

MAGGIE'S Healthy Recipe 4

銘琪
maggie's
癌症關顧中心
Cancer Caring Centre

A registered dietitian takes your taste buds around the world :

Design 20 nutritious recipes with appealing colours, aromas, and flavours

Embark on a delicious journey of cancer prevention and treatment





Important Notice:
This booklet aims to provide general education and reference information to the public, not medical advice. An individual/ patient's diet may change depending on their health condition or treatment plan. If users have any medical or dietary concerns, they should consult a healthcare professional or a registered dietitian.

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General Manager's Foreword



Regaining Hope with Delectable Dishes for Cancer Patients

Maggie's Cancer Caring Centre (Maggie's Centre) has been established for over 10 years. We are profoundly grateful to The Hong Kong Jockey Club Charities Trust for their enduring support, which has enabled us to expand our services to more cancer patients and their families each year, including psycho-educational courses, workshops, and other offerings. We also promote community education to raise public awareness of cancer.

The annual publication of "Maggie's Healthy Cooking" aims to empower those affected by cancer, as well as the general public, to easily prepare nutritious dishes tailored to their needs at home. It also strives to provide knowledge on healthy eating and encourage everyone to maintain good dietary habits, which can play a significant role in cancer prevention.

We recognise that maintaining robust health and immunity through proper nutrition is paramount for those impacted by cancer. As such, people-oriented "nutritional therapy" has always been a core service at Maggie's Centre's core services. In addition

to providing nutritional consultations for our service users, Ms. Ceci YIP, our centre's registered dietitian, has specially chosen "global cuisine" as the theme for this cookbook, introducing delicacies from all over the world.

The easy-to-follow recipes, complete with nutritional analysis, relevant cooking tips, and healthy eating guidance, enable patients and their families to effortlessly prepare international healthy dishes at home, even if treatment plan prevents travel. This not only brings colour to their lives but also reignites their joy of eating, empowering them to confront challenges and ultimately triumph over cancer!



Catherine SUEN
General Manager of Maggie's Cancer Caring Centre



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Maggie's Healthy Recipe
Volume 1



Maggie's Healthy Recipe
Volume 2



Maggie's Healthy Recipe
Volume 3

Dietitian's Tips for Cancer Patients

Myths about Cancer Diet

Imposing excessive dietary restrictions can lead cancer patients to develop nutritional imbalances, muscle loss, and weakened recuperative abilities. In Maggie's Healthy Recipe 3, we have shared accurate information about consuming poultry, milk, sugar, and starch. Let's continue unraveling common misconception on nutrition among cancer patients.

Can "superfoods" prevent cancer?

"Superfoods" is a marketing term for nutritious foods like cruciferous vegetables, blueberries, avocados, nuts, and green tea. However, there is no scientific evidence to date that these foods can completely prevent or cure cancer. The key to maintaining health and reducing the risk of cancer is a balanced diet. It is recommended to follow the principles of the "Healthy Eating Pyramid"¹ - with whole grains as the foundation, plenty of fruits and vegetables, reduce salt, saturated fat, trans fat, and sugar intake, and an appropriate amount of meat, fish, eggs, dairy products, and other substitutes. Whole grains, fruits, and nuts are rich in dietary fibre, vitamins, and antioxidants, which help to boost immunity and prevent constipation. Adopt low-fat cooking methods and limit high-temperature frying to achieve a balanced diet is the best way to promote health.

Can "vegetable and fruit juice" help fight cancer?

There are various vegetable and fruit juice recipes circulating in the market that claim to have cancer prevention and treatment effects. Vegetables and fruits are indeed rich in nutrients and antioxidants, which are beneficial to health. For patients with difficulty chewing or swallowing, drinking fresh vegetable and fruit juice can help absorb nutrients. However, compared with whole fruits, juice contains less dietary fibre and more fructose², and excessive consumption may lead to excessive sugar and calorie intake. High-risk individuals (such as the elderly and those with low immunity) should avoid consuming raw and uncooked food to reduce the risk of foodborne diseases.

Should cancer patients avoid consuming soy or soy products?

Soy is a nutritious food that contains plant-based protein, unsaturated fat, dietary fibre, calcium, and soy isoflavones. Soy isoflavones are similar to human oestrogen, and there is currently no evidence to suggest that they increase the risk of breast cancer or are harmful to the human body. Several large organisations have indicated^{3,4,5} that soy products, such as tofu and soy milk, can be consumed in moderation, but isoflavone supplements are not recommended for breast cancer patients. In addition, it is important to avoid consuming soy products that have been pickled or deep-fried, such as fermented bean curd, fermented red tofu, vegetarian preserved food, dried bean curd, and fried bean curd sticks.



Nutritional Tips for Cancer Patients Undergoing Treatment

Chemotherapy and radiotherapy may cause side effects such as loss of appetite, changes in taste, weight loss, nausea, vomiting, oral mucositis, dry mouth, diarrhoea, and fatigue. Cancer patients need to consume adequate nutrition during treatment to reduce muscle loss, maintain weight, enhance immunity, alleviate treatment side effects, and promote recovery.^{6,7}

- There is no need to deliberately restrict your diet or consume extremely bland food.
- Light exercise (such as taking a walk before meals), staying positive, and choosing your favourite foods can help increase your appetite.
- Eat small, frequent meals: In addition to three meals a day, add some nutritious snacks or nutritional supplements between meals to ensure adequate nutrient intake.
- Prioritise high-calorie, high-protein foods such as meat, fish, seafood, eggs, dairy products, legumes, and grains.
- Consume an appropriate amount of foods rich in unsaturated fats, such as vegetable oils (e.g. rapeseed oil, olive oil, peanut oil, avocado oil, corn oil, sesame oil, rice bran oil, etc.), fatty fish (e.g. salmon, yellow croaker, red snapper, silver cod, grouper, and mackerel), nuts and seeds.
- When the oral mucosa is inflamed and painful, it is recommended to adjust the texture of food to make it easier to eat.



Nutritional Tips for Cancer Prevention and Recurrence

As for those who have recovered, they should gradually return to a balanced diet, maintain an ideal body weight, and adopt a healthy lifestyle, such as⁸⁻¹⁰:

- Limit alcohol intake and avoid smoking.
- Follow the guide of the "Healthy Eating Pyramid" for your diet.
- Reduce or avoid processed meats
- Reduce or avoid foods and drinks with added sugar.
- Consume red meat in moderation, less than 13 taels per week.
- Exercise regularly and avoid a sedentary lifestyle.



In summary, maintaining a healthy diet and lifestyle can reduce the risk of cancer and cancer recurrence. For more information, please consult the registered dietitian at Maggie's Centre to find the most suitable diet and healthy lifestyle for you.

