



15 MINS QUICK DISHES

十五分钟
简单料理



365 ABOUT US



365 Cancer Prevention Society (365CPS) is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

VISION

Be a Society serving the community to prevent and fight cancer through holistic health with loving care and a passion for life.

MISSION

To create positive awareness in battling against cancer-related illness through educating the general public.

To assist cancer patients to adopt a positive lifestyle in a holistic approach to meet their needs which encompasses the mental, emotional and physical needs.

To encourage existing cancer patients to organize specific cancer support groups amongst themselves.

To provide financial assistance to needy cancer patients.

OUR SERVICES



Care and Support Team



Psychological Counselling



Nutritional Support



Physical Exercise



Health Education



Financial Assistance

SOCIAL SERVICE CENTRE

The Social Service Centre ("SSC") was created to:

- Provide positive and encouraging environment
- Care and support
- Offer aid to cancer fighters from low income background

365 CANCER PREVENTION SOCIETY

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SCAN TO KNOW MORE!



OUR SPONSOR:

ICON
CANCER CENTRE



ABOUT ICON CANCER CENTRE

At Icon Cancer Centre, we believe that cancer treatment is a collaborative effort that requires the support of many people walking alongside our patients. We strive to provide a holistic approach to cancer care, aligning each stage of a patient's cancer journey with the information and support they need from diagnosis, through to treatment and beyond. Icon is underpinned by a prominent and experienced team of medical oncologists, radiation oncologists, haematologists, a paediatric haematologist-oncologist, palliative care specialist, health screening general practitioner and more than 40 visiting surgical oncologists.

Icon Cancer Centre Singapore operates eight specialist cancer centres and a dedicated GP health screening clinic. In late 2022, Icon will open our first integrated cancer centre at Mount Alvernia Hospital. The centre will provide patients with access to comprehensive cancer care from diagnostic services to medical oncology, surgical oncology, radiation oncology, paediatric oncology, haematology and palliative medicine, all under one roof.

Icon Cancer Centre is part of Icon Group, a global cancer care provider with over 50 centres across Asia Pacific and Australia's largest private cancer clinical trials program. Like our Australian colleagues, Icon in Singapore has invested in a dedicated clinical trials function to provide patients with greater treatment options and hope. In 2022 we launched more than 16 clinical trials for breast, bladder, colorectal, liver, lung and gastrointestinal cancers, as well as for neuroblastoma.

For more information on our services and clinical trials, please visit iconcancercentre.sg

DR LEE GUEK ENG'S PROFILE



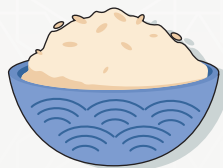
"I believe cancer treatment should be a holistic journey, and that also includes emotional, physical as well as nutritional aspects."

- **Dr Lee Guek Eng**,
Senior Consultant,
Specialist in Medical
Oncology, Program
Director of Icon's Young
Women's Cancer Program
- Icon Cancer Centre

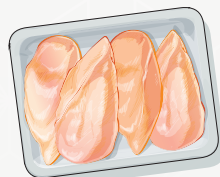
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CONTENT PAGE 目录



6 FLUFFY FRIED
CAULIFLOWER RICE
松软白菜花饭



8 HEARTY BAKED BEAN
CHICKEN STEW
开胃焗豆炖鸡肉



10 TUNA IN
A CUP
杯子金枪鱼



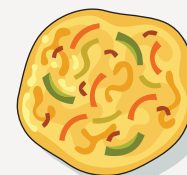
12 LIP SMACKING
PIZZALICIOUS
澎湃芝心披萨



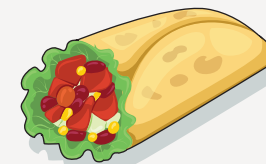
14 CREAMY MIXED
VEGETABLES
浓郁奶香一锅端



16 CRISPY
BROCOBALLS
西兰花脆球



18 GOLDEN ENOKI
PANCAKE
黄金煎饼



20 MELTY CHICKPEA
WRAP
鹰嘴豆卷饼



22 SUPREME
FRIED NOODLE
全家福炒面



24 SUNDAY YOGHURT
TOAST
周日优格土司



26

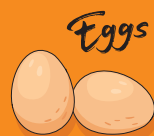
FRESH, FROZEN, CANNED OR DRIED
- WHICH IS BETTER?

