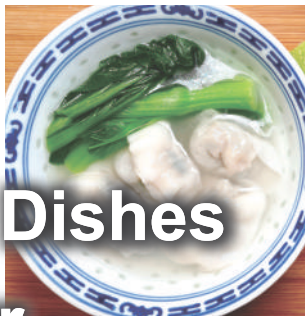


SPRING



SUMMER



# Healthy Dishes for



# Four Seasons



AUTUMN



WINTER



Department of Health

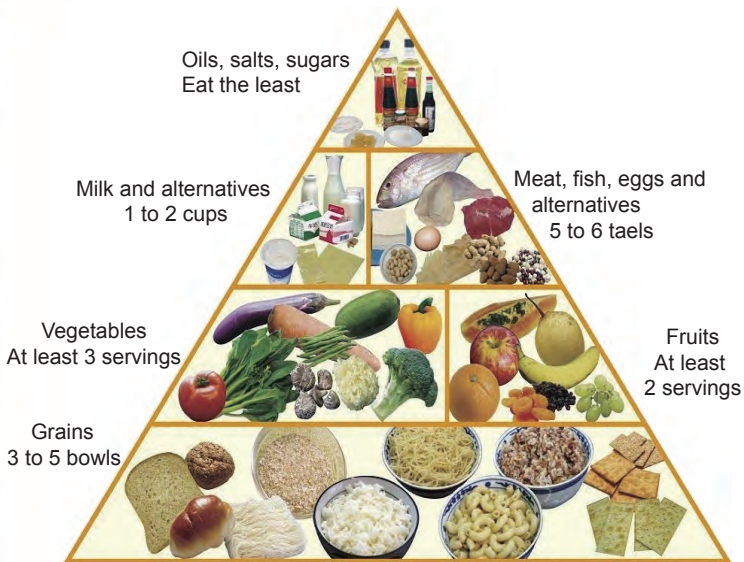


Elderly Health Service

# Table of Contents

Content	Page
Healthy Eating Food Pyramid (Elders)	1
Healthy Dishes for Four Seasons - Introduction	2 - 3
“Two Plus Three A Day”	4 - 5
Shrimp and Mixed Spring Vegetables Casserole	6 - 7
Dumplings with Zucchini, Lean Meat and Oats	8 - 9
Braised Pork with Carrot and Lotus Root	10 - 11
Watercress, Carrot, Monkfruit and Lean Pork Soup	12 - 13

# Healthy Eating Food Pyramid (Elders)



Drink 6 to 8 cups of fluid daily (for example, water, tea, clear soup)

Please refer to the diagram above on the recommended daily intake portions for different food groups.

## Healthy Dishes for Four Seasons - Introduction

The “Healthy Eating Food Pyramid” serves as a basic principle to adopt a balanced and diversified diet. A balanced and diversified diet can secure us with sufficient intake of nutrients and promote health.

Many recent studies have shown that eating sufficient vegetables and fruits every day can help prevent various chronic diseases such as heart diseases, stroke and certain cancers.

In view of this, the Department of Health promotes "Two plus Three A Day" to encourage the public to eat at least two servings of fruits and three servings of vegetables every day.

How to achieve a healthy diet every day but not a monotonous one? You may refer to this booklet, which is designed and compiled by dietitians from the Elderly Health Service of the Department of Health.

All the dishes in this booklet flexibly make use of ingredients that are available in different seasons, such as many seasonal vegetables and fruits. These seasonal dishes are also prepared by low-fat cooking methods.

Actually, if you are more thoughtful in planning the recipes, it is always easy to prepare tasty and healthy dishes. It is hoped that this booklet can provide some practical examples to inspire you and allow you to enjoy a healthy diet even more.

## "Two plus Three A Day" means eating at least two servings of fruits and three servings of vegetables every day.

One serving of fruit equals to :

1 piece of medium-sized fruit  
(e.g. orange, pear)

$\frac{1}{2}$  piece of large-sized fruit  
(e.g. banana, grapefruit)

$\frac{1}{2}$  bowl of fruit pieces  
(e.g. papaya, honeydew)

$\frac{1}{2}$  bowl of other types of fruits  
(e.g. grapes, strawberries)

1 tablespoon of dried fruits with no added sugar or salt (e.g. raisins, prunes)



One serving of vegetable equals to:

1 bowl of raw leafy vegetables  
(e.g. lettuce, cabbage)



$\frac{1}{2}$  bowl of cooked vegetables, sprouts, gourds or mushrooms (e.g. Chinese flowering cabbage, spinach, white cabbage, bean sprouts, eggplant)

$\frac{1}{2}$  bowl of cooked beans (e.g. snow peas)

Note: volume of a cup = 240 ml  
volume of a bowl = 250-300 ml

Source: Centre for Health Protection,  
Department of Health

## SPRING

This casserole contains seasonal vegetables in spring. It also includes shrimp, which is refreshing and low in fat. It is a healthy dish, with high fibre and low fat content.