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Asian Delights (3-day) Nutritious Menu

	Day 1	Day 2	Day 3
Breakfast	Mushroom, Shrimp, and Multigrain Congee	Sliced Fish and Fresh Tomato Soup with Brown Rice Vermicelli Noodles P.26 - P.27	Rice in Salmon, Mixed Mushroom and Seaweed Soup P.22 - P.23
Snacks	Sukiyaki Beef Rice Ball	Ginger Chicken Bun	Papaya Nut Milk Smoothie P.50 - P.51
lunch	Stewed Sea Cucumber with Snow Peas P.18 - P.19 Rice / Noodles / Pasta / Congee Fruits	Chickpea Tempeh Curry Rice P.30 - P.31 Fruits	Korean Beef and Seaweed Rice Rolls P.28 - P.29 Fruits
Snacks	Ginger Milk Steamed Egg Custard	Red Bean Paste with Tofu Pudding	Osmanthus Cake P.48 - P.49
Dinner	Thai-style Stir-fried King Prawn with Mixed Vegetables in Clay Pot Fruits	Korean Sweet and Sour Vegetarian Meatballs with Tricolor Bell Peppers P.20 - P.21 Rice / Noodles / Pasta / Congee Fruits	Stir-fried Pork Slices with Ginger and Spinach Donburi (Japanese Rice Bowl) P.24 - P.25 Fruits
Soups	Buddha's Hand Gourd, Chestnut, Carrot and Pork Tenderloin Soup P.34 - P.35	Wakame and Tofu Soup	Japanese-style Soy Milk Chicken Soup P.32 - P.33
Desserts	Sesame Paste	Snow Fungus, Lotus Seeds, Glutinous Rice Balls, and Meat Dessert	Job's Tears and Mung Bean Paste

Western Delights (3-day) Nutritious Menu

	Day 1	Day 2	Day 3
Breakfast	Western All-day Breakfast	Mexican Chicken Wrap	Scrambled Eggs with Avocado on Toast
Snacks	Italian Vegetable Frittata P.40 - P.41	Tri-color Deviled Eggs P.36 - P.37	Pan-fried Cheese Shrimp Cakes P.38 - P.39
lunch	Pan-fried Asparagus with Scallops Black Truffle Mashed Potatoes Fruits	Fresh Tomato and Mushroom Pasta with Grilled Chicken Breast P.46 - P.47 Fruits	Mediterranean-style Grilled Cod with Vegetables Baked Sweet Potato Fries Fruits
Snacks	Mango Chia Seed Pudding	Papaya Nut Milk Smoothie P.50 - P.51	Red Dragon Fruit and Banana Smoothie Bowl
Dinner	Turmeric Chicken Seafood Rice Casserole P.44 - P.45 Fruits	Italian Tomato Beef Stew Rice / Pasta / Potatoes Fruits	Stir-fried Pork with Zucchini in Pesto Sauce North African Couscous Fruits
Soups	French Onion Soup	Seafood and Mushroom Chowder	Pumpkin Cornmeal Porridge P.42 - P.43
Desserts	Cranberry Flaxseed Dark Chocolate Chip Cookies P.54 - P.55	Banana Walnut Cake P.52 - P.53	Matcha Cheesecake Tart P.56 - P.57

Introduction to Maggie's Cancer Caring Centre Services

Maggie's Cancer Caring Centre (Maggie's Centre) is a non-government-funded charitable organisation that provides appropriate information, emotional, social and psychological support to cancer patients, survivors, their families, friends, and carers, empowering them to learn how to live with, live through, and live beyond cancer.

All services and facilities at the Centre are completely free of charge, and no appointment or referral is required. This ensures support is available to all who need it. Our offerings cover four main pillars:

1. Information & Practical Support

Our professional cancer support team includes oncology nurses, registered social workers, registered dietitians, and clinical psychologists. Through one-on-one consultations, various health talks, workshops, and online information, we help those affected by cancer understand accurate information about the disease, manage treatment side effects, and gain practical nutrition knowledge and coping skills to determine the most suitable path to fight cancer.



2. Emotional & Psychosocial Support

To effectively combat cancer, medical treatment and information alone are not enough. The patient's positive mindset and psychological state also play a vital role in treatment and recovery. We provide individual counseling and counseling led by professionals or teams, various cancer support groups, psycho-education courses. Cancer patients and their families in need can express and share in different channels, connect with others, and address the physical and mental challenges brought about by cancer.



3. Relaxation and Stress Management

The Centre provides a variety of relaxation exercises, including individual and group formats, where participants can learn relevant breathing techniques and other relaxation methods to help them relax in times of tension, worry, and other stressful situations, and to face the challenges brought about by cancer more positively. In addition, the Centre also offers a variety of art therapy and mind-body courses, including music therapy, aromatherapy, meditation, yoga, qigong, etc. These courses aim to promote the balance and healing of the body and mind through art and mind-body practices, promote balance and healing between the body and mind, so as to improve the physical and mental health of patients on their cancer and recovery journey.



4. Warm and Welcoming Spaces

Designed pro bono by renowned architect Frank Gehry, the Centre offers a peaceful, elegant environment brimming with tranquility, support and hope. The Centre was designed by Maggie's daughter Lily Jencks, creating a quiet and elegant environment full of vitality, allowing cancer patients and their families to still come into contact with nature in the city, and to feel the harmony and vitality of nature, thus gaining inspiration for life, emotional comfort and the strength to face challenges.



Introduction to Maggie's Cancer Caring Centre Services



Above all what matters is not to lose the joy of living in the fear of dying.

.....
Founder, Maggie Keswick Jencks

The Centre was founded by Maggie Keswick Jencks, a writer, landscape designer, painter, and mother of two. In early 1988, Maggie was diagnosed with cancer, which recurred in 1993. Despite facing such adversity, she remained optimistic and positive.

During her treatment, Maggie came to realize that cancer patients should actively participate in their own treatment plans and learn how to rebuild their lives and live with cancer. She therefore devoted herself to planning support services for patients, caring for the practical needs of cancer patients and their families beyond medical care.

Maggie's Centre upholds Maggie's philosophy of providing a warm and comfortable home-like environment for cancer patients, their families and friends, allowing cancer patients to temporarily put aside their patient status and seek appropriate professional support services to help them actively transcend cancer.



Maggie's Cancer Caring Centre

Maggie's Centre in Hong Kong is the first Maggie's Centre established outside the UK. The temporary Centre opened in December 2008, and the permanent Centre was completed and officially opened in 2013, providing information, emotional, social and psychological support services to cancer patients, their carers and families. The Centre's diverse and professional services and facilities are all free of charge and do not require an appointment or referral, with the aim of providing appropriate support services to those in need.

