy the variety of nuts in the filling, a source of monounsaturated fats.
 **Use olive or canola spread instead of butter or margarine for more monounsaturated fats.

CRUNCHY NUT APAM BALIK

By Chef Megat Basarudin Megat Kechil
 Columbia Asia Hospital-Cheras

Self-rising flour, 310gm
 Bicarbonate of soda powder, 1 teaspoon
 Vegetable oil 70ml
 Eggs, 2 medium
 Water, 400ml
 Salt, to taste (dash)

Filling:

Corn kernel, 10 teaspoons
 Qroken nuts, 40gm (roasted peanut chunks)
 Pine nuts, 100gm
 Walnuts, crashed 40gm
 Olive spread, 50gm

Cooking methods:

1. Mixed flour, soda powder and vegetable oil. Whirl and add in water. Add egg and whirl become smooth. Add salt as needed. Put in the mixture in mixing bowl and rest for 15 minutes in room temperature.
2. Heat non-stick pan on medium heat. Pour 1 portion (with 3 ounce ladle) and wait for 1 minute. Add in filling (sprinkle on top) and olive spread (1-2 teaspoon). Wait for 1-2 minutes or until brown colour.
3. Ready to serve with kiwi fruit (20gm) and strawberry (10gm)

Estimated nutrient content (1 serving):
 • 331kcal,
 • 7g protein,
 • 22g fat, • 27g carbohydrates,
 • 2g fiber & 587mg sodium
 • Serves 10

ROTI JALA WITH FRITTATA OMELETTE & CURRY MASALA

By Chef Nik Shaiful Rizal Wan Aziz
 Columbia Asia Hospital-Puchong

Roti jala (5 servings)

Flour, 150gm
 Skim milk powder, 20gm
 Turmeric, pinch
 Salt, to taste (dash)
 Pepper, to taste

Frittata omelette (2 servings)

Egg whites, 3 medium
 Green peas, 10gm
 Carrots, 10gm
 Spring onions, 5gm
 Tomatoes, 10gm
 Red onions, 10gm
 Salt, to taste (dash)
 Pepper, to taste
 Vegetable oil, 1 tablespoon

Curry masala (2 servings)

Onions, blended 30gm
 Garlic, blended 10gm
 Ginger, blended 10gm
 Cinnamon stick, 1 piece
 Star anise, 2 pieces
 Cardamom, 2 pieces
 Clove, 2 pieces
 Curry powder, 15gm
 Fennel seed, 5gm
 Cumin seed, 5gm
 Coriander powder, 5gm
 Turmeric powder, 3gm
 Salt, to taste (dash)
 Pepper, to taste
 Vegetable oil, 1 ½ tablespoon
 Low fat milk 100ml



*Egg yolk contains cholesterol. Try this omelette that is prepared with egg whites and vegetable only.
 * Other than low fat milk, skimmed milk can be used in cooking

Estimated nutrient content (1 serving): • 349kcal, • 10g protein, • 13g fat, • 33g carbohydrates, • 2g fiber & 265mg sodium

Cooking methods:

1. **Roti jala:** Mix well all ingredients with water. Blend the mixture until smooth. Transfer the batter into a squeeze-able bottle/funnel. Heat oil evenly on non-stick pan (use tissue paper). Squeeze out the batter onto the pan, in web shapes. Once cooked, remove the roti jala and roll it close. Repeat with remaining batter.
2. **Frittata omelette:** Mix well egg whites, salt and pepper in a mixing bowl. Add vegetables (finely chopped) and mix well. Heat oil on non-stick pan over low heat. Pour in egg mixture and flip it until both sides are cooked.
3. **Curry masala:** Heat oil on non-stick pan. Add in blended ingredients together with cinnamon stick, star anise, cardamom and clove. Saute until fragrant. Add in all other ingredients with water. Simmer until oil separates. Lastly add low fat milk. Season with salt and pepper.
4. Serve with roti jala and frittata omelette.

