



# Nutritionists' Choice Cookbook

Buku Masakan Pilihan Pakar Pemakanan

Vol 1: Healthy Recipes for Your Little Ones  
Jilid 1: Resipi Sihat untuk Si Kecil Anda

Published by / Diterbitkan oleh



Nutrition Society of Malaysia



Over 60 recipes for babies, toddlers & preschoolers

Practical tips on child nutrition



Lebih 60 resipi untuk bayi, kanak-kanak 2 – 4 tahun & kanak-kanak prasekolah

Tip praktikal tentang pemakanan kanak-kanak



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Nutrition Society of Malaysia

# IMPROVING LIVES through **NUTRITION**

As a professional organisation, we are guided by a simple belief – the more people understand food and nutrition, the better they can care for their health and well-being.

For that reason, we support the advancement of research, sharing practical insights and important discoveries for the benefits for all.

We also support the Government's efforts in promoting healthy nutrition in the society to combat nutrient deficiencies as well as diet-related chronic diseases in the country (e.g. obesity, diabetes, hypertension and coronary heart disease).

In caring for the community, we continuously disseminate practical nutrition information to the young and old alike, guiding them to discover the benefits of good nutrition and a healthy lifestyle.

We are committed to improve lives through nutrition. It's our way of serving Malaysians.

**Nutrition Society of Malaysia**  
C/o Division of Human Nutrition, Institute for Medical Research  
Jalan Pahang, 50588 Kuala Lumpur, Malaysia.  
Visit our website: [www.nutriweb.org.my](http://www.nutriweb.org.my)

## Main Publications



Resipi Sihat, Pilihan Bijak  
(Vol 1 & 2)



Women@Heart Wanita & Pemakanan manual for professionals and leaflets for public



Malaysian Dietary Guidelines leaflets

## Our Activities

- Annual scientific conferences
- Scientific update sessions
- Malaysian Journal of Nutrition
- Berita NSM
- Consultation with health, regulatory & scientific bodies
- Roadshows & exhibitions with nutrition screening & dietary advice for the public
- Public talks & workshops
- A comprehensive and authoritative website on nutrition for Malaysians - <http://www.nutriweb.org.my>
- Nutrition promotion programmes in collaboration with other professional bodies and private sector (eg Nutrition Month Malaysia, Healthy Kids Programme, Positive Parenting)
- Conduct research on specific community group

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# Making Feeding Your Young Ones Easier

## Memudahkan Pemberian Makanan Si Manja

**DR TEE E SIONG, KMN**

President / Presiden

Nutrition Society of Malaysia

Persatuan Pemakanan Malaysia

**The** first few years of life mark a stage of rapid growth and development; that is why babies, toddlers and preschoolers have greater nutritional needs. Both the quantity and quality of nutrition are crucial in determining how well young children grow and develop.

As a parent, you must attempt to provide adequately nutritious meals for your little ones during this critical phase of life. Even if you are not able to cook the meals yourself, do ensure someone in the family, be it your in-laws or the house helper, knows how to prepare nutritionally-sound meals for your children.

This cookbook has been published to guide parents or child caretakers to prepare simple yet nutritious meals for young children. This unique cookbook contains a wide range of local recipes developed by nutrition experts to suit the needs and tastes of young children. There are also relevant nutrition information and practical tips on healthy eating and cooking methods.

I strongly encourage parents, especially mums, to try out the recipes in this book. Preparing nutritious meals for your children, no matter what age they are, need not be a daunting task. Simple efforts in the kitchen can go a long way to optimise your child's growth.

**Dalam** tahun-tahun awal si manja, berlaku banyak pertumbuhan dan perkembangan yang pesat. Lantaran itu, bayi, anak kecil dan kanak-kanak yang bakal memasuki alam persekolahan memerlukan makanan yang berkhasiat. Kuantiti dan kualiti makanan amat penting untuk memastikan si manja dapat membesar dengan sihat.

Sebagai ibu bapa, anda mesti cuba menyediakan makanan yang cukup berkhasiat untuk anak-anak anda sepanjang fasa pertumbuhan yang sangat penting ini. Jika anda tidak dapat memasak sendiri sajian makanan untuk anak-anak, pastikan anggota keluarga yang lain atau pembantu rumah tahu bagaimana untuk memasak makanan yang berkhasiat untuk anak-anak anda.

Buku masakan ini telah diterbitkan sebagai panduan untuk ibu bapa atau penjaga kanak-kanak menyediakan sajian makanan yang mudah dan berkhasiat untuk anak-anak kecil. Buku masakan yang unik ini mengandungi pelbagai pilihan resipi masakan tempatan yang dihasilkan oleh pakar pemakanan yang bersesuaian dengan keperluan dan cita rasa anak-anak kecil. Buku ini juga mempunyai maklumat berkaitan pemakanan, cara memasak dan petua yang boleh anda amalkan untuk memupuk tabiat makan yang sihat.

Saya sangat menggalakkan semua, terutama sekali ibu-ibu, untuk mencuba resipi yang terkandung dalam buku ini. Tanggungjawab untuk menyediakan sajian yang berkhasiat untuk anak-anak memang besar, tetapi tidak semestinya sukar. Usaha-usaha yang kecil di dapur boleh menjamin pertumbuhan yang optimum untuk anak anda.