新鲜，冷冻，罐装，还是干燥
——哪个比较好？



FLUFFY FRIED CAULIFLOWER RICE

松软白菜花饭



Nutrition Facts (1 serving) 营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	231
Carbohydrate (g) 碳水化合物 (克)	13.8
Protein (g) 蛋白质 (克)	10.6
Fat (g) 脂肪 (克)	15.3
Sodium (mg) 钠 (毫克)	392.8



INGREDIENTS 食材:

- 1 tbsp olive oil
- ½ onion, diced
- ½ cup diced red bell pepper
- ½ cup frozen mixed vegetables
- 1 cup grated cauliflower
- 2 eggs
- 2 tbsp chopped spring onion

- 1 汤匙橄榄油
- ½ 颗洋葱, 切丁
- ½ 杯红甜椒丁
- ½ 杯冷冻什锦蔬菜
- 1 杯磨碎的白菜花
- 2 粒鸡蛋
- 2 汤匙葱末

SEASONING 调味料:

- 1 tbsp low sodium light soy sauce
- 1 tsp lime juice
- 1 tsp sesame oil
- Black pepper powder

- 1 汤匙低钠酱油
- 1 茶匙酸柑汁
- 1 茶匙麻油
- 黑胡椒粉

METHODS 方法:

- 1 Heat up the oil in a saucepan. Stir in onion on a medium heat for 5 minutes.
- 2 Cook the chopped red pepper and frozen mixed vegetables for a further 2 minutes after the onion becomes soft.
- 3 Turn the heat up to high and add grated cauliflower. Continue stirring everything together.
- 4 The cauliflower rice will be ready in about 3-4 minutes. Scramble egg in the saucepan and mix well.
- 5 Season the rice with the light soy sauce, lime juice and black pepper powder.
- 6 Drizzle sesame oil and sprinkle spring onion on top of the rice before serving.

- 1 在平底锅中放入油加热。加入洋葱，用中火搅拌 5 分钟。
- 2 洋葱变软后，加入红甜椒丁和冷冻什锦蔬菜，再煮 2 分钟。
- 3 接着，转大火，并加入磨碎的白菜花。继续将所有食材搅拌在一起。
- 4 白菜花大约煮 3-4 分钟即熟。在平底锅里炒鸡蛋，并将所有食材搅拌均匀。
- 5 加入低钠酱油、酸柑汁和黑胡椒粉调味。
- 6 在白菜花饭上淋上麻油，并撒上葱末，即可上菜。

HEARTY BAKED BEAN CHICKEN STEW

开胃焗豆炖鸡肉

Chicken Breast



Potato



Nutrition Facts (1 serving)

营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	364
Carbohydrate (g) 碳水化合物 (克)	36.3
Protein (g) 蛋白质 (克)	29.5
Fat (g) 脂肪 (克)	9.7
Sodium (mg) 钠 (毫克)	374.1



10 minutes
10 分钟



15 minutes
15 分钟



Serving for 2
2 人份

INGREDIENTS 食材:

- 1 tbsp olive oil
- ½ cup diced onion
- ½ cup diced green bell pepper
- 200g chicken breast meat, cubed
- 80ml water
- 300g light baked bean
- 1 cup diced potato cube
- 8 pcs sweet peas

- 1 汤匙橄榄油
- ½ 杯洋葱丁
- ½ 杯青椒丁
- 200 克鸡胸肉, 切丁
- 80 毫升水
- 300 克焗豆 (低钠)
- 1 杯切块马铃薯
- 8 片甜豌豆

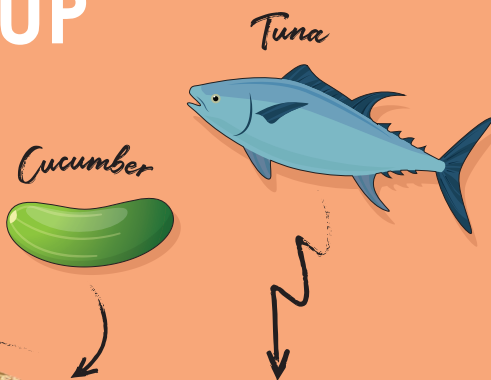
METHODS 方法:

- 1 Heat up the oil in a pot. Stir in onion and green bell pepper on a medium heat for 5 minutes.
- 2 Add in chicken pieces and potato. Cook until chicken pieces all around are well browned.
- 3 Add in baked beans, sweet peas and water and bring it to boil. Cover the pot and simmer for 10 minutes. Make sure the stew does not burn by stirring occasionally.
- 4 It is ready to serve when potato turns soft. It may be served with rice.