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 Opening Hours
Monday to Friday, 9am to 5pm (except public holidays)

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**Cancer Prevention
and Cancer Fighting**

**Global Delights
Recipes**

Stewed Sea Cucumber with Snow Peas

Serves 2



Ingredients

Frozen sea cucumber 500g (thawed, washed)	Snow peas 250g
Carrot 1/2 (peeled, cut into strips)	Garlic 2 cloves (peeled, chopped)
Shallot 2 cloves (peeled, chopped)	Ginger 4 slices
Cornstarch 1 teaspoon (mix with 3 tablespoons of water)	Olive oil 3 teaspoons
Green onion 2 (remove roots, cut into sections)	

Seasonings

Soy sauce 2 teaspoons Oyster sauce 1 teaspoon Sugar ½ teaspoon

Method

- 1 Bring water to a boil, add sea cucumber, 2 slices of ginger, 1 section of green onion, cook for 3 minutes, remove and cut the sea cucumber into sections for later use.
- 2 Remove the ends and coarse threads on both sides of the snow peas, blanch them in boiling water for 1 minute, remove and drain.
- 3 Place a pan over medium heat, add the olive oil, then add 2 slices of ginger, shallots, garlic and green onions and fry until fragrant.
- 4 Add sea cucumber, carrots, snow peas and all seasonings, stir fry for 5 minutes.
- 5 Add cornstarch water to thicken, serve immediately.

Nutritional analysis (per serving)

Calories 297 kcal	Protein 28 g
Fat 9 g	Carbohydrates 26 g
Dietary fiber 2.18 g	Sugar 1 g

Dietitian's Tips

Sea cucumber is a high-protein and low-fat food that helps maintain muscle mass and promote wound healing. Sea cucumber is easy to chew after soaking and cooking, and is suitable for patients with poor appetite.

Korean Sweet and Sour Vegetarian Meatballs with Tricolor Bell Peppers

Serves 2



Ingredients

- | | |
|---|--------------------------------------|
| Tricolor bells pepper half each (diced) | Onion 1 piece (peeled, diced) |
| Garlic 2 cloves (peeled, diced) | Vegetarian minced meat 230g (thawed) |
| Tomato 1 piece (diced) | Olive oil 2 teaspoons |
| Cornstarch 1 teaspoon (mix with 3 tablespoons of water) | |
| White sesame seeds as appropriate | |

Seasonings

- | | |
|------------------------------------|--------------------------------------|
| Korean chili sauce 2 teaspoons | Sugar-free tomato sauce 1 tablespoon |
| Sugar 2 teaspoons | White vinegar 3 tablespoons |
| Vegetarian oyster sauce 1 teaspoon | |

Method

- 1 Divide the vegetarian minced meat into 9-10 portions and roll into round meatballs for later use.
- 2 Mix the Korean sweet and sour sauce ingredients well and set aside.
- 3 Place a pan over medium heat, add the olive oil and fry the onion and garlic until fragrant.
- 4 Add vegetarian meatballs, tri-color bell pepper and tomato and fry for about 5 minutes.
- 5 Add Korean sweet and sour sauce and continue to stir fry.
- 6 Add cornstarch water to thicken the sauce, serve and sprinkle with some white sesame seeds.

Nutritional analysis (per serving)

- | | |
|----------------------|--------------------|
| Calories 219 kcal | Protein 19 g |
| Fat 7 g | Carbohydrates 20 g |
| Dietary fiber 7.98 g | Sugar 6 g |

Dietitian's Tips

Vegetarian minced meat is a meat substitute made from vegetable protein, and is one of the choices for vegetarians to supplement protein. Vegetarian meat products usually add different sodium-containing seasonings and additives to imitate the flavor, taste and appearance of meat. It is recommended to check the sodium and fat content on the nutrition label before purchasing, and choose vegetarian meat/vegetarian meat products with less sodium and fat.

Rice in Salmon, Mixed Mushroom and Seaweed Soup

Serves 2



Ingredients

Enoki mushroom 1 pack (remove roots, cut into sections)	Salmon fillet 180g
Shiitake mushroom 1 pack (remove roots, cut into sections)	Brown rice 2 bowls
Shredded seaweed as appropriate	Miso 2 tablespoons
White sesame seeds as appropriate	Water 600ml
Seven-spice powder as appropriate	Mirin 1 tablespoon
Bonito soup stock 2 pieces / Japanese bonito powder 3 - 4 teaspoons	
Olive oil 1 teaspoon	

Method

- 1 Wash the salmon, pat dry, apply miso and mirin, and marinate for 15 minutes.
- 2 Add water and bonito soup stock or Japanese bonito powder to the pot, cook over medium heat for 5 minutes, then remove the soup stock (if applicable).
- 3 Place a pan over medium heat, add the olive oil, then add the salmon, enoki mushrooms and shiitake mushrooms and fry until cooked through, set aside.
- 4 Put the brown rice in a bowl, top with salmon, enoki mushrooms and shiitake mushrooms.
- 5 Pour in the bonito soup, then sprinkle with shredded seaweed, white sesame seeds and seven-spice powder to decorate.

Nutritional analysis (per serving)

Calories 504 kcal	Protein 28 g
Fat 16 g	Carbohydrates 62 g
Dietary fiber 7.2 g	Sugar 1 g

Dietitian's Tips

Salmon is rich in protein and unsaturated fats, contains high amounts of Omega-3 fatty acids, has antioxidant, anti-inflammatory effects, and helps lower cholesterol and triglycerides in the blood.

Pork and Spinach Donburi (Japanese Rice Bowl)

Serves 2



Ingredients

Pork tenderloin 200g (sliced)	White sesame seeds as appropriate
Spinach 400g (remove roots, cut into sections)	Garlic 2 cloves (peeled, chopped)
Olive oil 2 teaspoons	Sesame oil 1 teaspoon
Enoki mushroom 100g (cut into sections)	Brown rice/pearl rice 2 bowls
Shiitake mushroom 100g (remove roots, cut into sections)	

Pork marinade seasoning

Ginger paste 1 tablespoon	Mirin 2 teaspoons
Japanese soy sauce 2 teaspoons	Water 2 teaspoons
Sugar 1 teaspoon	White pepper powder 1/2 teaspoon

Method

- 1 Mix the pork tenderloin slices and all the pork marinade seasonings and marinate for 10 minutes.
- 2 Place a pan over medium heat, add the olive oil and fry the garlic and meat slices until golden brown.
- 3 Add shiitake mushrooms, enoki mushrooms and spinach and stir fry for 5 minutes.
- 4 Add rice and sesame oil and mix well, sprinkle with white sesame seeds.