# Foods for Optimal Growth

Children of different ages need different amount of energy and nutrients to support their physical growth and mental development. Different nutrients have different functions in supporting growth, and no single food alone can provide all the nutrients your child needs. Therefore, provide him a variety of foods in moderate amounts by combining and balancing the following 5 main food groups everyday.

## Grains and their products

- A great source of energy, dietary fibre, vitamins and minerals. Dietary fibre helps regulate bowel movement and promote good gut health.
- Sources: Rice, wheat, oats, barley and their products such as noodles, bread, breakfast cereals and biscuits.
- Tips: Go for wholegrain products (e.g. wholemeal bread, brown rice) as they contain higher fibre content and more vitamins and minerals than the processed ones (e.g. white bread, polished rice).

**Tip**  
Your growing child needs energy-dense, nutrient-rich foods that also contain moderate amounts of fibre.

## Vegetables

- Wonderful sources of fibre, phytochemicals, vitamins and minerals.
- Sources: Leafy green vegetables (e.g. spinach), root vegetables (e.g. carrot), fruit vegetables (e.g. tomato), cruciferous vegetables (e.g. cabbage), and legume vegetables (e.g. long beans).
- Tips: Stir-frying vegetables with a small amount of oil not only makes the dish tasty, but also minimises nutrient loss.

## Fruits

- Great sources of vitamins and phytochemicals to maintain overall health.
- Sources: Papaya, guava, banana, watermelon, apple, orange, and pear.
- Tips: Different fruits contain different nutrients, so encourage your child to eat a rainbow range of fruits daily.

## Fish, meat, poultry, eggs and legumes

- Rich in protein, the body's building block that build as well as repair muscles and tissues.
- Sources: Fish, chicken, duck, beef, mutton, lamb, pork, egg, various beans and legumes and their products such as *tofu*, *taukua*, *fu-chok*.
- Tips: Your child's protein requirement can be best met from a combination of animal (e.g. fish, meat, poultry, egg) and plant proteins (e.g. beans, peas).

## Milk and dairy products

- Important sources of protein and calcium. Calcium helps build strong bones and teeth in children.
- Sources: Milk, cheese and yoghurt.
- Tips: Sweetened condensed milk is not considered a dairy product and has low nutritional value. If you want to add milk to your child's breakfast cereal or malt drink, use plain milk or breast milk.



## Oils and fats

Oils and fats are not considered to belong to the main food groups, but they do play important roles. Fats and oils from food provide energy, fat-soluble vitamins and essential fatty acids. Essential fatty acids are needed for proper growth, especially for the development of the brain and eyes in young children. Too much of fat or no fat at all is not healthy for growing kids. Therefore, use fats and oils sensibly when cooking for your child and family.

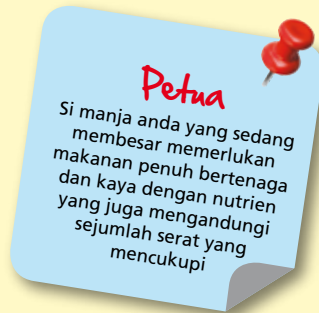
Now you know what to feed your child, knowing how to feed and how much to feed is equally important. You can refer to the individual chapters according to age group to learn more.

# Makanan untuk Pertumbuhan Optimum

Kanak-kanak yang berlainan usia memerlukan jumlah tenaga dan nutrien yang berbeza untuk menyokong pertumbuhan fizikal dan perkembangan mental mereka. Nutrien berlainan mempunyai fungsi yang berbeza untuk menyokong pertumbuhan. Tiada satu pun makanan yang dengan sendirinya dapat membekalkan segala nutrien yang diperlukan anak-anak anda. Oleh itu, anda perlu sajikan pelbagai jenis makanan dalam jumlah yang sederhana, dengan menggabungkan dan mengimbangkan makanan daripada 5 kumpulan makanan yang berikut setiap hari.

## Bijirin dan produknya

- Sumber tenaga, serat makanan, vitamin dan zat galian. Serat makanan membantu melawaskan perut dan menjamin kesihatan sistem penghadaman.
- Sumber: Beras, gandum, oat, barli dan produknya seperti mi, roti, bijirin sarapan dan biskut.
- Petua: Pilih produk bijirin penuh (seperti roti mil penuh, beras perang) kerana kandungan serat, vitamin dan zat galiannya lebih tinggi daripada produk bijirin yang diproses (seperti roti putih, beras putih).



## Sayur-sayuran

- Kaya dengan serat, fitokimia, vitamin dan zat galian.
- Sumber: Sayuran berdaun hijau (seperti bayam), sayuran berakar (seperti lobak merah), sayuran berbentuk buah (seperti tomato), sayuran

"*cruciferous*" (seperti kubis), dan sayuran kekacang (seperti kacang panjang).

- Petua: Sayur-sayuran yang ditumis dengan sedikit minyak bukan sahaja melazatkan makanan, tetapi juga mengurangkan kehilangan nutrien.