- 1 在锅中放入油加热。加入洋葱和青椒丁，用中火搅拌 5 分钟。
- 2 加入鸡丁和马铃薯丁。煮至鸡丁表面周围变成褐色。
- 3 加入焗豆、甜豌豆和水，煮至沸腾。盖上锅盖，焗 10 分钟。搅拌食材避免煮焦。
- 4 马铃薯变得熟软时，即可上菜。可搭配米饭享用。

TUNA IN A CUP

杯子金枪鱼



Nutrition Facts (1 serving) 营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	196
Carbohydrate (g) 碳水化合物 (克)	20.1
Protein (g) 蛋白质 (克)	11.9
Fat (g) 脂肪 (克)	7.5
Sodium (mg) 钠 (毫克)	226.9



INGREDIENTS 食材:

- 6 slices wholemeal bread
- 150g drained tuna flakes in water
- 3 slices reduced-fat cheese slices
- ½ cucumber, cubed
- 3 tbsp raisin
- 2 tbsp olive oil

- 6 片全麦面包
- 150 克沥干的水浸金枪鱼块 (罐头)
- 3 片低脂芝士片
- ½ 根黄瓜, 切丁
- 3 汤匙葡萄干
- 2 汤匙橄榄油

SEASONING 调味料:

- Black pepper powder

- 黑胡椒粉

METHODS 方法:

- 1 Preheat oven to 180 degrees.
- 2 Lightly brush muffin tin with olive oil.
- 3 Roll flat wholemeal bread with crust on.
- 4 In a bowl, mix drained tuna flakes, cubed cucumber, raisin and remaining olive oil. Season with black pepper powder.
- 5 Add one slice of bread into each muffin tin circle.
- 6 Then, add in tuna mixture and top with cheese slices. Bake for 10 minutes at 180 degrees, until cheese melts or reaches desired crispiness.

- 1 将烤箱预热至 180 度。
- 2 在烤模上轻轻刷一层橄榄油。
- 3 将带面包皮的全麦面包杆平。
- 4 将沥干的金枪鱼块、黄瓜丁、葡萄干和剩余的橄榄油一起放入碗中混合。加入黑胡椒粉调味。
- 5 在每一个烤模中放入一片面包。
- 6 然后, 加入金枪鱼混料和放上芝士片。在 180 度的温度下烘烤 10 分钟, 直至芝士融化或烤至所要脆度。

LIP SMACKING PIZZALICIOUS

澎湃芝心 披萨



Reduced fat
Cheese Slices



Pita Bread



Tomato



Nutrition Facts (1 serving)

营养成分 (1人份):

Energy (kcal)
热量 (卡路里) **374**

Carbohydrate (g)
碳水化合物 (克) **45.1**

Protein (g)
蛋白质 (克) **14.8**

Fat (g)
脂肪 (克) **7.0**

Sodium (mg)
钠 (毫克) **665.6**



10 minutes
10 分钟



10 minutes
10 分钟



Serving for 5
5 人份

INGREDIENTS 食材:

- 5 wholemeal pita bread
- 70g tomato puree
- 1 onion, sliced
- 1 red / green / yellow bell pepper, sliced
- 5 slices reduced-fat cheese slices
- 1 tomato, sliced
- 1 apple, sliced
- 3 tbsp cashew nuts / almond / walnut, crushed

- 5 个全麦皮塔面包
- 70 克番茄酱
- 1 颗洋葱, 切片
- 1 颗红/绿/黄甜椒, 切片
- 5 片低脂芝士片
- 1 颗番茄, 切片
- 1 颗苹果, 切片
- 3 汤匙腰果/杏仁/核桃, 压碎

METHODS 方法:

- 1 Preheat oven to 200 degrees.
- 2 Roll flat wholemeal pita bread.
- 3 Spread a thin layer of tomato puree on the pita pizza.
- 4 Top with onion, bell pepper, tomato slices, apple slices and cashew nuts / almond / walnut.
- 5 Then, top with cheese slice and bake for 10 minutes at 200 degrees.
- 6 Cut the pita into 4 slices. Serve it while still warm.