Nutritional analysis (per serving)

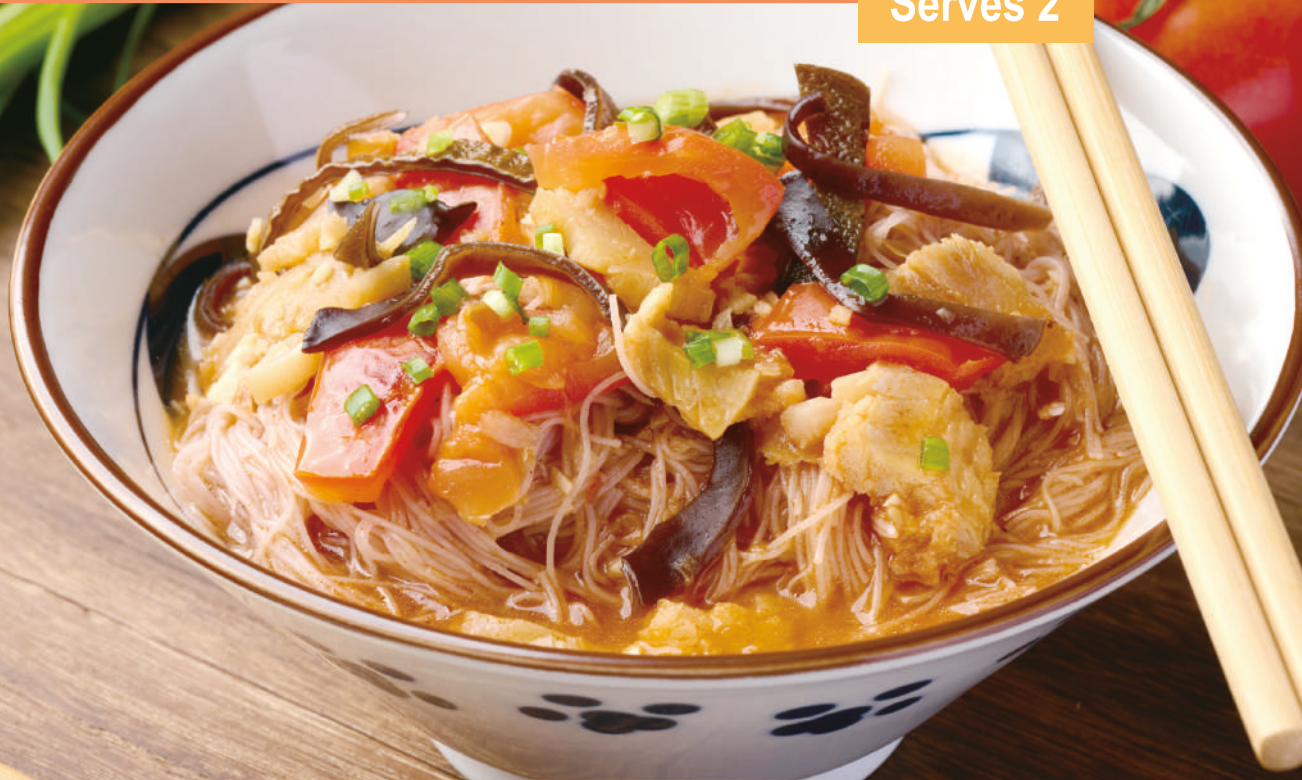
Calories 493 kcal	Protein 30 g
Fat 17 g	Carbohydrates 55 g
Dietary fiber 6.3 g	Sugar 2 g

Dietitian's Tips

Consuming ginger in moderation during treatment can help relieve symptoms such as stomach discomfort, nausea and vomiting. Ginger also helps stimulate taste and smell. This recipe adds ginger, white pepper and sesame oil to the seasoning, which not only enhances the flavor of the food, but also helps patients with poor appetite to improve their appetite.

Sliced Fish and Fresh Tomato Soup with Brown Rice Vermicelli Noodles

Serves 2



Ingredients

- | | |
|--|---|
| Dried black fungus 5g (soaked, shredded)* | Large tomato 2 pieces (cut into chunks) |
| Brown rice vermicelli noodles 2 packs (cooked) | Water 700ml |
| Tomato paste 4 tablespoons | Soy sauce 1 teaspoon |
| Salt ½ teaspoon | White pepper powder ½ teaspoon |
| Cornstarch 1 teaspoon | Sugar 1 teaspoon (optional) |
| Olive oil 2 teaspoons | Garlic 2 cloves (peeled, chopped) |
| Frozen cod fillet 200g (thawed and cut into slices about 2-3cm wide) | |
| Green onion as appropriate (cut into small pieces, for serving) | |
| Ginger 2 slices | |

Method

- 1 Mix the cod fillet with salt, soy sauce, white pepper powder and cornstarch, and marinate for 15 minutes.
- 2 Place a pan over medium heat, add the olive oil and fry the ginger and garlic until fragrant.
- 3 Add tomatoes and black fungus and stir fry for about 3 minutes.
- 4 Add tomato paste and stir fry, then add 700ml of water.
- 5 Add the sliced fish, cover the pot, and cook until all the ingredients are cooked through and the soup thickens.
- 6 Add a little salt, soy sauce and sugar to taste and serve.
- 7 In a large bowl, add the cooked brown rice vermicelli noodles, add the tomato, black fungus and fish soup, and sprinkle with green onion.

Nutritional analysis (per serving)

- | | |
|---------------------|--------------------|
| Calories 467 kcal | Protein 26 g |
| Fat 7 g | Carbohydrates 75 g |
| Dietary fiber 6.3 g | Sugar 3 g |

Dietitian's Tips

Black fungus is rich in dietary fiber and anthocyanins, which have the functions of lower blood sugar, lowering blood lipids and anti-oxidation. Cod fillet is a low-fat, high-protein fish rich in vitamin B12 and selenium, which helps maintain the body's immunity.

*Note: To prevent Toxic Bongkreic Acid production, the soaking time of black fungus at room temperature should not exceed 2 hours. If you need to soak black fungus overnight, you should put it in the refrigerator. If you find that the black fungus is abnormal, produces mucus or has a strange smell after soaking, you should discard it.