## Buah-buahan

- Kaya dengan vitamin dan fitokimia untuk mengekalkan kesihatan.
- Sumber: Betik, jambu batu, pisang, tembikai, epal, oren, dan pear.
- Petua: Buah-buahan yang berlainan warna mengandungi nutrien yang berbeza. Jadi, galakkan si manja anda makan buah-buahan beraneka warna setiap hari.

## Ikan, daging, ayam, telur dan kekacang

- Kaya dengan protein, yang membantu membina dan juga memperbaiki otot dan tisu.
- Sumber: Ikan, ayam, itik, daging lembu dan kambing, telur, pelbagai jenis kacang dan kekacang dan produknya seperti *tauhu*, *taukua*, *fucuk*.

- Petua: Kombinasi protein haiwan (seperti ikan, daging, ayam, itik dan telur) dan tumbuhan (seperti kekacang, kacang pis) dapat membekalkan protein yang diperlukan oleh anak-anak anda.

## Susu dan produk tenusu

- Sumber penting protein dan kalsium. Kalsium membantu membina tulang dan gigi yang kuat.
- Sumber: Susu, keju dan yogurt.
- Petua: Susu pekat manis tidak dianggap sebagai produk tenusu dan nilai pemakanannya juga rendah. Jika anda mahu menambahkan susu ke dalam bijirin sarapan atau minuman malt si manja, gunakan susu biasa atau susu ibu.

## Minyak dan lemak

Minyak dan lemak tidak dianggap tergolong dalam kumpulan makanan utama, tetapi tetap memainkan peranan penting. Lemak dan minyak daripada makanan membekalkan tenaga, vitamin larut lemak dan asid lemak perlu. Asid lemak perlu adalah penting untuk tumbesaran yang sihat, terutama sekali untuk perkembangan otak kanak-kanak kecil dan juga untuk penglihatan mata mereka. Lemak berlebihan atau tiada lemak langsung boleh menjejaskan kesihatan kanak-kanak yang sedang membesar. Oleh itu, gunakan lemak dan minyak dengan sewajarnya apabila memasak makanan untuk anak-anak dan keluarga anda.

Jadi, sekarang anda sudah ketahui apa yang patut diberikan kepada anak-anak anda tetapi cara dan jumlah yang perlu diberikan kepada mereka harus dititik beratkan juga. Untuk ini, anda boleh merujuk kepada bab tertentu berdasarkan kumpulan umur.



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Shell Gas (LPG)



# Guide to Safe Handling of Shell Gas (LPG)



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(go to "Shell for the home")

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Shell Gas (LPG)

# SAFE HANDLING OF SHELL GAS (LPG)

## HANDLING AND STORAGE



Buy your Shell GAS only from Shell GAS authorised dealers.  
\* For listing of Shell GAS dealers near to you, please call Shell LPG Customer Service Centre at 1-300-88-5808 or go to our website at <http://www.shell.com.my> (go to 'Products & Services > In your home')



Keep gas cylinders upright. If stored on its side, liquid instead of vapour may escape, creating a more hazardous situation.

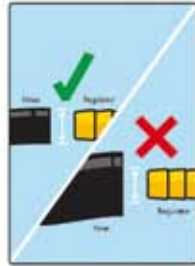


Place gas cylinder upright in well ventilated area, away from heat and sources of ignition.  
Do not place gas cylinder near smoking area or open burning area.



Do not charge gas cylinders near a source of ignition. A naked flame or a lighted cigarette could ignite any gas that is released.

## INSTALLATION



Always check that the gas hose size and diameter are correct and can be fitted properly for the connection to gas regulator and gas appliances.  
Do not use a hose that does not correctly fit the regulator.



Use the correct hose (BS 3212 or MS 773) and check its condition regularly.  
Replace any damaged or worn hose with a new hose.



Use hoses designed for use with LPG with factory-crimped end connections.  
Never use a hose without a clip that is just pushed over the nozzle of the regulator or the appliance.



Use the correct regulator and check its condition regularly.  
Use hose and regulators that are distributed by authorised Shell GAS distributors.

## USAGE



Turn on the gas regulator/valve. Light the appliance; light the match first if your gas appliance does not have automatic ignition or pilot flame.



Use Shell GAS cylinders in a well ventilated room; do not use in cellars or basements.  
Gas consumes oxygen when it burns and so it must be used in a well ventilated area to ensure that a safe atmosphere is maintained.



Do not place hot items on the cylinder. They may damage either the regulator or hose.



Do not leave cooking unattended under any circumstances.  
If a cooking pot boils over it can put out the flame and may allow a gas build-up.



Turn off the cylinder valve/ gas regulator and gas appliance after use.  
If gas will not be used for a prolonged period, remove the gas regulator from the cylinder and replace with the red safety cap (on the cylinder).



Check for gas leaks from time to time using soapy water.  
NEVER use a naked flame.  
Shell GAS has a distinctive smell that indicates the presence of a gas leak.  
Soapy water will bubble when applied to the area or connection with gas leak.

# SAFE HANDLING OF SHELL GAS (LPG)

## WHAT TO DO IF THERE IS SUSPECTED/ ACTUAL GAS LEAKAGE



An odorant (ethyl mercaptan) is added in Shell GAS as a stench agent to assist leak detection.