- 1 将烤箱预热至 200 度。
- 2 将全麦皮塔面包杆平。
- 3 在皮塔面包上涂一层薄薄的番茄酱。
- 4 上面放上洋葱、甜椒片、番茄片、苹果片和腰果/杏仁/核桃碎。
- 5 然后, 放上芝士片, 在 200 度的温度下烘烤 10 分钟。
- 6 把皮塔披萨切成 4 片。趁热享用。

CREAMY MIXED VEGETABLES

浓郁奶香
一锅端

Mixed Vegetables



Low fat Milk



Nutrition Facts (1 serving)

营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	305
Carbohydrate (g) 碳水化合物 (克)	14.9
Protein (g) 蛋白质 (克)	12.4
Fat (g) 脂肪 (克)	21.8
Sodium (mg) 钠 (毫克)	285.3



15 minutes
15 分钟



15 minutes
15 分钟



Serving for 4
4 人份

INGREDIENTS 食材:

- 350ml low fat coconut milk
- 350ml low fat milk
- 2 shallots, sliced thinly
- 2 garlic cloves, sliced thinly
- 25g dried prawns, pounded
- 2 bay leaves
- 1 tomato, cut into quarters
- 1 small-sized brinjal, cut into 2cm-long pieces
- 100g cabbage, sliced
- 100g long beans, sliced into 2cm-long pieces
- 2 tempeh, cut into 2cm pieces
- 1 tsp turmeric powder
- 2 tbs olive oil

- 350 毫升低脂椰奶
- 350 毫升低脂牛奶
- 2 颗红葱头, 切薄片
- 2 片蒜瓣, 切薄片
- 25 克虾米, 捣碎
- 2 片月桂叶
- 1 颗番茄, 切成四块
- 1 根小茄子, 切成 2 厘米长的段
- 100 克包菜, 切片
- 100 克长豆, 切成 2 厘米长的段
- 2 片天贝, 切成 2 厘米的小块
- 1 茶匙姜黄粉
- 2 汤匙橄榄油

SEASONING 调味料:

- 1/8 tsp low sodium salt

- 1/8 茶匙低钠盐

METHODS 方法:

- 1 Heat a pot, add olive oil and stir fry shallots, garlic, dried prawn, bay leaves and tomato until fragrant.
- 2 Add in coconut milk and low fat milk and bring it to boil. Cook for 5 minutes over medium heat.
- 3 Add brinjal, cabbage, long beans, tempeh and turmeric powder. Cook for 15 minutes or until vegetables are soft.
- 4 Season with salt and stir well.

- 1 将锅加热, 加入橄榄油、红葱、蒜、虾米、月桂叶和番茄爆香。
- 2 加入椰奶和低脂牛奶, 并煮沸。用中火煮 5 分钟。
- 3 加入茄子、长豆、天贝和姜黄粉。煮 15 分钟或直到蔬菜变软。
- 4 加入盐调味并翻炒均匀。

CRISPY BROCOBALLS

西兰花脆球

Broccoli



Onion



Walnut



Nutrition Facts (1 serving)

营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	76
Carbohydrate (g) 碳水化合物 (克)	6.2
Protein (g) 蛋白质 (克)	3.1
Fat (g) 脂肪 (克)	4.1
Sodium (mg) 钠 (毫克)	33.1



20 minutes
20 分钟



15 minutes
15 分钟



Serving for 15
15 人份

INGREDIENTS 食材:

- 1 cup instant oats
- 2 cups broccoli, steamed and chopped finely
- 2 eggs
- 1 onion, chopped finely
- 2 tbsp olive oil
- ¼ cup walnut, crushed

- 1 杯速溶燕麦
- 2 杯西兰花, 蒸熟, 切碎
- 2 粒鸡蛋
- 1 颗洋葱, 切碎
- 2 汤匙橄榄油
- ¼ 杯核桃, 压碎

SEASONING 调味料:

- ¼ tsp low sodium salt
- Black pepper powder

- ¼ 茶匙低钠盐
- 黑胡椒粉

DIPPING SAUCE 沾酱:

- ½ small tub low fat plain yoghurt
- ½ tsp lime juice

- ½ 小罐低脂原味优格
- ½ 茶匙酸柑汁

METHODS 方法:

- 1 Preheat oven at 180 degrees.
- 2 Combine instant oats, steamed broccoli, egg, onion, olive oil and walnut. Mix until well combined.
- 3 Season with salt and black pepper powder.
- 4 Roll broccoli into 15 balls and arrange them on baking tray. Bake for 15 minutes at 180 degrees (may continue baking for another 10 minutes for extra crispiness).
- 5 (Dipping sauce) In a bowl, mix yoghurt with lime juice. Stir well and pair with broccoli balls for extra flavor.