### Ingredients

- |                          |                     |
|--------------------------|---------------------|
| 1. Chinese celery        | 2 taels (80g)       |
| 2. Chinese cabbage       | 2 taels (80g)       |
| 3. Fresh mushroom        | 4 pc. (approx. 76g) |
| 4. Asparagus             | 2 pc. (approx. 72g) |
| 5. Chinese lettuce       | 2 taels (80g)       |
| 6. Frozen shrimp, medium | 2 taels (80g)       |
| 7. Ginger                | 3 slices            |
| 8. Vegetable oil         | 2 teaspoon          |
| 9. Water                 | 3 bowls             |

### Seasoning

- |                 |            |
|-----------------|------------|
| 1. Salt         | ¼ teaspoon |
| 2. White pepper | ¼ teaspoon |

### Method

1. Leave frozen shrimp in the refrigerator in advance to thaw, dry with kitchen paper and set aside.
2. Wash the Chinese celery and asparagus and cut into short sections. Wash the Chinese cabbage, fresh mushrooms, and Chinese lettuce and set aside.
3. Bring a pot of water to boil, and add Chinese celery, fresh mushrooms, oil and ginger slices. Cook over high heat for about 5 minutes until the vegetables begin to soften.
4. Add the shrimp and cook for 2 minutes, then add the asparagus and Chinese lettuce and cook for another 1-2 minutes. Finally, add the seasoning to serve.

### Nutrition/ Preparation Tips

- Chinese celery, asparagus, Chinese cabbage and Chinese lettuce are seasonal vegetables in spring and are rich in dietary fiber.
- If the listed vegetables are not available, other leafy greens could be used instead.

### Notes for Special Diets

**Low-salt diet** Reduce the amount of salt to ¼ teaspoon

### Nutritional Analysis (Per serving)

Energy (kcal)	60
Carbohydrate (g)	3
Protein (g)	6
Fat (g)	3
Dietary fibre (g)	1.4
Sodium (mg)	471

## SUMMER

This summer dish is a low-fat healthy snack. The use of zucchini, a seasonal vegetable of the summer, adds crispiness to the dumplings. The oats make the lean meat tenderer and help to increase dietary fibre content.



### Ingredients

1. Zucchini, small 1 pc.(approx. 118g)
2. Minced lean pork 4 taels (160g)
3. Dumpling skin 16 pc.(approx. 128g)
4. Instant oats 2 tbsp (approx. 10g)

### Seasoning

1. Light soy sauce 2 tsp
2. Sugar ½ tsp
3. White pepper ½ tsp
4. Sesame oil 1 tsp
5. Cornstarch 2 tsp

### Method

1. Rinse, peel, shred and cut the zucchini into small pieces.
2. Add instant oats and seasoning to the minced pork and mix well. Stir in one direction until they form into a thick paste. Then add shredded zucchini.
3. Put the filling in the centre of the dumpling skin. Wet the sides of the dumpling skin with water, fold and stick well. Press lightly to make sure that there is no air between the dumpling skin and the filling, and wrap it into a dumpling shape.
4. The wrapped dumplings can be placed on a plate sprinkled with corn starch to avoid sticking to the dumplings.

### Nutrition / Preparation Tips

- Oatmeal becomes translucent when soaked in water and cooked. Adding oatmeal to lean meat makes the meat softer – use this instead of fatty meat to reduce fat intake.
- The dumplings can be served with poached vegetables such as Choy Sum to increase dietary fibre intake.

### Notes for Special Diets

- Diabetic Diet** Exchange 1 serving with 2 ½ tablespoons of rice (2 ½ carbohydrate exchanges)

### Nutritional Analysis (Per serving)

Energy (kcal)	180
Carbohydrate (g)	23
Protein (g)	12
Fat (g)	5
Dietary fibre (g)	2
Sodium (mg)	217

## AUTUMN



Carrot and lotus root are seasonal vegetables for autumn, and can be braised with lean pork to create this dish. The dish provides ample protein and iron, suitable for providing nutrition to elderly, while also being low in fat.