In the event of gas leakage or suspected leakage:-

- 1) Extinguish all naked flames and ignition sources;
- 2) Turn off all gas appliances.



**DO NOT** switch on or off any electrical equipment.

Do not turn on the gas supply until it has been made safe to do so by a competent person.



If the gas leak occurs indoor, open doors and windows to increase ventilation.

If safe to do so, move cylinder outdoors to an open space away from people, buildings, drains and sources of ignition.



Notify your gas supplier or Shell LPG Customer service centre at 1-300-88-5808.

If the gas leaks from the gas cylinder valve, replace with the red safety cap.

## WHAT TO DO IF THERE IS FIRE



Call the Fire Emergency Services (999) immediately and inform them LPG cylinders are on the premises.



Turn off the gas supply if it is practicable and safe to do so.



Remove gas cylinder(s) from the vicinity of fire if it is safe to do so.

Do not approach cylinders in the vicinity of fire if it is not safe to do so.



In case of gas fire, stop the source of the gas leakage before extinguishing the fire, if it is safe to do so.

If the leakage cannot be stopped, consider allowing the fire to continue to burn until the source can be isolated.

Do not turn on the gas supply until it has been made safe to do so by a competent person.

## WHAT TO DO WITH EMPTY CYLINDERS



Return empty gas cylinder(s) to your Shell GAS supplier.

Do not dispose the gas cylinders in domestic or industrial waste facilities.



Do not cut, pierce or burn cylinders, even after use.

Do not use the cylinders for any purpose other than what it is intended for.

## USEFUL CONTACT NUMBERS



AMBULANS /  
AMBULANCE



POLIS /  
POLICE



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FIRE BRIGADE

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**112**

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Chapter / Bab

1

*Your Baby's First Meals*  
*Sajian Pertama Bayi Anda*



# Nutritional Needs in the First 2 Years

The first 2 years is when your baby experiences the greatest amount of growth and development. For instance, baby's birth weight generally doubles by 4-5 months, and quadruples by 2 years. Therefore, providing your baby with adequate and appropriate nutrition during this period is vital to ensure your baby's growth and development are optimised.

## Breast Milk Is the Best Food for Babies

Breastfeeding your baby is the first vital step to ensuring your baby's health. Breast milk contains the right types of nutrients and in ideal amounts that your baby needs. The nutrients from breast milk are easily digested and absorbed by your baby's body. Breast milk also contains important immunological compounds that help to protect baby against a variety of infections, including diarrhoea.

## How much milk does your baby needs?

	Number of feedings per day	Amount of milk at each feeding
0-1 month	8	60 ml
1-2 months	7	90 ml
2-4 months	6	120 ml
4-6 months	6	150 ml

## Complementary Feeding

As your baby grows and becomes more active, his energy and nutritional needs increase, too. Breast milk alone can no longer meet your baby's needs when he is 6 months old. By then, your baby needs additional foods (complementary feeding) along with breast milk to help fulfil his requirement for energy and other nutrients (e.g. iron, zinc and vitamin A).

Complementary foods provide one-third (32%) of the daily energy needs of a baby when he is 6-8

months and increases to almost half (44%) when he is 9-12 months. This further increases to over 60% when he is over a year old. The contribution of milk to his daily energy needs declines as he grows older.

## Energy

- To maintain baby's body function and allow him to stay active all day long.
- Source: Cereals, such as rice, wheat and tubers (potatoes and sweet potatoes).

## Iron

- A component of haemoglobin in red blood cells, which carry oxygen to all parts of the body.
- Source: Liver, meat, fortified infant cereals.

## Zinc

- Essential for growth and proper functioning of the immune system.
- Source: Liver, meat, poultry, fish, egg yolk.

## Vitamin A

- Aids in maintaining the health of the skin and mucous membrane, essential for the functioning of the eye.
- Source: Breast milk, liver, egg yolk, orange-coloured fruits and vegetables (e.g. mango, carrot, pumpkin), dark-green vegetables (e.g. spinach, kangkung, broccoli).

## World Health Organisation (WHO) recommendations

- All infants should be exclusively breastfed for the first 6 months of life to achieve optimal growth, development and health.
- From 6 months onwards, infants should receive nutritionally adequate and safe complementary foods, while breastfeeding should be continued up to two years of age or beyond.

## Saranan Pertubuhan Kesihatan Sedunia (WHO)

- Semua bayi hendaklah diberi susu ibu sepenuhnya selama enam bulan pertama hayat mereka bagi menjamin pertumbuhan, perkembangan dan kesihatan optimum.
- Selepas 6 bulan, bayi perlu diberi makanan pelengkap yang sesuai dengan secukupnya, manakala pemberian susu ibu perlulah diteruskan sehingga bayi mencapai usia dua tahun atau lebih.

# Keperluan Pemakanan Bayi untuk 2 Tahun Pertama

Bayi anda melalui fasa pertumbuhan dan perkembangan paling pesat dalam dua tahun pertama hayatnya. Sebagai contoh, berat bayi umumnya berganda apabila mencapai usia 4-5 bulan, dan naik empat kali ganda apabila mencecah 2 tahun. Oleh itu, anda hendaklah memastikan si manja mendapat makanan berkhasiat yang secukupnya sepanjang tempoh ini bagi menjamin pertumbuhan dan perkembangan optimum.