Korean Beef and Seaweed Rice Rolls

Serves 2



Ingredients

Ground beef 150g	Korean marinated beef sauce 1 tablespoon
1 large egg (fried into egg skin, cut into strips)	Brown rice/pearl rice 2 bowls
Spinach 150g (remove roots, cut into section)	Cucumber ½ piece (cut into strips)
Carrot ½ piece (cut into strips)	Kimchi as appropriate
Garlic 2 piece cloves (peeled, chopped)	Salt 1/2 teaspoon
Olive oil 1 teaspoon	Sesame oil 1 teaspoon
Seaweed 3 large pieces	White sesame seeds as appropriate
Sushi bamboo curtain/tin foil 1 piece	

Method

- 1 Marinate the beef with Korean marinated beef sauce for 10-15 minutes.
- 2 Place a pan over medium heat , add the olive oil, then add the garlic, spinach and minced beef and fry until cooked, set aside to cool.
- 3 Mix the rice with salt and sesame oil, stir well and set aside.
- 4 Spread the seaweed on a sushi bamboo mat or tin foil, spread the rice, then add the eggs, carrots, cucumbers, beef, and kimchi, and roll up the ingredients to form a roll.
- 5 Take out the rice roll, brush a little sesame oil on the seaweed surface, cut into pieces and sprinkle with white sesame seeds to decorate.

Nutritional analysis (per serving)

🔥 Calories 551 kcal	🥩 Protein 25 g
💧 Fat 27 g	🌾 Carbohydrates 52 g
🌿 Dietary fiber 3.5 g	🍬 Sugar 2 g

Dietitian's Tips

Beef is rich in protein, vitamins A, B12, iron, selenium and zinc, which help the body produce red blood cells, prevent iron deficiency anemia, enhance immunity, and maintain the health of skin and mucous membranes. It is recommended to choose leaner cuts, such as beef leg, beef tendon, beef tenderloin and sirloin.

Chickpea Tempeh Curry Rice

Serves 4



Ingredients

Canned chickpeas 200g (drained)	Tempeh 300g (diced)
Onion 1 piece (peeled, chopped)	Pumpkin 100g (peeled, diced)
Carrot 1 piece (peeled, diced)	Red bell pepper 1 piece (diced)
Yellow bell pepper 1 piece (diced)	Yellow curry powder 1 tablespoon
Turmeric powder 1 teaspoon	Salt 1/2 teaspoon
Black pepper powder 1/2 teaspoon	Olive oil 1 tablespoon
Low-fat cream 100ml	Skim milk 300ml
Brown rice/white rice 3 bowls	Olive oil 1 tablespoon
Cornstarch 1 tablespoon (mix with 3 tablespoons of water)	

Method

- 1 Place a pan over medium heat, add the olive oil and fry the onion and tempeh until fragrant.
- 2 Add pumpkin, carrot, red bell pepper, yellow bell pepper and chickpeas and stir fry until well mixed.
- 3 Add yellow curry powder, turmeric powder, low-fat cream, skim milk, salt and black pepper and cook for 5 minutes.
- 4 Add cornstarch water and cook until the sauce thickens, then serve with rice.

Nutritional analysis (per serving)

 Calories 627 kcal	 Protein 32 g
 Fat 23 g	 Carbohydrates 73 g
 Dietary fiber 10.2 g	 Sugar 7 g

Dietitian's Tips

Tempeh is a traditional Indonesian fermented food rich in soy protein, calcium and vitamin B12. This recipe uses low-fat cream and skim milk, which contain less saturated fat. Milk contains natural lactose, people with lactose intolerance can use high-calcium plant milk instead of milk.

Japanese-style Soy Milk Chicken Soup

Serves 4



Ingredients

High-calcium unsweetened soy milk 1000ml	Water 300ml
Miso 4 tablespoons	Onion 1 piece (peeled, shredded)
Firm tofu 300g / 1 block (cut into large pieces)	Carrot 1 piece (peeled, sliced)
Skinless chicken thigh meat 400g (cut into pieces)	Salt ½ teaspoon
Baby cabbage 1 piece (remove roots, cut into sections)	White pepper powder ½ teaspoon
Shiitake mushroom 1 pack (remove roots, cut into sections)	Olive oil 1 teaspoon
Enoki mushroom 1 pack (remove roots, cut into sections)	

Method

- 1 Place a pan over medium heat, add the olive oil, then add the onion and carrot and stir fry until golden brown.
- 2 Add unsweetened soy milk, water, baby cabbage and chicken thigh meat, and cook until the chicken thigh meat is cooked through.
- 3 Add tofu cubes, shiitake mushrooms and enoki mushrooms and cook for 3 minutes, season with salt and white pepper powder.
- 4 Put the miso on a sieve and stir it in the soup, bring it to a boil.

Nutritional analysis (per serving)

Calories 356 kcal	Protein 35 g
Fat 16 g	Carbohydrates 18 g
Dietary fiber 12.5 g	Sugar 4 g

Dietitian's Tips

High-calcium soy milk and firm tofu are rich in soy protein, calcium and soy isoflavones, which help prevent cardiovascular disease and osteoporosis. Miso is a seasoning made from soybeans and rice fermented with koji, and its umami taste helps to stimulate appetite, making it especially suitable for patients with poor appetite. The sodium content of miso is generally high, so it is recommended to read the nutrition label carefully when purchasing and choose products with lower sodium content.

Buddha's Hand Gourd, Chestnut, Carrot and Pork Tenderloin Soup

Serves 4

Ingredients

Pork tenderloin/lean meat Half a catty (boil and set aside)

Apricot kernel 10g

Jujube 4 pieces

Buddha's hand 3 pieces (peeled, cored)

Chestnut 15 pieces

Carrot 2 (peeled)

Corn 1 piece

Water 3000ml

Salt as appropriate

Method

- 1 Wash the apricot kernel and jujube, soak them in water for 10 minutes and set aside.
- 2 Wash and cut the Buddha's hand gourd*, carrots, and corn into pieces.
- 3 Wash the peeled chestnuts and set aside.
- 4 Put all the ingredients in a pot and add water, bring to a boil over high heat, then turn to medium heat and cook for another 2 hours.
- 5 Turn off the heat and add an appropriate amount of salt to taste.

Nutritional analysis (per serving)

🔥 Calories 256 kcal

🥩 Protein 22 g

💧 Fat 4 g

🌾 Carbohydrates 33 g

🌿 Dietary fiber 7.2 g

🍬 Sugar 5 g

Dietitian's Tips

Drinking soup during cancer treatment can help relieve dry mouth symptoms. Eating the soup with the residue can absorb more nutrients. Carrots, corn, and chestnuts are rich in carbohydrates and dietary fibre, which help provide sustained energy and promote intestinal health. Pork is rich in protein, which helps repair body tissues and prevent muscle loss.

*Note: Buddha's hand gourd will have mucus after peeling, you can wear gloves when peeling.

