

BALANCED BITES

Morn, Noon, Night



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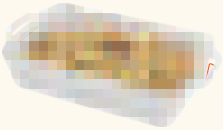
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FIND YOUR BALANCE: SALT, FAT, AND SUGAR

INTRODUCTION

In today's fast-paced world, our dietary habits have undergone significant changes, often leading to excessive consumption of salt, sugar, and fats. These three components play essential roles in maintaining our body's functions, yet their overconsumption poses serious health risks.

Salt, for instance, is crucial for muscle contraction, nerve signalling, and fluid balance, but too much of it can lead to hypertension and cardiovascular disease. Similarly, fats are necessary for absorbing vitamins and regulating body temperature, yet unhealthy fats contribute to obesity and heart disease.

Sugar, particularly added sugar, provides energy, but excessive intake can increase the risk of diabetes and other metabolic disorders. Despite their importance, modern diets often contain excessive amounts of these ingredients, largely due to processed foods and hidden additives.

Many people are unaware of the high salt content in sauces and ready-to-eat meals or the added sugars in seemingly healthy snacks. Understanding the recommended daily intake of these nutrients and making informed food choices is crucial to maintaining overall health.



SALT

Salt, also known as sodium, is a mineral that is essential for our body cells and muscle functions, such as fluid balancing, relaxation and contraction of muscles and nerve health. We need as little as 500mg for our bodies to function which is approximately 1/4 teaspoon[1].

Eating too much or too little salt can impact our health. Studies showed that overconsumption will increase our risk for cardiovascular heart disease, hypertension, stroke, and even certain types of cancer. Increasing 1/2 teaspoon equivalent to 1g per day of salt intake would contribute to a higher risk of cardiovascular disease[2].





On the other hand, taking too little can cause health problems, such as causing the kidneys' sodium reabsorption, affecting muscles' contractions and function of the nerves[2].

Nowadays, we constantly consume salt at a high level, not realising the food we eat contain large amounts of salt. A study conducted revealed that an average Singaporean consumes about 3600mg of salt daily, which is 1.8 times higher than the recommended levels[3].

Foods such as ready to-eat meals, salad sauces, and condiments we use in our cooking, contain high amounts of salt. The misconception we have is that sweet or spicy condiments and bakes, namely, ketchup, chili sauces and sweet pastries do not have or contain very little salt, hence, presumed it is alright to consume regularly.

Unfortunately, those foods contain high amounts of salt, frequently masked by the other flavourings[3]. Thus, resulting in excessive salt intake.

Recommended daily intake is 2000mg which is about 1 levelled teaspoon.

FATS/OIL

When we talk about fats or oil, we link it to diseases like coronary heart disease, bad cholesterol, and obesity. Therefore, some people will avoid it as much as they can, especially if they are suffering from heart-related diseases. Yet there is another group of people who are generally healthy, they too avoid consuming oil and fats, citing that as a precautionary measure against heart diseases.



But if a good thing is taken to an extreme, it can cause undesirable effects on health too. Fats help absorb vitamins A, D, E and K for they are soluble in fats; aid in healthy skin and hair maintenance; vital in regulating cholesterol levels; act as heat regulators for body temperature and impact absorbers for vital organs[4].



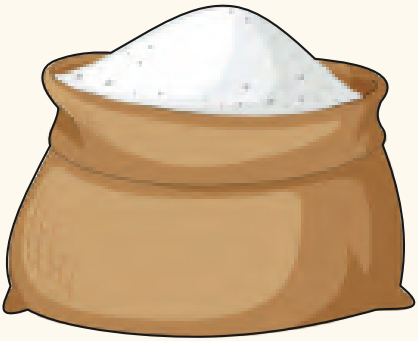
Healthy fats, found in foods such as olive oil, avocados and unflavoured baked nuts, contain monounsaturated fatty acids and polyunsaturated fatty acids.