## Susu Ibu Adalah Makanan Terbaik untuk Bayi

Memberi susu ibu adalah langkah pertama yang sangat penting untuk memastikan kesihatan bayi anda. Susu ibu bukan sahaja mengandungi segala nutrien, tetapi juga menepati jumlah yang diperlukan oleh si manja. Nutrien daripada susu ibu mudah dihadamkan dan diserap oleh badan bayi. Susu ibu juga mengandungi sebatian imunologi yang penting untuk membantu melindungi bayi daripada pelbagai jangkitan, termasuk cirit-birit.

Berapa banyak susu yang bayi anda perlukan?

	Bilangan penyusuan sehari	Jumlah susu setiap kali penyusuan
0-1 bulan	8	60 ml
1-2 bulan	7	90 ml
2-4 bulan	6	120 ml
4-6 bulan	6	150 ml

## Makanan Pelengkap

Apabila bayi anda bertambah besar dan menjadi lebih aktif, keperluan tenaga dan pemakanannya juga bertambah. Susu ibu sahaja tidak lagi dapat memenuhi keperluannya apabila si manja mencapai

usia 6 bulan. Pada usia ini, bayi anda memerlukan makanan tambahan (makanan pelengkap) selain daripada susu ibu untuk membantu membekalkan tenaga dan nutrien lain yang diperlukan seperti zat besi, zink dan vitamin A.

Makanan pelengkap membekalkan satu pertiga (32%) daripada tenaga yang diperlukan oleh bayi anda apabila mencapai usia 6-8 bulan dan meningkat hingga hampir separuh (44%) apabila usianya 9-12 bulan. Keperluan ini meningkat lagi kepada lebih 60% apabila bayi anda berusia lebih satu tahun. Pada masa yang sama, sumbangan tenaga daripada susu yang diberikan setiap hari berkurangan apabila bayi anda semakin membesar.

## Tenaga

- Untuk mengekalkan fungsi badan dan membolehkan si manja terus aktif sepanjang hari.
- Sumber: Bijirin, seperti beras, gandum dan ubi (seperti kentang dan keledek).

## Zat Besi

- Komponen hemoglobin dalam sel darah merah yang membawa oksigen ke semua bahagian badan.
- Sumber: Hati, daging, bijirin bayi yang diperkaya.



## Zink

- Penting untuk tumbesaran dan fungsi sistem imun.
- Sumber: Hati, daging, ayam, itik, ikan, kuning telur.

## Vitamin A

- Membantu mengekalkan kesihatan kulit dan selaput lendir, penting untuk fungsi mata.
- Sumber: Susu ibu, hati, kuning telur, buah-buahan dan sayuran warna oren (seperti mangga, lobak merah, labu), sayuran warna hijau tua (seperti bayam, kangkung, brokoli).

# Complementary Feeding: When to Start?

Complementary feeding usually begins at 6 months, when baby's digestive system is mature enough to digest different types of semi-solid and solid foods. There are also signs to indicate that baby is now ready to receive complementary foods (i.e. foods other than breast milk). You may notice that baby:

- Can sit with little or no support, and is able to control his head.
- Gets hungry fast, i.e. soon after breastfeeds or after frequent breastfeeds.
- Can control his tongue better.
- Starts to make chewing motions or up-down 'munching' movements.
- Begins to develop teeth.
- Likes to put things into his mouth.
- Shows interest in the food you are eating, e.g. trying to grab your food, opening his mouth.

## How to Feed?

Knowing how to begin complementary feeding is important. Successful feeding not only optimises your child's nutritional intake, but also helps to shape good eating habits from a young age.

## How frequent?

- 6-8 months: 2-3 main meals a day and make sure breast milk is provided 5-6 times a day. Snacks are generally not required, but may be given if tolerated by baby
- 9-11 months: 3-4 main meals a day + 1-2 nutritious snacks
- 1-2 years: 4-5 main meals a day + 1-2 nutritious snacks



## Feeding DO's

- ✓ Introduce only one new food at a time. For example, start with blended rice porridge. Once baby gets used to it, introduce second type of food from another food group.
- ✓ Apply the 4-day rule. Wait for 4 days after introducing a new type of food; this will help determine if your baby likes the food and allow him to get used to it. This will also help to detect signs of food allergy baby might have.
- ✓ Start with a small amount. Increase the amount gradually as baby gets older.
- ✓ Once baby has been introduced to a variety of foods, start serving a combination of foods in a single meal, e.g. serving rice porridge with minced meat and pureed vegetable.
- ✓ Make sure the food flavour and texture are right according to baby's stage of development.
- ✓ Feed as soon as baby gets hungry before baby gets upset and loses appetite.
- ✓ Depending on baby's ability, give foods that baby can pick up, and give water in a cup that he can hold.
- ✓ Avoid having distractions, such as TV and toys, during feeding so that baby can fully focus and enjoy his meal.
- ✓ Have meals together with baby. You can actively encourage baby to eat or even self-feed.