- 1 将烤箱预热至 180 度。
- 2 将速溶燕麦、蒸西兰花碎、鸡蛋、洋葱、橄榄油和核桃混合在一起。搅拌至充分融合。
- 3 加入盐和黑胡椒粉调味。
- 4 将西兰花混料揉成 15 个球状, 摆置于烤盘上。在 180 度的温度下烘烤 15 分钟 (可继续烘烤 10 分钟以增加脆度)。
- 5 (沾酱) 在一个碗里, 拌入优格和酸柑汁。搅拌均匀并搭配西兰花球来增加风味。

GOLDEN ENOKI PANCAKE

黄金煎饼

Enoki Mushroom



Eggs



Nutrition Facts (1 serving) 营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	188
Carbohydrate (g) 碳水化合物 (克)	13.7
Protein (g) 蛋白质 (克)	9.2
Fat (g) 脂肪 (克)	10.6
Sodium (mg) 钠 (毫克)	116.1



5 minutes
5 分钟



10 minutes
10 分钟



Serving for 3
3 人份

INGREDIENTS 食材:

- 100g enoki mushroom, root removed & halved
- 3 eggs
- 3 tbsp plain flour
- ¼ red bell pepper, thinly sliced
- ¼ carrot, thinly julienned
- 50g cabbage, julienned
- 1 tbsp olive oil
- Roasted sesame seeds

- 100 克金针菇，去根并对半切开
- 3 粒鸡蛋
- 3 汤匙普通面粉
- ¼ 颗红甜椒，切薄片
- ¼ 根胡萝卜，切细丝
- 50 克包菜，切丝
- 1 汤匙橄榄油
- 烤芝麻

SEASONING 调味料:

- ½ tsp low sodium salt
- Black pepper powder

- ½ 茶匙低钠盐
- 黑胡椒粉

METHODS 方法:

- 1 In a large bowl, mix enoki mushroom, eggs, plain flour, red bell pepper, carrot and cabbage. Season with salt and black pepper powder and mix well.
- 2 Heat up a pan and add olive oil. Pour in mixture and cook at medium heat for 3-4 minutes or until golden brown.
- 3 Next, flip the pancake over and continue cooking for 3-4 minutes or until golden brown.
- 4 Cut the pancake into pieces and garnish with sesame seeds.

- 1 在一个大碗里，将金针菇、鸡蛋、普通面粉、红甜椒、胡萝卜和包菜混合。加入盐和黑胡椒粉调味，搅拌均匀。
- 2 将平底锅加热，加入橄榄油。倒入混料，用中煎 3-4 分钟或直至金黄色。
- 3 接着，用中火把蛋饼翻面，继续煎 3-4 分钟，或直至变成金黄色。
- 4 将蛋饼切块，撒上芝麻作为装饰。

MELTY CHICKPEA WRAP

鹰嘴豆卷饼

Chickpea



Wrap



Nutrition Facts (1 serving) 营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	359
Carbohydrate (g) 碳水化合物 (克)	39.9
Protein (g) 蛋白质 (克)	21.3
Fat (g) 脂肪 (克)	10.9
Sodium (mg) 钠 (毫克)	698.8



15 minutes
15 分钟



15 minutes
15 分钟



Serving for 6
6 人份

INGREDIENTS 食材:

- 6 eggs
- 18 pieces iceberg lettuce, washed and drained
- ½ cup low fat plain yogurt
- 6 slices reduced-fat cheese slices
- 1 can chickpea, drained
- 6 pieces wholegrain wrap
- ¼ cup raisin

- 6 粒鸡蛋
- 18 片生菜, 洗净沥干
- ½ 杯低脂原味优格
- 6 片低脂芝士片
- 1 罐鹰嘴豆, 沥干
- 6 片全麦卷饼
- ¼ 杯葡萄干

SEASONING 调味料:

- Black pepper powder

- 黑胡椒粉

METHODS 方法:

- 1 Preheat oven at 180 degrees.
 - 2 Steam chickpeas for 5 minutes. Set aside.
 - 3 Boil a pot of hot water. Boil eggs for 10 minutes. Drain the water and cool down eggs in cold running water.
 - 4 Peel eggs and chop them roughly. Add in low fat yogurt and season with black pepper powder. Set aside.
 - 5 Lay wholegrain wrap on a flat surface, place 3 pieces of iceberg lettuce on a quarter section. Then, top with egg mixture, chickpea, cheese slice and raisin.
 - 6 Fold the wrap into half, then fold it into quarter size.
 - 7 Bake wholegrain wrap in oven for 5 minutes at 180 degrees.
- 1 将烤箱预热至 180 度。
 - 2 将鹰嘴豆蒸 5 分钟。放置一旁。
 - 3 水煮鸡蛋 10 分钟然后用自流水使鸡蛋冷却。
 - 4 剥去鸡蛋壳, 将鸡蛋切碎。加入低脂优格, 以黑胡椒粉调味。放置一旁。
 - 5 将全麦卷饼铺于平面, 在四分之一角落放上 3 片生菜然后, 放上切碎的鸡蛋、鹰嘴豆、芝士片和葡萄干。
 - 6 先将全麦卷饼对折, 然后再将其折叠成四分之一大小。
 - 7 将麦卷饼放入烤箱中, 在 180 度的温度下烘烤 5 分钟。

SUPREME FRIED NOODLE

全家福炒面



Nutrition Facts (1 serving) 营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	290
Carbohydrate (g) 碳水化合物 (克)	27.1
Protein (g) 蛋白质 (克)	20.1
Fat (g) 脂肪 (克)	10.3
Sodium (mg) 钠 (毫克)	271.4



INGREDIENTS 食材:

- 120g dried brown rice vermicelli
- 2 tbsp olive oil
- 300g chicken breast, thinly sliced
- ½ onion, sliced
- 1½ carrot, julienned
- ½ red capsicum, thinly sliced
- ¼ cup mushroom, drained and thinly sliced
- 1 bunch chye sim, cut into sections
- 1 sprig spring onion, cut into small sections

- 120 克干燥糙米粉丝
- 2 汤匙橄榄油
- 300 克鸡胸肉, 切薄片
- ½ 颗洋葱, 切片
- 1½ 根胡萝卜, 切丝
- ½ 颗红甜椒, 切薄片
- ¼ 杯蘑菇, 沥干水分, 切成薄片
- 1 把菜心, 切段
- 1 根青葱, 切成小段

SEASONING 调味料:

- 1 tbsp low sodium soy sauce
- 1 tsp dark soy sauce
- 1 tsp sesame oil

- 1 汤匙低钠酱油
- 1 茶匙黑酱油
- 1 茶匙麻油

METHODS 方法:

- 1 In a bowl, add in hot water and vermicelli. Set aside for 5-10 minutes to soak. Drain and set aside.
- 2 Heat a pan and add olive oil. Add chicken and stir-fry for 2 minutes or until just cooked.
- 3 Add onion, carrot, capsicum, mushroom and stir-fry for 2 minutes.
- 4 Add chye sim and cook for another 1-2 minutes.
- 5 Add noodles, chicken and seasoning sauces. Toss until well combined. Garnish with spring onion before serving.

- 1 在一个碗里, 加入热水和粉丝。放在一旁浸泡 5-10 分钟。沥干水分放置一旁。
- 2 将锅加热, 加入橄榄油。加入鸡肉, 翻炒 2 分钟或至其刚刚熟透。
- 3 加入洋葱、胡萝卜、红甜椒和蘑菇, 翻炒 2 分钟。
- 4 加入菜心, 再翻炒 1-2 分钟。
- 5 加入粉丝、鸡肉和调味料。翻搅至均匀。享用前撒上葱花装饰。

SUNDAY YOGHURT TOAST

周日优格土司



Yoghurt



Nutrition Facts (1 serving) 营养成分 (1人份):

Energy (kcal) 热量 (卡路里)	136
Carbohydrate (g) 碳水化合物 (克)	16.8
Protein (g) 蛋白质 (克)	8.3
Fat (g) 脂肪 (克)	3.8
Sodium (mg) 钠 (毫克)	130.8



INGREDIENTS 食材:

- 2 slices wholemeal bread
- 50g low fat plain yoghurt
- 1 egg
- ½ tsp stevia
- Topping: any fruits (strawberry, blueberry, banana, cranberry, nuts and seeds)

- 2 片全麦面包
- 50 克低脂原味优格
- 1 粒鸡蛋
- ½ 茶匙甜叶菊
- 装饰配料: 任何水果 (草莓、蓝莓、香蕉、蔓越莓、坚果和种子)

METHODS 方法:

- 1 Preheat oven to 180 degrees.
- 2 In a bowl, add in yoghurt, egg and stevia. Mix and set aside.
- 3 Using the back of a spoon, press into the centre of the bread to indent and create a well.
- 4 Spread half portion of yoghurt mixture into centre of the bread and add toppings on top.
- 5 Bake for 8-10 minutes at 180 degrees, until the yoghurt mixture is set.