OATS & BROWN RICE SAVOURY PORRIDGE (BUBUR LAMBUK)

By Chef Al Malek Idris
Columbia Asia Hospital-Shah Alam

Uncooked brown rice, 2 tablespoons (soaked in water)
Oats, 2 tablespoons
Chicken, minced 160gm
Carrots, diced 20gm

Ingredient A

Halba, ½ tablespoon
Cinnamon, 1 piece
Star anise, 1 inch
Cloves, 6 pieces
Cardamom, 6 pieces

Ingredient B

Onions, 2 pieces, chopped
Garlic, 4 cloves, chopped
Ginger, chopped 2cm

Vegetable oil, 1 ½ tablespoon
Water, 1400ml
Black pepper, crushed ½ teaspoon
Low fat milk, 50ml
Salt, to taste (pinch)
Spring onions, garnish
Parsley, garnish

Cooking methods:

1. Sauté ingredients A. Add ingredients B. Cooked until fragrant. Add minced chicken, carrot and black pepper (cook for 2 minutes).
2. Add brown rice, oats and water. Simmer until rice and oats become porridge. Add low fat milk and season with salt.
3. Ready to serve with garnishings (spring onions and parsley.)

Estimated nutrient content (1 serving): • 326kcal, • 24g protein, • 14g fat, • 23g carbohydrates, • 2g fibre & 124mg sodium • Serves 2

** To minimize cooking time and reduce oil absorption, make sure the pan is hot before you start cooking.
**Garnish your dish with vegetables or fresh condiments.*



STIR FRIED BROWN RICE A LA KERABU SERVED WITH CHICKEN ROLL & PERCIK SAUCE

By Chef Fauziah Pakwan Chik
Columbia Asia Hospital-Setapak



**Combine different cooking methods for example pan-fry then oven-bake, that can minimize cooking oil usage.*

Estimated nutrient content (1 serving):
• 369kcal, • 21g protein, • 18g fat, • 30g carbohydrates, • 3g fiber & 326mg sodium • Serves 1

Brown rice, cooked 80gm
Vegetable oil, 5ml
Garlic, chopped 5gm
Salt, to taste (pinch)
Pepper, to taste
Egg white, ½ medium
Red chili, 3gm
Round cabbage, 20gm
Beansprout, 15gm
Carrot, julienne cut 20gm
Ginger torch, julienne cut 5gm
Lemongrass, julienne 5gm
Turmeric leaf, julienne cut 5gm
Long bean, julienne cut 20gm

Chicken roll

Chicken breast, 60gm
Salt, to taste (pinch)
Pepper, to taste
Vegetable oil, 5ml
Spinach, leaf only 5gm
Carrot, thinly sliced 5gm
Turmeric, blended 5gm
Lemongrass, blended 1 stick
Ginger, blended 5gm
Anise seed, blended 3gm
Cumin seed, blended 3gm
Curry leaf, blended 3gm

Percik sauce

Chili, blended 10gm
Onion, blended 30g
Garlic, blended 10gm
Ginger, blended 10gm
Lemongrass, blended 1 stick
Turmeric powder, 5gm
Tamarind, 1 piece
Low fat milk, 50ml
Salt, to taste (pinch)
Pepper, to taste
Vegetable oil 5ml

Cooking methods:

1. **Chicken roll:** Cut chicken breasts into half. Cover chicken with plastic wrap and flatten it by lightly pounding it. Marinate with salt, pepper and other blended items for at least 30 minutes. Blanch spinach and carrot. Soak in ice-cold water (to keep fresh). Place the stuffing (carrot and spinach) onto the widest part of the chicken breast. Roll the chicken over the stuffing and fold the ends under (alternatively, use toothpicks to hold the roll). Heat oil over a non-stick pan. Place chicken rolls (all sides) onto the heated pan until brownish. Transfer the rolls onto a sheet tray and place inside an oven for 8-10 minutes, at 175 to 180°C.
2. **Sauce:** Heat oil in a non-stick pan (use same pan as above). Sauté all blended items until fragrant. Add turmeric powder and low fat milk. Stir continuously. Add tamarind and seasonings.
3. Heat oil in a non-stick skillet. Add the egg white and scramble it into small bits. Add garlic to the pan. Add rice and all other ingredients (cook for 2-3 minutes). Season and stir for 1 minute.
4. Serve the chicken roll (3-4 slices) and spoon the sauce over it.