## Feeding DON'Ts

- ✗ Mix different types of food in one meal when first started.
- ✗ Give foods that baby can choke on, such as nuts or seeds.
- ✗ Force-feed or overfeed. Stop feeding when baby turns away or shows disinterest; he may be feeling full already.



# Makanan Pelengkap: Bila untuk Memulakan?

Pemberian makanan pelengkap biasanya boleh dimulakan apabila bayi anda berusia 6 bulan, kerana pada usia ini sistem penghadamannya sudah cukup matang untuk menghadamkan makanan pepejal dan separa pepejal yang berlainan jenis. Si manja juga akan menunjukkan tanda kesediaan untuk menerima makanan pelengkap (iaitu makanan selain susu ibu). Anda akan mendapati si manja:

- Boleh duduk dengan sedikit sokongan atau tanpa sokongan, dan dapat mengawal kepalanya.
- Cepat lapar, meminta susu walaupun selepas diberikan susu ibu atau kerap menyusu.
- Boleh mengawal lidahnya dengan lebih baik.
- Mula mengunyah atau menggerakkan mulutnya ke atas ke bawah seperti mengunyah.
- Gemar memasukkan benda ke dalam mulutnya.
- Menunjukkan minat kepada makanan yang anda makan, seperti cuba merampas makanan, membuka mulutnya.

## Bagaimana untuk Memberi Si Manja Makan?

Mengetahui cara untuk memulakan pemberian makanan pelengkap adalah penting, kerana anda bukan sahaja dapat memastikan si manja mendapat segala nutrien yang diperlukan, tetapi juga membantu memupuk tabiat makan yang baik sejak dari kecil.

## Sekeras mana anda patut memberi makanan pelengkap?

- 6-8 bulan: makanan utama 2-3 kali sehari dan pastikan susu ibu diberi 5-6 kali sehari. Makanan snek umumnya tidak perlu diberikan, tetapi boleh diberi jika dapat diterima oleh bayi
- 9-11 bulan: makanan utama 3-4 kali sehari + 1-2 snek berkhasiat
- 1-2 tahun: makanan utama 4-5 kali sehari + 1-2 snek berkhasiat

## Apa Yang BOLEH Anda Lakukan

- ✓ Perkenalkan hanya satu makanan pada satu masa. Sebagai contoh, mulakan dengan bubur nasi. Setelah si manja dapat membiasakan diri dengannya, perkenalkan makanan kedua daripada satu lagi kumpulan makanan.
- ✓ Tunggu selama 4 hari selepas memperkenalkan makanan baru; ini akan membantu menentukan sama anda si manja gemarkan makanan yang baru diperkenalkan dan membolehkannya membiasakan diri dengannya. Dalam masa 4 hari ini, anda juga boleh mengesan tanda alahan kepada makanan, jika ada.
- ✓ Mulakan dengan kuantiti yang sedikit. Tambah sedikit demi sedikit apabila usia bayi meningkat.
- ✓ Setelah si manja dapat membiasakan diri dengan pelbagai jenis makanan, anda bolehlah mencampurkan beberapa jenis makanan dalam satu hidangan, seperti bubur nasi dengan daging cincang dan puri sayur.
- ✓ Pastikan rasa dan tekstur makanan sesuai dengan tahap perkembangan si manja.
- ✓ Suap makanan sebaik sahaja si manja lapar, sebaik-baiknya sebelum anak anda meragam atau hilang selera makan.
- ✓ Bergantung pada keupayaan si manja, beri makanan yang boleh diambil sendiri atau air dalam cawan yang boleh dipegang.
- ✓ Elakkan benda yang boleh mengalih perhatian, seperti TV dan mainan, semasa makan supaya si manja boleh memberi tumpuan penuh dan menikmati makanannya.
- ✓ Makan bersama si manja. Anda boleh menggalakkan si manja untuk makan atau belajar menyuapkan makanan sendiri.

## Apa Yang TIDAK BOLEH Anda Lakukan

- ✗ Mencampurkan makanan yang berlainan jenis dalam satu masakan apabila mula memperkenalkan makanan pelengkap.
- ✗ Memberi makanan yang boleh menyebabkan si manja tercekik, seperti kacang dan bijian.
- ✗ Memaksa bayi makan atau memberi makanan secara berlebihan. Hentikan pemberian makanan apabila si manja memalingkan muka atau menunjukkan tanda tidak berminat; dia mungkin sudah kenyang.

# Complementary Feeding: What to Feed?

Complementary foods need to be appropriate to your baby's stage of development, and should consist of a mixture of foods that provide sufficient energy and nutrients. Below is a list of foods that you can introduce to your baby at different ages. The rule of thumb is to always start with cereal-based foods (e.g. start with rice for few weeks then followed by other cereals), followed by fruits and vegetables, and lastly meat group. Continue to breastfeed your baby as often as before, as mother's milk remains to be the most important food for baby.