Conversely, unhealthy fats, including saturated fats from fatty meats and dairy, and trans fat from deep-fried foods and baked goods, can contribute to plague formation in the blood vessels when consumed in excess. This process, known as atherosclerosis, can lead to inflammation and may increase the risk of cancers[5].

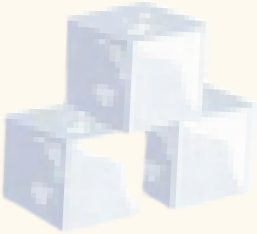
> Recommended daily intake of fats/oil is based on 20% to 35% of total energy consumption. For a 2000-calorie diet, the fat intake ranges from 45 grams to 78 grams.

SUGAR (ADDED)

Glucose, sugar in its simplest form, is a primary fuel source for cellular and brain function. It's naturally obtained from carbohydrates, fruits, and vegetables[6]. In contrast, added sugars, such as sucrose or dextrose, are artificially manufactured and frequently incorporated into processed foods to enhance palatability.



Added sugars can also appear as syrups and honey[7]. High-fructose corn syrup (HFCS), derived from corn starch, is particularly high in sugar content. Research indicates that excessive consumption of HFCS is associated with obesity and may contribute to cardiovascular disease, non-alcoholic fatty liver disease, elevated cholesterol levels, and type 2 diabetes mellitus[8].



Excessive consumption of added sugar increases the risk of coronary heart disease, potentially through the development of insulin resistance, which can lead to type 2 diabetes.

Furthermore, prolonged high intake of added sugar is strongly associated with overweight and obesity[9].

Added sugars are prevalent in a wide range of products, including condiments, convenience foods, sugary beverages, and ultra-processed foods such as potato chips, cereals, and energy bars.

> Recommended added sugar intake is 50g which is equivalent to 10 levelled teaspoons.

In conclusion, salt, sugar and fats/oil are good for health when they are obtained from natural sources. Consuming in small quantities and within the daily allowances have proven they are essential for our body's functions. For those made and highly processed, when we overconsume in large quantities and over a long time, health problems will start to arise. The key is consumption in moderation for our health and well-being.



BUCKWHEAT NOODLE SALAD

Created by Madam Yong Soo Chan

SERVES **1 pax** | PREP **10 mins** | COOK **20 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
1505mg	17g	1g

INGREDIENTS

60 g Dried buckwheat noodles

100 g Fish fillets

3-4 Cherry tomatoes, halved

4 Mushrooms, sliced

3 Broccoli florets

¼ Bell pepper, sliced

¼ Avocado

5 Lettuce leaves

1 tbsp Olive oil

SAUCE

1.5 tsp Pure black bean soy sauce

FISH MARINADE

¼ tsp Turmeric powder

¼ tsp Salt

HEALTHIER OPTION

You can swap the buckwheat noodles with sweet potato glass noodles for lower sodium content.

DIRECTIONS

1. In a bowl, place the fish fillet and fish marinades. Mix them well.
2. Preheat the oven to 180°C for 10 minutes.
3. Bake the fish fillet at 180°C for 15 minutes.
4. Slice the mushrooms, bell pepper and cut the broccoli into small florets.
5. Chop the parsley and set it aside for later use.
6. Boil a pot of water and blanch broccoli, mushrooms and buckwheat noodles for 5-6 minutes until cooked. Drain and set aside.

Assembly

In a big shallow bowl, place buckwheat noodles in the center. Arrange the fish, lettuce, broccoli, bell pepper, mushroom and avocado around the buckwheat noodles.

Mix the olive oil and black bean sauce in a small bowl and drizzle the mixture over the noodles and vegetables.

You can choose to garnish with some chopped parsley.

For individuals who prefer to eat cooked food, boil/steam the vegetables before consuming.

Avocado is known for being rich in Omega-3 fatty acids, fiber, and Vitamin C, E & K. Add in some olive oil to enhance the absorption.