WANTAN NOODLE WITH BABY KAI LAN AND STEAMED CHICKEN

By Chef Khairudin Nordin
Columbia Asia Hospital-Petaling Jaya

Wantan noodles, cooked
70gm

Chicken, minced 20gm
Wanton skin, 4 sheets
Salt, to taste (pinch)
Pepper, to taste

Chicken fillet, sliced 60gm
Baby kai lan, 70gm
Spring onions, sliced
Shallot, chopped
Sesame oil, ½ teaspoon
Coriander leaves, as garnish
Salt, to taste (pinch)
Pepper, to taste

Cooking methods:

- 1. Soup:** Boil chicken bone and yam bean (sengkuang). Season with salt and pepper.
- 2. Wanton:** Marinate minced chicken with salt and pepper. Wrap in wanton skin. Blanch wanton in boiling water and put aside.
- 3.** Blanch chicken fillet with soup and put aside. Alternatively, steam the chicken fillet.
- 4.** Blanch wantan noodle and kai lan until soft. Serve together with wanton and chicken fillet. Garnish with spring onions and shallot.



Estimated nutrient content (1 serving):
• 252kcal, • 13g protein, • 10g fat, • 27g carbohydrates, • 3g fibre & 93mg sodium. • Serves 1



Estimated nutrient content (1 serving): • 308kcal, • 19g protein, • 12g fat, • 32g carbohydrates, • 3g fiber, • 206mg sodium

SARAWAK TOMATO KUEY TIOW

By Kitchen Coordinator Almelli Anthony Abet
Columbia Asia Hospital-Bintulu

Kuey tiow, 70gm
Light soy sauce, 1 Tbsp
Vegetable oil, 1 tsp
Homemade fish balls (3 servings)
**Dory fish/other fish fillet, 200gm (minced)*
Sesame oil, 1 Tbsp
Spring onion, 5gm (finely sliced)
Salt, to taste (a pinch)
Pepper, to taste
**For better texture, mix minced chicken breast with fish fillet*

Vegetable oil, 1 ½ tablespoon
Corn flour (for thickening)

Sauce

Chicken breast, 10gm (sliced)
Chopped garlic, 2 cloves
Ginger, finely julienned 5gm
Carrot, julienned 10gm
Mustard green leaves (sawi), 10gm (cut small)
Vegetable oil, 1 ½ tsp
Corn flour, 1 tsp (mix with 1 Tbsp water)
Salt, to taste (a pinch)
Water, as needed

Fresh tomato puree
Ripe tomatoes, 450gm

Cooking method

- 1. Homemade fish balls:** Blend fish fillet, sesame oil, salt and pepper together. Place mixture in mixing bowl and add spring onions. Take spoonfuls of the mixture and shape it into kernels. Put them in hot water immediately until cooked. *** Do not put in fish ball while water is still boiling as it will break the fish ball.*
- 2. Fresh tomato puree:** Blanche the tomatoes in boiling water (5 seconds). Scoop out and place in ice water so the tomato skin cracks. Peel the skin, cut and remove seeds. Blend the tomato (tomato puree). Cook tomato puree with vegetable oil.
- 3.** Rinse the kwey teow in several changes of water to reduce its oil. Heat oil in a non-stick pan. Stir-fry kwey teow until soft and brown. Season with light soy sauce. Place on serving plate.
- 4.** Sauté chicken until cooked. Add garlic and ginger, sauté until brown. Pour some water, add in tomato puree (2 tablespoons) and fish ball. Add in carrot and vegetables. Season and thicken with corn flour. Pour the gravy onto the noodles.
- 5.** Serve with bird's eye chillies (chili padi)



Estimated nutrient content (1 serving):
 • 292kcal, • 16g protein, • 8g fat, • 38g carbohydrates & 602mg sodium , • Serves 1

TOFU TERIYAKI BURGER

Bun, 1 piece
 Egg white, 1 medium
 Square, firm bean curd, 70g
 Green chives, finely chopped 20gm
 Coriander, finely chopped 20gm
 Carrot, finely chopped 20g
 Pepper, to taste

Teriyaki sauce

Ginger, 5g
 Shallots, 5g
 Vegetable oil, 1 teaspoon
 Light soy sauce, ½ teaspoon
 Honey, ½ teaspoon

Lime juice, to taste (2ml)
 Sesame oil, to taste (1ml)

Wofu salad

Spring onions, julienned
 Cabbage, finely cut 40g
 Iceberg lettuce, 20g
 Black sesame seeds, 20g
 Tomatoes, sliced
 Cucumber, sliced

Cooking method

1. Mince the bean curd and mix with egg white, carrot, coriander and chives. Season with pepper. Heat oil in non-stick pan. Pan fry the beancurd mixture until slightly brown in colour. Put aside.
2. **Teriyaki sauce:** Heat oil in non-stick pan, sauté ginger and shallots until fragrant. Add all seasonings.
3. **Prepare wofu salad:** Mix all ingredients together.
4. Split bun into half. Fill with bean curd, salad and sauce.