Baby's Age	Grain group	Fruits	Vegetables	Meat and Alternative Group	Food Texture
6-8 months	Rice, barley, oat	Apple, banana, pear, prune	Green beans, pumpkin, sweet potatoes, tomato, carrots, peas	Chicken, tofu, fish	Liquid, pureed, blended, mashed
8-10 months	Rice, barley, oat, multigrain crackers	Apple, banana, pear, prune, papaya, grapes	Green beans, pumpkin, sweet potatoes, tomato, carrots, peas, cauliflower, broccoli, asparagus, French beans, long beans	Chicken, tofu, egg yolk, legumes, beef, pork, fish (e.g. <i>tenggiri</i> , <i>kurau</i> )	Minced, diced, finely chopped soft food
10-12 months	Rice, barley, oat, multigrain crackers, wheat cereals	Apple, banana, pear, prune, papaya, grapes, citrus, berries	Green beans, pumpkin, sweet potatoes, carrots, peas, cauliflower, broccoli, asparagus, corn, spinach, French beans, long beans	Chicken, tofu, whole egg (at 12 months), legumes, beef, pork, fish (e.g. salmon, red snapper)	Bite-sized pieces, small cubes/chunks of soft food

## Tips:

The type of food texture to introduce to your baby also depends on his teeth development. For example, when your baby's teeth starts to grow, you can introduce finely chopped foods that your baby can chew. With more teeth arriving, you can slowly introduce diced and bite-sized foods into his diet.



## Good to Know...

Certain foods may increase baby's risk of developing allergy if introduced too early. Avoid giving these foods before baby is 12 months old:

- Egg white
- Peanut butter and other peanut products
- Shellfish and certain types of fish, for example *kembong*, stingray and *keli*
- If baby is not breast fed, cow's milk should be introduced carefully as some children may have cow's milk intolerance

# Makanan Pelengkap: Apa yang Patut Diberikan?

Makanan pelengkap perlu disesuaikan dengan tahap perkembangan bayi anda, dan sewajarnya mengandungi campuran makanan yang membekalkan tenaga dan nutrien yang secukupnya untuk si manja. Anda boleh memperkenalkan makanan yang disenaraikan di bawah mengikut peringkat usia yang berlainan. Paling penting, mulakan dengan makanan berasaskan bijirin (seperti bubur nasi selama beberapa minggu, diikuti dengan bijirin lain), disusuli buah-buahan dan sayur-sayuran, dan akhir sekali daging. Terusakan memberi susu ibu sekerap yang perlu, kerana susu ibu tetap merupakan makanan paling penting untuk si manja anda.



Usia Bayi	Kumpulan bijirin	Buah-buahan	Sayuran	Kumpulan Daging dan Alternatif	Tekstur Makanan
6-8 bulan	Beras, barli, oat	Epal, pisang, pear, prun	Kacang hijau, labu, keledek, tomato, lobak merah, kacang pis	Ayam, tauhu, ikan	Cair, puri, kisar, lenyek
8-10 bulan	Beras, barli, oat, biskut tawar pelbagai bijian	Epal, pisang, pear, prun, betik, anggur	Kacang hijau, labu, keledek, tomato, lobak merah, kacang pis, kubis bunga, brokoli, asparagus, kacang buncis, kacang panjang	Ayam, tauhu, kuning telur, kekacang, daging lembu, daging khinzir, ikan (seperti tenggiri, kurau)	Cincang, dadu, cincang halus, makanan lembut
10-12 bulan	Beras, barli, oat, biskut tawar pelbagai bijian, bijirin gandum	Epal, pisang, pear, prun, betik, anggur, buah-buahan sitrus, beri	Kacang hijau, labu, keledek, lobak merah, kacang pis, kubis bunga, brokoli, asparagus, jagung, bayam, kacang buncis, kacang panjang	Ayam, tauhu, seluruh telur (12 bulan), kekacang, daging lembu, daging khinzir, ikan (seperti salmon, ikan merah)	Potongan kecil, kiub kecil/ketulan makanan lembut



## Petua:

Jenis tekstur makanan yang boleh diperkenalkan kepada bayi anda juga bergantung pada pertumbuhan giginya. Sebagai contoh, apabila gigi si manja mula tumbuh, anda boleh memperkenalkan makanan cincang yang boleh dikunyah oleh si manja. Apabila lebih banyak giginya tumbuh, tambahkan makanan potongan dadu dan cebisan kecil ke dalam dietnya.

## Tahukah Anda...

Makanan tertentu boleh meningkatkan risiko si manja mendapat alahan jika diperkenalkan terlalu awal. Elakkan pemberian makanan berikut sebelum bayi mencapai usia 12 bulan:

- Putih telur
- Mentega kacang dan produk kacang yang lain
- Makanan bercengkerang dan beberapa jenis ikan tertentu, seperti ikan kembung, pari dan keli.
- Jika bayi anda tidak diberi susu ibu, susu lembu hendaklah diperkenalkan secara berhati-hati kerana sesetengah kanak-kanak mungkin alah kepada susu lembu.

# Complementary Feeding: How Much to Feed?

The types and amounts of food baby needs will increase with age to keep up with his growth and development. Below are some suggestions on the types and daily amounts of complementary foods to feed your child. Breast milk should continue to be on demand all the time up to 2 years.