RED YEAST WINE RESIDUE NOODLE SOUP

Created by Madam Wong Choon Yoong

SERVES **1 pax**

PREP **10 mins**

COOK **20 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
846.5mg	0.63g	4.02g

INGREDIENTS

100 g Chicken breast, cubed

2 Dried bean noodles

3 tsp Fermented red residue

2 Ginger slices

80 g Chye sim

30 g Carrots, sliced

500 ml Water

GARNISH

10 Goji berries

CHICKEN MARINADES

1 tsp Reduced salt soy sauce

1 tsp Hua diao wine

¼ tsp Salt

HEALTHIER OPTION

You can omit soy sauce for the chicken marinades for lower salt content.

DIRECTIONS

1. Cut the chicken breast into cube sizes and place into a bowl.
2. Add in soy sauce and hua diao wine to marinade the chicken. Set aside for later use.
3. Slice the ginger and carrots. Cut the chye sim into small stacks. Set aside.
4. Add the water into a pot and bring it to a boil.
5. Add in fermented red residue, carrots and ginger slices. Turn to medium heat and cook for 10 minutes.
6. Add in chicken, chye sim and bean noodles. Cook for another 10 minutes or until the chicken is fully cooked and the bean noodles are softened.
7. Turn off the heat and transfer the cooked noodles and ingredients from the pot into a bowl.
8. Lastly, garnish with goji berries.

Bean noodles are mainly made from green beans and they are gluten-free. It is low in added sugar hence making it a good choice to eat.







STIR FRIED RICE CAKE

Created by Madam Lee Boon Yoke

SERVES **2 pax** | PREP **10 mins** | COOK **20 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
1232.25mg	20g	2.04g

INGREDIENTS

150 g Dried white rice cake

150 g Chicken leg, cubed

5-6 Long cabbage pieces, chopped

50 g Carrots, sliced

30 g Black fungus, sliced

1 Spring onion, cut into 1 inch long

2 Garlic cloves, minced

2 Shallots, sliced

2-3 Ginger slices

2 tbsp Olive oil

100 ml Water

SEASONINGS

1 tbsp Reduced salt soy sauce

1 tsp Oyster sauce

¼ tsp Salt

White pepper powder

1 tsp Hua diao wine

CHICKEN MARINADES

¼ tsp Salt

White pepper powder

1 tsp Sesame oil

Black fungus is high in fiber and low in fat. It contains potassium, calcium, phosphorus, folate and magnesium which are beneficial to the heart, brain and bones.



DIRECTIONS

1. Soak white rice cake in a bowl of water overnight.
2. Soak the black fungus in a bowl of water for at least 30 minutes.
3. Remove the skin of the chicken leg and excess visible fats. Cut into cubes.
4. Put it into a bowl and add the chicken marinade. Mix well.
5. Cut the long cabbage into 1 inch long sections.
6. Slice the carrots, hydrated black fungus, shallots and ginger. Set them aside for later use.
7. Mince the garlic and cut the spring onion into sections. Set them aside for later use.
8. Boil a pot of water and blanch the white rice cake for 5 minutes. Drain and set aside.
9. Heat a pan with oil. Add in ginger, garlic and shallots. Stir fry until fragrant.
10. Add in the chicken and stir fry for 2 minutes. Then add in carrot and long cabbage and stir fry until soft.
11. Add in seasonings (except hua diao wine) and water.
12. Boil and add in white rice cake.
13. Add in hua diao wine when the gravy is lightly thickened up.
14. Lastly, garnish with spring onion.

HEALTHIER OPTION

You can omit soy sauce and salt in the seasoning and replace salt with reduced salt soy sauce in chicken marinades.