Tri-color Deviled Eggs

Serves 4



Ingredients

Hard-boiled eggs * 4 (large)	Avocado 1/2 piece (peeled, cored)
Red bell pepper 1/2 piece (chopped)	Yellow bell pepper 1/2 piece (chopped)
Lime juice 2 teaspoons	Low-fat mayonnaise 1 tablespoon
Dijon mustard 1 teaspoon	Salt ½ teaspoon
Black pepper as appropriate	Smoked paprika as appropriate

Method

- 1 Put the avocado pulp in a large bowl and mash it with a fork, mix in the lime juice and set aside.
- 2 Peel, halve and scrape out the yolks of the hard-boiled eggs, mix the yolks into the avocado puree.
- 3 Add mayonnaise, Dijon mustard, salt and black pepper to the avocado puree and mix well.
- 4 Put 3 into a piping bag and squeeze the filling into the egg whites.
- 5 Top with red bell pepper and yellow bell pepper grains and sprinkle with smoked paprika.

Nutritional analysis (per serving)

 Calories 160 kcal	 Protein 9 g
 Fat 12 g	 Carbohydrates 4 g
 Dietary fiber 1.7 g	 Sugar 2 g

Dietitian's Tips

Avocado is rich in dietary fiber, unsaturated fat, vitamins C and E, lutein, and zeaxanthin. These ingredients help maintain cardiovascular health, reduce the risk of age-related macular degeneration, and have anti-inflammatory and antioxidant effects.

*Note: You can add 1 teaspoon of vinegar and 1 teaspoon of salt to the boiling water to prevent the egg liquid from leaking out when the eggshell cracks. In addition, put the cooked eggs in ice water immediately to cool, making it easier to peel the eggshells.

Pan-fried Cheese Shrimp Cakes

Serves 2



Ingredients

Frozen shrimp 200g	Corn kernels 50g
High-calcium low-fat cheese 2 slices (diced)	Coriander as appropriate (chopped)
Scallions as appropriate (chopped)	Salt ½ teaspoon
White pepper powder ½ teaspoon	Cornstarch 1 teaspoon
Sesame oil 1 teaspoon	Olive oil 1 teaspoon

Method

- 1 Thaw, wash and pat dry the frozen shrimp.
- 2 Use a knife to finely chop the shrimp meat until it reaches a smooth paste.
- 3 Add salt, white pepper powder and cornstarch to the shrimp meat, put it in a bowl and stir evenly with chopsticks in one direction.
- 4 Add corn kernels, coriander, shallots and sesame oil and mix well in the same direction and marinate for 15 minutes to form corn shrimp paste.
- 5 Roll 4 into a round shape and put a little cheese in the middle.
- 6 Press the shrimp cake into a round shape and spread a little cornstarch on it.
- 7 Place a pan over medium heat, add the olive oil and fry the cheese corn shrimp cake until fragrant.

Nutritional analysis (per serving)

 Calories 214 kcal	 Protein 25 g
 Fat 10 g	 Carbohydrates 6 g
 Dietary fiber 1.7 g	 Sugar 1 g

Dietitian's Tips

Shrimp is a low-fat and high-protein seafood, rich in vitamin B12, selenium, magnesium, iron and astaxanthin, which helps the body produce red blood cells, maintain the health of the nervous and immune systems, and has antioxidant effects. Shrimp is particularly rich in iodine, which helps maintain healthy thyroid function.

*Note: Stirring the shrimp paste in the same direction can improve its texture and enhance its firmness.

Italian Vegetable Egg Frittata

Serves 4



Ingredients

Onion half (peeled, chopped)

Baby spinach one bowl (remove roots, cut into sections)

High-calcium low-fat cheese 4 blocks (diced)

Olive oil 3 teaspoons

Basil as appropriate

Salt ½ teaspoon

Cherry tomatoes 100g (halved)

Skimmed/low-fat milk 50ml

Egg 4 (large)

Garlic 2 cloves (peeled, chopped)

Coriander as appropriate

White pepper powder 1 teaspoon

Method

- 1 Preheat the oven to 180°C.
- 2 Add cheese, milk, eggs, salt, white pepper, coriander and basil to a large bowl and mix well to form an egg mixture.
- 3 Place a pan over medium heat, add the olive oil, garlic, onion, spinach and cherry tomatoes and stir fry until softened.
- 4 Grease a baking dish with a small amount of olive oil, add the egg mixture and other ingredients.
- 5 Bake in the oven for 25 minutes or until the eggs are cooked through

Nutritional analysis (per serving)


 Calories 218 kcal

 Fat 14 g

 Dietary fiber 3 g

 Protein 16 g

 Carbohydrates 7 g

 Sugar 3 g

Dietitian's Tips

High-calcium low-fat cheese and skim milk are high-protein and lower-saturated fat options, rich in calcium and vitamin D, which help maintain bone health, prevent muscle loss, and enhance immunity. Adding different herbs can add layers and flavors to the food, and also increase the antioxidant content. If you need to increase the calories and protein content, you can use nutritional milk instead of milk.

Pumpkin Cornmeal Oats Porridge

Serves 4




Ingredients

 Rolled oats 250g	 Corn kernels 100g
 Japanese pumpkin 200g (peeled, seeded, diced)	 Onion 1 (peeled, chopped)
 Broccoli 1/2 (cut into small pieces)	 Ginger 2 slices (sliced)
 Garlic 2 cloves (peeled, chopped)	 Minced lean pork 300g
 Low-sodium chicken broth 1000ml	 Soy sauce 1 teaspoon
 Dark soy sauce 1 teaspoon	 Cornstarch 1 teaspoon
 White pepper powder 1 teaspoon	 Olive oil 1 tablespoon
 Spring onion as appropriate (cut into chopped green onion, serve on a plate)	

Method

- 1 Marinate the minced pork with soy sauce, dark soy sauce, white pepper powder and cornstarch for 15 minutes.
- 2 Place a pan over medium heat, add the olive oil and fry the ginger and garlic until fragrant.
- 3 Add onion, broccoli and pumpkin and stir fry for about 3 minutes.
- 4 Add minced pork and corn kernels and continue to stir fry.
- 5 Add low-sodium chicken broth* and ginger, bring to a boil over medium-high heat, add oatmeal, and stir until ingredients are cooked through.
- 6 Sprinkle with chopped green onion and white pepper powder before serving.

Nutritional analysis (per serving)

 Calories 447 kcal	 Protein 31 g
 Fat 11 g	 Carbohydrates 56 g
 Dietary fiber 10.3 g	 Sugar 5 g

Dietitian's Tips

This soup is suitable for people with poor chewing ability. For patients who need to eat puree, the soup can be put into a blender and blended until smooth, making it easy to swallow and absorb balanced nutrition. This recipe is rich in nutrients such as protein, dietary fiber, vitamins A, B, C, E, β -carotene, iron and zinc, which help maintain the health of the intestines, immune system, skin mucosa and cardiovascular system.

*Note: The amount of low-sodium chicken broth can be adjusted according to your preference. If you want it thicker, reduce the soup; if you want it thinner, add more soup.