STEAMED CHICKEN WITH YOUNG GINGER SAUCE

Chicken fillet, 1kg

Ginger, blended 1 tablespoon
 Garlic, sliced, 1 tablespoon
 Vegetable oil, 1 teaspoon

Cooking method

1. Marinate chicken with ginger, garlic and vegetable oil
2. Steam chicken and add seasoning.

Seasoning

Sesame oil, to taste (sprinkle)
 Oyster sauce, 2 tablespoons
 Pepper, to taste
 Ginger, sliced 100g
 Onions, cubed, 30g
 Spring onion bulbs, 30g
 Celery, thickly sliced, 1 stalk
 Water as needed



Estimated nutrient content (1 serving):
 • 142kcal, • 23g protein, • 3g fat, • 3g carbohydrates & 229gm sodium,
 • Serves 10



PASTA SALMON

Salmon fillet, 160gm
Dijon mustard, 40gm
Spaghetti, uncooked 200gm
Oregano leaves, 5gm

Creamy sauce

Flour, 10gm
Unsalted butter, 8 tablespoons
Garlic, chopped, 20gm
Onions, chopped, 40gm
Carrots, chopped 40gm
Red and green capsicum,
chopped 80gm
Bay leaves, 5gm
Dried oregano leaves, 4gm
Parmesan cheese, grated, 4
tablespoons
Salt, to taste (1/2 teaspoon)
Ground black pepper, to taste
(20gm)
Low fat milk 200ml

Estimated
nutrient
content
(1 serving):
• 547kcal, •
12gm protein, •
30g fat, 48gm
carbohydrates,
• 3g fibre &
655mg sodium,
• Serves 4

Cooking method

1. Marinate salmon with Dijon mustard.
2. Boil spaghetti in salted water until al dente. Drain and put aside. Sauté garlic in olive oil for 30 seconds. Add spaghetti and stir well.
3. Melt the butter over low heat. Add in the flour slowly and stir until smooth. Add the milk while stirring constantly. Add other ingredients. Season with salt and pepper.
4. Preheat grill with medium heat and grill the marinated salmon until it is cooked.
5. Put spaghetti into a warm bowl. Pour the sauce over the pasta and salmon. Toss well. Sprinkle with parmesan cheese. Serve immediately.

MANGO GRILLED CHICKEN

Chicken 110g
Salt, sprinkle
Pepper, sprinkle
Vegetable oil, 1/2 teaspoon

Thyme 1/2 teaspoon
Salt, to taste (pinch)
Pepper, to taste (pinch)
Soft margarine 1/2 teaspoon
Corn flour, thickened

Mango sauce

Ripe mangoes, cube 1/4
medium mango
Onions, chopped 1/2 teaspoon
Lemon juice, to taste (1/8
teaspoon)

Cooking method

1. Marinate chicken with salt, pepper and vegetable oil. Grill chicken on both sides until slightly brown.
2. **Mango sauce:** Melt margarine over low heat. Add mangoes and onions. Season with lemon juice, thyme, salt and pepper. Thicken with corn flour.
3. Pour sauce over chicken. Ready to serve.

Estimated
nutrient
content
(1 serving):
• 169kcal,
• 23g protein,
• 6g fat, • 3g
carbohydrates,
• 1g fibre &
270mg sodium,
• Serves 1



INDIAN-STYLE GRILLED FISH

Fish 1kg
Lemon juice, from 1 lemon
Vegetable oil, 7 ½ teaspoons
Garlic, 30gm
Ginger, 30gm
Curry powder, 7 ½ teaspoons
Chili powder, 1 teaspoon
Curry leaves, as needed
Biji sawi, ½ teaspoon
(mustard seeds)

Cooking method

1. Mix all ingredients and season with salt and pepper.
2. Spread and marinate the fish at least 1 hour.
3. Grill fish on both sides until brown in colour.
4. Ready to serve.



Estimated nutrient content
(1 serving): • 169kcal,
• 21g protein, • 8g fat, • 3g
carbohydrates, • 1g fibre &
83mg sodium , • Serves 10



STIR FRIED TOFU WITH SHIITAKE MUSHROOM & SNOW PEAS

Vegetable oil, 2 teaspoons
Garlic, ½ teaspoon (minced)
Dried shiitake mushroom, 1
medium piece (soaked)
Snow peas 5-10 pieces
Square, firm bean curd
70gm
Vegetable oyster sauce, 1
teaspoon
Salt, to taste (pinch)
Pepper, to taste
Water, as needed

Cooking method

1. Bake bean curd and put aside.
2. Sauté garlic until fragrant. Add in water, mushroom and snow peas.
3. Add in bean curd. Season with oyster sauce, salt and pepper.
4. Best to serve with rice and side vegetables.