STEAMED CHICKEN CABBAGE ROLL

Created by Madam Julie Seah

SERVES **1 pax** (3 pieces)

PREP **10 mins**

COOK **15 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
859.13mg	1.25g	0.85g

INGREDIENTS

125 g Chicken breast, minced

3 Long cabbage pieces, stem removed

1 Spring onion, chopped

25 g Carrots, shredded

GARNISH

10 Goji berries

1 Spring onion, chopped

CHICKEN MARINADES

½ tsp Reduced salt soy sauce

¼ tsp White pepper powder

½ tbsp Corn flour

¼ tsp Salt

¼ tsp Sesame oil

HEALTHIER OPTION

For lower salt content, you can omit salt in the chicken marinades.

DIRECTIONS

1. Wash and cut the stem of the long cabbage.
2. Boil a pot of water. Blanch long cabbage leaves for 1-2 minutes until slightly soft. Drain, pat dry with a kitchen towel and set aside for later use.
3. Shred the carrots and chop the spring onions. Set aside for later use.
4. In a bowl, marinade chicken with soy sauce, white pepper powder, corn flour, salt and sesame oil. Add in the shredded carrots and chopped spring onions and mix them well.
5. To wrap, scoop 1-2 tbsp of meat filling onto long cabbage. Roll upwards and fold in the sides.
6. Steam the rolls for 10 minutes.
7. Remove them from the steamer and place them onto a plate.
8. Garnish with goji berries.

To make a sauce, thicken the juices from the steamed cabbage rolls with a small amount of corn flour and then pour it over the rolls.

Steamed vegetables retain more vitamins and minerals compared to blanching. Therefore, when blanching vegetables, be mindful of the time used so you won't lose all the vitamins and minerals in the process.







QUICK CHICKEN STEW WITH ROOT VEGETABLES

Created by Chef John See

SERVES **4 pax**

PREP **10-15 mins**

COOK **25 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
287.5mg	2.5g	0g

INGREDIENTS

4 Medium-sized chicken drumsticks

120 g White radishes, roughly chopped

120 g Carrots, roughly chopped

120 g Potatoes, roughly chopped

1 Red onion, cubed

80 g Cherry tomatoes, halved

5 Garlic cloves, smashed

2 Ginger slices

500 ml Water*

SEASONINGS

1 tbsp Italian mixed herbs**

1 ½ tsp Cajun spice

1 tsp White pepper powder

1 tsp Salt

1 tsp Olive oil

Chicken stock can be used to substitute water.
****** 3 stalks of fresh thyme leaves can be used to substitute the Italian mixed herbs***

DIRECTIONS

1. Remove the skin and visible fat from the chicken legs, then lightly season with salt and pepper.
2. Peel the white radishes, carrots, and potatoes, or if you prefer, you can leave the skin on. Chop them up them roughly, and set aside.
3. Cut the cherry tomatoes into halves.
4. Cut the red onion into cubes size and smash the garlic and ginger.
5. Heat a nonstick casserole pot and add 1 tsp olive oil. Sear the chicken drumsticks till golden brown. Set aside.
6. Using the same pot, fry the red onion till golden brown.
7. Add in the ginger and garlic, fry till fragrant.
8. Add in the cut potatoes, carrots and radishes, fry for 1 minute.
9. Add in water, Italian mixed herbs and Cajun spice. Bring to a boil and simmer for 15 minutes.
10. Turn off the heat and let it rest for 5 minutes before serving.

White radish is high in fiber and vitamin C. It also contains potassium, calcium, iron and manganese. Include it in your meals to strengthen your immune system.