Turmeric Chicken Seafood Rice Casserole

Serves 4




Ingredients

Chicken breast 200g (skinless, diced)	Shrimp 200g
Squid rings 200g	Spanish rice 300g
Onion ½ piece (peeled, chopped)	Garlic 2 cloves (peeled, chopped)
Green bell pepper 1 piece (chopped)	Red bell pepper 1 piece (chopped)
White mushrooms 4 pieces (chopped)	Tomato 1 piece (chopped)
Lemon juice ½	Olive oil 1 tablespoon
Bay leaves 2 pieces	Salt 1 teaspoon
Black pepper 1 teaspoon	Turmeric powder 2 teaspoons
Paprika powder 2 teaspoons	Low-sodium chicken broth 500ml
Water 500ml	

Method

- 1 Season the chicken breast, squid rings and shrimp with a little salt and black pepper, and set aside.
- 2 Place a pan over medium heat, add the olive oil and fry the onion and garlic until fragrant, then add the tomato, white mushrooms, green bell pepper and red bell pepper and stir fry.
- 3 Add the chicken breast and fry until the surface changes color, do not cook until fully cooked.
- 4 Add Spanish rice*, bay leaves, turmeric powder, paprika powder and black pepper powder and stir fry.
- 5 Add water and chicken broth, bring to a boil over high heat, then reduce heat, cover and cook for 20 minutes.
- 6 Put the seafood in the rice, cover and cook for 5 minutes. Then turn off the heat and let it sit for 10 minutes. Add lemon juice and it's done.

Nutritional analysis (per serving)

 Calories 545 kcal	 Protein 38 g
 Fat 13 g	 Carbohydrates 69 g
 Dietary fiber 5.7 g	 Sugar 3 g

Dietitian's Tips

This recipe is colorful and nutritionally balanced, rich in carbohydrates, protein, vitamins A, C, dietary fiber, potassium and zinc, which help improve appetite and increase calorie intake for patients with poor appetite. In addition to adding flavor, the added natural seasonings also have anti-inflammatory and antioxidant effects, which help strengthen the body's immunity.

*Note: Avoid over-stirring the rice when cooking. Italian rice or Japanese pearl rice can be used instead of Spanish rice, but the ratio of rice to water needs to be adjusted: Spanish rice is recommended to be 1:3, Italian rice/Japanese pearl rice is 1:2

Fresh Tomato and Mushroom Pasta with Grilled Chicken Breast

Serves 2



Ingredients

Canned diced tomatoes 200g	Whole wheat pasta 170g
Garlic 2 cloves (peeled, chopped)	Onion half (peeled, chopped)
Mushrooms 1 box (remove roots, chopped)	Skinless chicken breast 200g (pat dry)
Olive oil 2 teaspoons	Salt 1/2 teaspoon
Black pepper 1/2 teaspoon	Paprika powder as appropriate
Basil as appropriate	Cherry tomatoes about 4 (halved, for garnish)

Method

- 1 Boil water, add a little salt, add whole wheat pasta and cook for 2 minutes less than the package instructions, drain and set aside.
- 2 Place a pan over medium heat, add 1 teaspoon of olive oil and fry the chicken breast for 2 minutes.
- 3 Then add black pepper powder and paprika powder, turn to low heat, cover and fry for 6-8 minutes.
- 4 Place the chicken breast on a plate and let it sit for 5-10 minutes before slicing.
- 5 Place a pan over medium heat, add 1 teaspoon of olive oil, and fry the garlic, onion and mushrooms until fragrant.
- 6 Add canned diced tomatoes, salt, paprika powder, black pepper powder and whole wheat pasta and stir fry for 2 minutes.
- 7 Put the whole wheat pasta and chicken breast on a plate, add cherry tomatoes and basil and it's done.

Nutritional analysis (per serving)

 Calories 515 kcal	 Protein 35 g
 Fat 11 g	 Carbohydrates 69 g
 Dietary fiber 12 g	 Sugar 3 g

Dietitian's Tips

Whole wheat pasta is rich in dietary fiber and is a low-glycemic food, which helps prevent constipation and stabilize blood sugar. Tomatoes and cherry tomatoes are rich in lycopene, vitamins A and E, which help maintain prostate, immune system, and cardiovascular health, and also have anti-inflammatory and antioxidant effects. Adding an appropriate amount of cooking oil can release more fat-soluble lycopene and increase the absorption rate.

*Note: The secret to juicy and tender chicken breast is to soak the chicken breast in about 3% salt water for about 2 hours, then drain and set aside. The recipe for salt and water is to add 3 grams of salt to every 100 milliliters of water.

Osmanthus Cake

Serves 4



Ingredients

Goji berries 20g

Dried Longan 20g

Dried osmanthus 5g

Hot water 600ml

Stevia/monk fruit sweetener 50g

Fish glue powder 30g

Method


- 1 Soak osmanthus, wolfberry and longan in 400 ml of hot water for 10-15 minutes.
- 2 Cut the soaked longan into pieces (the same size as wolfberry).
- 3 Put the stevia/monk fruit sweetener and fish glue powder in a bowl, add 200 ml of hot water, and stir slowly until completely dissolved.
- 4 Add 1 to the fish glue solution and mix well.
- 5 Pour 4 into the container, let it cool down and put it in the refrigerator for about 2-3 hours, and it will solidify.

Nutritional analysis (per serving)

 Calories 54 kcal

 Protein 7 g

 Fat 0.2 g

 Carbohydrates 6 g

 Dietary fiber 0.6 g

 Sugar 4 g

Dietitian's Tips

Goji berries are rich in nutrients such as carotene, vitamins A and C, which help maintain vision, immune system, skin and mucous membrane health. This recipe uses natural plant-derived sweeteners such as stevia/monk fruit sweetener instead of sugar, which can reduce calorie and added sugar intake, making it suitable for people who are losing weight or concerned about blood sugar.

Papaya Nut Milk Smoothie

Serves 2



Ingredients

Papaya 1 piece (peeled, seeded, diced)

Walnuts 30g

Chia seeds 15g

Dates 2 (pitted)

High-calcium sugar-free/low-sugar soy milk 500ml

Water 50ml

Method

- 1 First, soak the chia seeds in water for 5-10 minutes.
- 2 Put all the ingredients except chia seeds into the blender and blend until smooth, then pour into a cup.
- 3 Add the soaked chia seeds and it's done.

Nutritional analysis (per serving)

- Calories 320 kcal
- Protein 10 g
- Fat 16 g
- Carbohydrates 34 g
- Dietary fiber 8.3 g
- Sugar 16 g

Dietitian's Tips

High-calcium soy milk is suitable for vegetarians and people with lactose intolerance. Walnuts and chia seeds contain nutrients such as vitamins A, C and E, unsaturated fats, potassium, magnesium and dietary fiber, which help maintain cardiovascular and intestinal health, and have anti-inflammatory, antioxidant and energy-boosting effects.