Estimated
nutrient content
(1 serving):
• 149kcal,
• 8g protein,
• 10g fat, • 8g
carbohydrates,
• 1g fibre &
360mg sodium
• Serves 1

VEGETARIAN CURRY

Vegetable oil, 3 tablespoons

Onions, sliced 60gm

Garlic, 30gm

Ginger, 30gm

Halba campur, 4gm

Red capsicum, 80gm

Carrot, 100gm

Tomato, 150gm

Long beans, 50gm

Eggplant, 130gm

Okra, 100gm

Cauliflower, 160gm

Cabbage, 120gm

Potatoes, 150gm

Curry powder, 35gm

Turmeric powder, 25gm

Lemongrass, 1 stalk

Water, 850ml

Low fat milk, 500ml

Salt, to taste (1 teaspoon)

Brown sugar, to taste (1

teaspoon)

Asam keping, 4g

Lemon juice, to taste

Curry leaf, as needed (one

handful)

Bean curd 300g

Method of cooking:

1. Sauté onions and garlic.

Add in curry powder and lemongrass.

2. Add water to simmer all ingredients. Add in bean curd and low fat milk.

3. Add in all vegetables and other ingredients until cooked. Season with sugar and salt.

4. Ready to serve.



Estimated nutrient content (1 serving): • 168kcal, • 7g protein, • 7g fat, • 24g carbohydrates, • 5g fibre & 97mg sodium, • Serves 10



BAKED FISH WITH GREEN SPINACH SAUCE

Fish, 110g

Paprika powder, dash (for colour)

Mixed spices, 1 teaspoon

Green spinach sauce

Garlic, 1 clove

Low fat milk, 70ml

Soft margarine, 15g

Spinach, blanched 25g

Corn starch, as thickening agent

Salt, to taste (pinch)

Pepper, to taste

Cooking method

1. Marinate fish with paprika powder and mix spices. Pre-heat oven at 180°C. Bake fish until cook.

2. Melt margarine over low heat. Add in garlic, low fat milk and spinach. Thicken with corn starch (as needed) and blend.

3. Season the blended sauce with salt and pepper.

4. Pour on baked fish and serve.

Estimated nutrient content (1 serving):

- 243kcal,
- 24g protein,
- 10g fat, • 11g carbohydrates,
- 1g fibre & 183mg sodium
- Serves 1

A Dietician's Tips to Healthy Eating



Estimated nutrient content (for 1 serving):
• 357kcal, • 10g protein, • 15g fat, • 45g carbohydrates, • 4g fibre & 46mg sodium
• Serves 10

VEGETARIAN AGLIO OLIO

Spaghetti, uncooked 1kg
Broccoli, 400gm
Button mushroom, drained 300gm
Capsicum, 200gm
Extra virgin olive oil, 10 tablespoons
Garlic, minced, 100gm
Black pepper, coarse to taste
Parmesan cheese, 10 teaspoons
Pepper flakes, to taste (5g)
Salt, to taste (pinch)
Fresh parsley, garnish
Lettuce, garnish

Cooking method

1. Boil spaghetti in salted water until al dente. Drain and put aside.
2. Sauté garlic in olive oil for 30 seconds. Add all vegetables until cooked
3. Add spaghetti and stir well.
4. Season with pepper flakes and salt.

- Limit sugar-sweetened beverages to help prevent diabetes.
- Carbohydrate count and total carbohydrate intake are more important than the type of carbohydrate you consume.
- Do not skip carbohydrates even if you are diabetic because it is part of a healthy and balanced diet.
- Fruits can be included in a diabetic-friendly diet but needs to be included as part of your carbohydrate intake. Enjoy them but keep within your daily carbohydrate allowance.
- Portion size-control is the key success in any weight management diet plan
- Overeating happens because we tend to adjust our appetite satisfaction simply because there is more food!
- Eat a small portion of food that you love despite being on a diet. An overly restrictive diet may make you overindulge and eventually overeat.
- The desire for salty tastes declines when people gradually cut back on salt.



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