CHICKEN CASSEROLE

SERVES **5 pax**

PREP **20 mins**

COOK **25 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
343.33mg	15g	0.14g

INGREDIENTS

500 g Chicken breast, cubed

4 Medium potatoes, skin on and cubed

1 Red onion, diced

1 Canned mushrooms, halved

2 Garlic cloves, minced

SEASONINGS

1 tbsp Low sodium soy sauce

1 tsp Black pepper powder

½ tsp Salt

½ tsp Paprika powder

1 tbsp Corn flour

GARNISHING

1 cup Shredded cheddar or mozzarella cheese

½ cup Spring onion, chopped



DIRECTIONS

1. Cut the chicken breast and potatoes into cubes.
2. Rinse and halve the canned mushrooms.
3. Dice the red onion and mince the garlic.
4. In a large bowl, combine the chicken, potatoes, mushrooms, red onion, garlic, olive oil, and seasonings. Mix well, cover, and refrigerate for 1 hour to marinate.
5. Steam the marinated mixture for 20 minutes, or until the potatoes are thoroughly cooked
6. Preheat the oven to 200°C.
7. Transfer the cooked chicken mixture into a baking tray and spread the cheddar cheese on top.
8. Bake for 5 minutes until the cheese melts.
9. Lastly, garnish with spring onion.









FISH PORRIDGE

SERVES **4 pax**

PREP **10 mins**

COOK **30 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
290.75mg	0g	0.43g

INGREDIENTS

1 cup Brown rice

400 g Fish fillets

200 g Frozen mixed vegetables

1 Celery, diced

2 cups of Broccoli florets

2 Ginger slices

1 tbsp Green onions, chopped

4 cups of Water

SEASONINGS FOR FISH

1 tbsp Low sodium light soy sauce

2 tsp Shaoxing wine

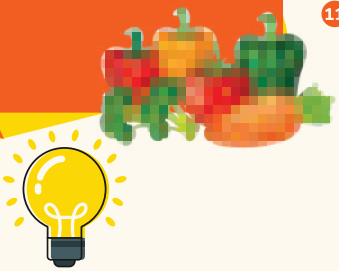
½ tsp White pepper powder

1 tsp Corn flour

SEASONING FOR PORRIDGE

¼ tsp Salt

Frozen vegetables are snap-frozen right after being harvested, hence they are as nutritious as fresh ones. It is a good source of fibre if you're in a hurry to prepare food.



DIRECTIONS

1. Wash the rice and set it aside for later use.
2. Slice the fish fillets into 1 cm thick slices, place them into a bowl and add in the fish seasonings. Mix them well.
3. Dice the celery and rinse the frozen vegetables. Set aside for later use.
4. Trim the broccoli stems and separate the florets into smaller pieces.
5. Cut the ginger into thick slices and use the back of the knife to lightly chop the ginger slices.
6. Combine the rice, carrots, celery, ginger, and water in a big pot.
7. Bring to a boil over medium-high heat until the liquid reaches a boil. Then, reduce the heat to low, cover the pot, and simmer for 30 minutes, stirring periodically to prevent burning.
8. When the porridge reaches the desired texture, add the marinated fish fillets, and broccoli.
9. Over medium heat, stir continuously to break the fish into smaller pieces.
10. Once the fish is cooked through, garnish with green onion.
11. Add the porridge seasoning and sesame oil. Stir to mix well and is ready to serve hot.



SPRING ROLL FISH

SERVES **4 pax**

PREP **25 mins**

COOK **10 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
287.5mg	2.5g	0g

INGREDIENTS

400 g Fish fillets

200 g Cabbage, shredded

200 g Carrots, shredded

1 Red bell pepper, julienned

1 tbsp Olive oil

8 Large Spring roll wrappers

SEASONINGS FOR FISH

½ tsp Chilli powder

2 tsp Italian mixed herbs

½ tsp Black ground pepper

1 tbsp Olive oil

½ tsp Salt

DIRECTIONS

1. Mix the fish seasonings in a bowl. Rub the seasoning all over the fish fillets and set aside for 10 minutes.
2. Shred cabbage and carrots; julienne the red bell pepper. Set aside for later use.
3. Preheat the oven to 180°C and bake the fish fillets for 15 minutes.
4. Heat the pan with olive oil, add in carrots, cabbage and bell pepper. Stir fry till fully cooked.
5. Take a spring roll wrapper and add 2 tbsp of stir-fried vegetables and fish.
6. Roll and tuck the side of the wrapper firmly. Pan-fry it on low heat for 1 to 2 minutes until it is crispy.