Banana Walnut Cake

Serves 5



Ingredients

Egg 2 (beaten)	Ripe banana 2 pieces (peeled, mashed with a fork)
Olive oil 2 teaspoons	Skim milk 25g (heated in warm water)
Cake flour 120g	Salt 1/8 teaspoon
Baking powder 1 teaspoon	Monk fruit sweetener / stevia 3 teaspoons
Vanilla extract 1 teaspoon	Banana-flavored sesame oil 1 teaspoon
Walnut 20g	

Method

- 1 Preheat the oven to 180 degrees.
- 2 Put the bananas, eggs, skim milk and olive oil in a bowl and mix well.
- 3 Add stevia/monk fruit sweetener, Vanilla extract, banana-flavored sesame oil, baking powder and salt and mix well.
- 4 Sift in the flour in three times, mix well and make sure there are no lumps.
- 5 After mixing in the flour, you can adjust it by adding a little skim milk depending on the humidity of the batter.
- 6 Lightly brush the bottom and sides of the cake baking pan with olive oil.
- 7 Pour the mixed ingredients into the cake pan mold, put walnuts on the surface.
- 8 Put it in the oven and bake for 40-45 minutes, then take it out and let it cool down after it turns golden brown*.

Nutritional analysis (per serving)

🔥 Calories 201 kcal	🥩 Protein 5.5 g
💧 Fat 7 g	🌾 Carbohydrates 29 g
🫐 Dietary fiber 1.7 g	🍬 Sugar 5 g

Dietitian's Tips

Walnuts are rich in dietary fiber and polyunsaturated fats, which help maintain cardiovascular and intestinal health. Bananas and walnuts are rich in potassium, which helps maintain the body's electrolyte balance and normal cell function and has diuretic and blood pressure lowering effects. However, patients with kidney disease should control their intake of high-potassium foods to reduce the risk of heart failure.

*Note: You can insert a toothpick into the center of the cake. If it is not sticky when you pull it out, it means that the baking is complete.

Cranberry Flaxseed Dark Chocolate Chip Cookies

Yields about 12 cookies



Ingredients

Monk fruit sweetener/ stevia 80g

Canola oil 80g

Salt 1/8 teaspoon

Egg 1 (large)

Baking soda 3g

Cake flour 185g

Vanilla extract 1 cap

Dark chocolate chips 50g


Flaxseed 30g

Dried cranberries 30g

Method

- 1 Preheat the oven to 180 degrees Celsius.
- 2 Put the canola oil in a large bowl and mix well with the stevia/ monk fruit sweetener.
- 3 Sift in baking soda and cake flour.
- 4 Add eggs, salt, vanilla extract, dark chocolate chips, flaxseed and dried cranberries, and mix into a dough.
- 5 Divide the dough into 12 equal parts, roll into small balls and flatten to about half an inch thick, and place on parchment paper or aluminum foil in the baking tray.
- 6 Put the 5 cookies in the oven and bake for 18 to 20 minutes, until the edges start to turn golden brown and they can be taken out of the oven.
- 7 Let cool slightly, then transfer to a wire rack to cool completely before eating.

Nutritional analysis (per serving)

- | | |
|---|--|
|  Calories 170 kcal |  Protein 3 g |
|  Fat 10 g |  Carbohydrates 17 g |
|  Dietary fiber 1.5 g |  Sugar 3 g |

Dietitian's Tips

Dark chocolate contains the antioxidant flavonoids, which help the body's cells resist free radical damage and maintain cardiovascular health. Dark chocolate and flaxseed contain tryptophan, which helps stimulate the brain to produce the so-called "happy hormone" serotonin, which helps stabilize mood and improve sleep quality.

Matcha Oatmeal Cheesecake Tarts

Makes 10 medium tarts



Ingredients

Almond flour for baking 140g	Oatmeal 90g
Salt ¼ teaspoon	Olive oil/canola oil 5 tablespoons
Egg 1 (large)	Baking powder 1 teaspoon
Monk fruit sweetener/ stevia 4 teaspoons	

Matcha cheesecake filling:

Monk fruit sweetener/ stevia 55g	Egg yolk 1
Low-fat cream 75g	Skim milk 25g
Vanilla extract 1 teaspoon	Matcha powder 6g (sift and set aside)
Lemon juice ½ teaspoon	Cornstarch 3g
Chopped pistachios A little (for decoration)	Blueberries A little (for decoration)
Low-fat cream cheese 140g (soften at room temperature)	

Instructions for making tart crust

- 1 Preheat the oven to 180 degrees.
- 2 Mix the tart crust ingredients into a dough, then divide into 10 equal parts.
- 3 Put the dough into a 7cm round egg tart mold, push it open from the bottom, and press it into the shape of an egg tart crust.
- 4 Use your fingers to gently smooth the shape of the tart crust edges.
- 5 Put it in the oven and bake for 18 to 20 minutes, then take it out and let it cool after it turns golden brown.

Filling method

- 1 Preheat the oven to 200 degrees.
- 2 Mix the cream cheese with monk fruit sweetener/ tevia.
- 3 Gradually add low-fat cream, skim milk, egg yolk, lemon juice, Vanilla extract, matcha powder and cornstarch and mix well.
- 4 After sieving the cream cheese filling, place the filling into a piping bag and squeeze it into the tart until it is 90% full.
- 5 Put it in the oven and bake for 10-12 minutes. Then, take it out and let it cool.
- 6 Decorate the tart with matcha powder, chopped pistachios, and blueberries as desired.

Nutritional analysis (per serving)

🔥 Calories 234 kcal	🥛 Protein 5.9 g
💧 Fat 18.9 g	🌾 Carbohydrates 10 g
🌿 Dietary fiber 1.8 g	🍬 Sugar 1.2 g

Dietitian's Tips

The cheesecake fillings on the market are made from several cheeses and dairy products with relatively high saturated fat, including Italian soft cheese, cream cheese, light cream and whole milk. Increasing the intake of saturated fat may cause the human body to produce more bad cholesterol. It is recommended to choose fat-free, low-fat or lower-fat cheeses and dairy products.



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Maggie's Healthy Recipe 4

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Maggie's dietitian will accompany you on your cancer journey, creating a delicious and healthy global food experience together, and revitalise your body and mind!

Good nutrition is especially important if you have cancer because both the illness and its treatments, can affect your appetite and taste. How to make cooking and eating more enjoyable?

We have prepared 20 easy-to-make global food recipes to replenish your body and mind during your fight against cancer!