### Ingredients

1. Lean pork ½ catty (320g)
2. Lotus root 6 taels (240g)
3. Carrot 6 taels (240g)
4. Onion, medium 1 pc. (approx. 130g)
5. Water 2 cups
6. Vegetable oil 2 tsp

### Marinade

1. Japanese soy sauce 2 tsp
2. Sesame oil ½ tsp

### Seasoning

1. Japanese soy sauce 2 tsp
2. Mirin 1 tbsp

### Method

1. Rinse and cut the lean pork into chunks. Mix with the marinade for 15 minutes.
2. Peel and wash the lotus roots. Slice into 1cm thick pieces. Soak in water for later use.
3. Peel, wash the carrots and slice into pieces. Peel, wash and shred the onion.
4. Stir-fry the onion with the vegetable oil until softened. Add in the carrots and lotus roots and stir-fry slightly.
5. Add in the pork and seasoning, and add water until covering 70-80% of ingredients. Stir slightly.
6. Bring to a boil over medium heat and then turn to low heat. Cover with the lid and simmer for 30 minutes or until the meat is soft.

### Nutrition / Preparation Tips



- Carrot and lotus root are the seasonal vegetables for autumn. Lotus root is a source of potassium, iron, carbohydrates and dietary fibre. Carrot is a source of beta-carotene, carbohydrates and dietary fibre. Both vegetables are nutritious.
- Carrot and lotus root will become soft from braising, making these vegetables suitable for elderly consumption.
- Soaking sliced lotus roots in water can prevent them from being oxidized/darkened.
- Japanese soy sauce can be substituted with light soy sauce.

### Notes for Special Diets

- Diabetic Diet** Carrot and lotus root are rich in carbohydrates. Exchange one serving of carrot and lotus root for 1 ½ tablespoon of rice (1 ½ carbohydrate exchange). The seasoning mirin has a high sugar content, consider replacement with ½ teaspoon of sugar.
- Low-salt Diet** Halve the amount of Japanese soy sauce used in the marinade and seasoning.

### Nutritional Analysis (Per serving)

Energy (kcal)	217
Carbohydrate (g)	19
Protein (g)	19
Fat (g)	7
Dietary fibre (g)	4.5
Sodium (mg)	400





# WINTER

This soup uses watercress, a seasonal vegetable of the winter. Adding monkfruit and carrot as ingredients can enhance the sweetness of the soup. Eating the ingredients while drinking the soup can help to increase intake of dietary fibre. Replacing pork bones with lean pork in the soup can help reduce its fat content.



## Ingredients

- |               |                      |
|---------------|----------------------|
| 1. Watercress | 1 catty (640 g)      |
| 2. Carrot     | 6 taels (240 g)      |
| 3. Monkfruit  | ½ pc. (approx. 12 g) |
| 4. Lean pork  | ½ catty (320 g)      |
| 5. Ginger     | 2-3 pc.              |
| 6. Water      | 6 bowls              |
| 7. Salt       | ¼ tsp                |

## Method

1. Remove the roots of the watercress and soak in salted water for 45 minutes. Rinse in running water and section the watercress. Set aside.
2. Rinse, peel and cut the carrot into chunks. Set aside.
3. Rinse and cut the monkfruit into small pieces. Set aside.
4. Rinse and blanch the pork. Set aside.
5. Fill the cooking pot with water and sliced ginger and bring to a boil over high heat. Add the remaining ingredients and bring to a boil.
6. Set to medium heat to simmer for 1 ½ hours. Season with salt to finish.

## Nutrition / Preparation Tips

- Watercress is a seasonal vegetable of the winter. However, as there are often slugs hidden in it, it is advised to soak the vegetable in salted water, and to rinse and cook thoroughly before consumption.
- Lean pork is rich in protein, cooking it in soup can help soften the pork to make it easier for the elderly to chew. Besides lean pork, pork shin can also be used.

## Notes for Special Diets

- Diabetic Diet** Carrots are rich in carbohydrates; it is recommended to drink no more than 1 bowl of soup per meal. If the ingredients are consumed, exchange one serving for ½ tablespoon of rice (½ carbohydrate exchange).

## Nutritional Analysis (Per serving, including soup ingredients)

Energy (kcal)	161
Carbohydrate (g)	6
Protein (g)	20
Fat (g)	7
Dietary fibre (g)	2.0
Sodium (mg)	274

SPRING



SUMMER



AUTUMN



WINTER



Elderly Health Service, Department of Health

Website : [www.elderly.gov.hk](http://www.elderly.gov.hk)

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