- 1 将烤箱预热至 180 度。
- 2 在一个碗里，加入优格、鸡蛋和甜叶菊。混合均匀并放在一旁。
- 3 用勺子背面压入面包中心，形成一个凹痕。
- 4 将半份优格混料放入面包中心，并在上面加上装饰配料。
- 5 在烤箱中以 180 度烘烤 8-10 分钟，直到优格混料定型。

FRESH, FROZEN, CANNED OR DRIED - WHICH IS BETTER?

When it comes to fruits and vegetables, we are presented with a wide spread at the supermarket. Fresh, frozen, canned or dried - which is better? Should we avoid canned fruits? Are frozen vegetables less nutritious?

1 Fresh

Fresh is always the best. Opting for seasonal fruits and vegetables may taste even better. Enjoy it on its own, in a smoothie, in salads, or with dips.



2 Frozen

Frozen items have similar nutrition content as fresh produce

- Longer shelf life and more cost-effective

Protein	Meat, chicken and fish
Vegetables	Carrot, mixed vegetables, green peas, corn
Fruits	Strawberry, blueberry

Choose frozen items without added sodium and sugar

3 Canned

Longer shelf life and convenient to keep in the pantry

Canned protein, legumes and beans

- Choose 'lower in sodium'
- Reduce intake of broth or gravy

Canned fruits

- Choose 'in fresh juice' or 'in water'
- Avoid 'in syrup'

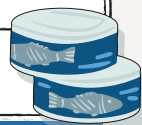
Canned vegetables

- Choose 'in water'
- Avoid 'in salt'

Tuna in water, sardine in tomato sauce (light), baked beans (light), chickpeas, kidney beans, butter beans

Pineapple in fresh juice

Mushroom, tomato puree



4 Dried

Freeze dried fruits (dehydrated fresh fruits)

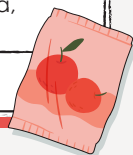
- Choose 'no added sugar'

Dried fruits

- Choose 'no added sugar'

Strawberry, mango, banana, apple, peach

Raisin, apricot, prune



新鲜，冷冻，罐装，还是干燥 —— 哪个比较好？

说到水果和蔬菜，它们在超市里很普遍。新鲜，冷冻，罐装或干燥 - 哪个比较好？我们应该避免罐装水果吗？冷冻蔬菜营养价值低吗？

1 新鲜

新鲜永远是最好的。选择时令水果和蔬菜能够让味道更好。可单独享用，加入冰沙、沙拉或蘸酱。



2 冷冻

冷冻食品的营养成分与新鲜食品相似

- 拥有更长的保质期和更廉价

选择无添加钠和糖份的冷冻食品

蛋白质	肉类、鸡和鱼
蔬菜	胡萝卜、什锦蔬菜、青豆、玉米粒
水果	草莓、蓝莓

3 罐装

拥有更长的保质期，方便存放在食品储藏室

罐装蛋白质，豆类

- 选择'钠含量较低'
- 减少罐装肉汤/肉汁摄取量

罐装水果

- 选择'新鲜果汁'或'水中'
- 避免'糖浆'

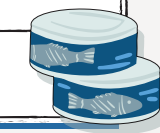
罐装蔬菜

- 选择'水中'
- 避免'在盐中'

水中金枪鱼、番茄酱沙丁鱼 (少钠) 焗豆 (少钠)、鹰嘴豆、芸豆、黄豆

黄梨 (新鲜果汁)

蘑菇、番茄酱



4 干燥

冻干水果 (脱水新鲜水果)

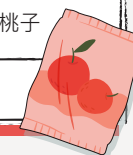
- 选择'不加糖'

干燥水果

- 选择'不加糖'


草莓、芒果、香蕉、苹果、桃子

葡萄干、杏、李子






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