Bell pepper, also known as capsicum, is rich in Vitamin A & C, potassium and antioxidants. Especially red bell pepper which contains more lycopene (carotenoid) than other colours. Eat more for healthier cellular functions.





ONE-POT EGG AND TOFU

SERVES **2 pax**

PREP **10 mins**

COOK **15 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
140.5mg	7.5g	0.43g

INGREDIENTS

½ Broccoli

50 g Shimeiji mushrooms

1 box of Chinese tofu (silken or firm)

3 Large eggs

1 Medium onion, sliced

½ Large red chili, deseeded and sliced

1 tbsp Olive oil

50 ml Water

SEASONINGS

1 ½ tsp Reduced salt soy sauce

Broccoli that has purplish hue is high in anthocyanin. It is a type of flavonoid that may reduce inflammation, lower blood sugar and offer some protection against cancer.





DIRECTIONS

1. Remove the broccoli stems and separate the broccoli florets into smaller pieces.
2. Trim the base of the Shimeji mushrooms and separate the clusters.
3. Deseed the red chili. Slice the red chili and onion.
4. In a large bowl, crack the eggs and whisk them thoroughly. Add the water and mix until well combined.
5. Heat a pan with olive oil. Sauté the sliced onion and red chili until fragrant.
6. Add Chinese tofu and break it into small pieces with your spatula. Stir fry gently for 1 minute.
7. Pour in the egg mixture and seasonings. Stir gently to coat the tofu with the egg mixture.
8. Add broccoli and Shimeji mushrooms on top of mixture. Gently stir to mix well.
9. Turn to low heat and cook for 10 minutes, or until the eggs are fully cooked.
10. Remove from heat and serve with brown rice.



BAKED APPLE CARROT OATMEAL CAKE

SERVES **4 pax**

PREP **10 mins**

COOK **20 mins**

INTAKE PER PAX

Salt	Fat/Oil	Sugar (added)
297.75mg	3.85g	0.56g

INGREDIENTS

1 Large apple, finely chopped

50 g Carrots, shredded

100 g Rolled oats (50 g blended, 50 g unblended)

2 Large eggs

80 ml Low fat milk

50 g Unflavoured mixed nuts (pumpkins, sunflower seeds, and walnuts)

2 Medjool dates, chopped

1 tbsp Olive oil

SEASONINGS

1 tsp Salt

1 tsp Cinnamon powder

Instant oats cook quickly because they are pre-cooked and dried. They are more finely rolled than rolled oats, which breaks down into glucose faster. Rolled oats, having been lightly steamed and rolled, takes a longer time to digest in the stomach resulting in a more gradual rise in blood sugar.





DIRECTIONS

1. Preheat oven or air fryer to 180°C for 10 minutes.
2. Use a food processor to blend 50g of rolled oats and set it aside for later use.
3. Wash the apple. Leaving its skin on, finely chop the apple up.
4. Peel and shred the carrots.
5. Chop the Medjool dates finely.
6. Put the walnuts into a plastic bag and crush them.
7. In a bowl, combine all ingredients and seasonings, and mix them well.
8. Pour the mixture into a baking container and bake for 30 minutes at 180°C.
9. After baking, let the oatmeal cake cool down on the cooling rack.
10. Top with low-fat or non-fat plain yoghurt.

ACKNOWLEDGMENT

We extend our gratitude to the remarkable individuals who have generously shared their culinary creations, enriching this recipe book with their passion.

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Furthermore, we are immensely grateful to Chef John See for his gracious contribution of the "Quick Chicken Stew with Root Vegetables" recipe. His culinary talent, showcased at the 2024 Bloom with Hope event,was well-received by our participants, and we are delighted to share it with a wider audience. Thank you for your generosity and for helping to make this book a true celebration of nourishing and delicious food.

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