	<b>Breakfast</b>	<b>Lunch / Dinner</b> Serve at each meal:	<b>Snack (mid-morning / afternoon)</b> Serve at each snack time:	<b>Total amount of foods served per day:</b>
6-8 months	<ul style="list-style-type: none"> <li>• ½ cup of rice porridge</li> <li>• 1 tablespoon of tomato/carrot</li> <li>• 1 tablespoon of spinach/mustard greens</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup of rice porridge</li> <li>• 1 tablespoon of carrot</li> <li>• 1 teaspoon of fish</li> <li>• Breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk</li> <li>• 1-2 tablespoons of fruit (e.g. banana)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 – 1½ cup porridge / ½ – ¾ cup cereal</li> <li>• ¼ cup cooked vegetables</li> <li>• ¼ slices of papaya or ½ small size banana</li> <li>• 2 teaspoons of meat (30 – 60 g/day)</li> <li>• Breastfeeding on demand</li> <li>• 1 teaspoon of oil, which can be added to during the process of mashing or blending</li> </ul>
9-11 months	<ul style="list-style-type: none"> <li>• ½ cup of porridge</li> <li>• 1½ tablespoon of tomato/carrot</li> <li>• 1 tablespoon of spinach/mustard greens</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup of thick rice porridge</li> <li>• 1½ tablespoons of carrot</li> <li>• 1 tablespoon of spinach</li> <li>• 1 teaspoon of meat</li> <li>• Breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk</li> <li>• ½ slice papaya</li> </ul>	<ul style="list-style-type: none"> <li>• 2 – 2½ cups porridge/ 1 – 1¼ cup cereals</li> <li>• ½ cup cooked vegetable</li> <li>• ½ – 1 slice of papaya or 1 – 2 small size bananas</li> <li>• 2 teaspoons of any type of meat or edible portion of fish (¼ fish) medium size or egg (60 – 90 g/day)</li> <li>• Breastfeeding on demand</li> <li>• 1 teaspoon of oil</li> </ul>
1-2 years	<ul style="list-style-type: none"> <li>• 1- 2 slice of toast</li> <li>• 1 teaspoon of margarine</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cup of white rice</li> <li>• 2 tablespoons of carrot</li> <li>• 2 tablespoons of spinach</li> <li>• ½ piece of fish (e.g. <i>Kembong masak pindang</i>)</li> <li>• ½ slice of papaya</li> <li>• Breast milk</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk</li> <li>• 1 small size banana (e.g. <i>pisang mas</i>)</li> <li>• 1 sandwich</li> <li>• 1 cup milkshake</li> <li>• 1 – 2 biscuits</li> </ul>	<ul style="list-style-type: none"> <li>• 1 – 1½ cups rice / cereal</li> <li>• 1 cup cooked vegetables</li> <li>• 1 slice of papaya or 2 small size bananas</li> <li>• ½ medium size <i>kembong</i> or 1 egg (90 – 120 g/day)</li> <li>• Breastfeeding on demand</li> <li>• 1 teaspoon of oil</li> </ul>



# Makanan Pelengkap: Berapa Banyak yang Patut Diberikan?

Jenis dan jumlah makanan yang diperlukan oleh bayi bertambah seiring dengan usia, bagi menyokong pertumbuhan dan perkembangannya. Berikut adalah antara jenis makanan pelengkap yang boleh diberikan dan jumlah yang disyorkan untuk si manja anda, manakala susu ibu hendaklah terus diberikan sepanjang masa mengikut permintaan sehingga si manja berusia 2 tahun.



	Sarapan	Makan Tengah Hari / Malam Diberikan setiap waktu makan:	Snek (lewat pagi / petang) Diberikan setiap waktu snek:	Jumlah makanan yang diberikan setiap hari:
6-8 bulan	<ul style="list-style-type: none"> <li>• ½ cawan bubur nasi</li> <li>• 1 sudu besar tomato/lobak merah</li> <li>• 1 sudu besar bayam/sawi hijau</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cawan bubur nasi</li> <li>• 1 sudu besar lobak merah</li> <li>• 1 sudu teh ikan</li> <li>• Susu ibu</li> </ul>	<ul style="list-style-type: none"> <li>• Susu ibu</li> <li>• 1-2 sudu besar buah-buahan (contoh: pisang)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 – 1 ½ cawan bubur / ½ – ¾ cawan bijirin</li> <li>• ¼ cawan sayuran yang dimasak</li> <li>• ¼ potong betik atau ½ pisang saiz kecil</li> <li>• 2 sudu kecil daging (30 – 60 g/sehari)</li> <li>• Susu ibu ikut permintaan</li> <li>• 1 sudu kecil minyak, yang boleh ditambah semasa melenyek atau mengisar makanan</li> </ul>
9-11 bulan	<ul style="list-style-type: none"> <li>• ½ cawan bubur</li> <li>• 1 ½ sudu besar tomato/lobak merah</li> <li>• 1 sudu besar bayam/sawi hijau</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cawan bubur nasi pekat</li> <li>• 1 ½ sudu besar lobak merah</li> <li>• 1 sudu besar bayam</li> <li>• 1 sudu kecil daging</li> <li>• Susu ibu</li> </ul>	<ul style="list-style-type: none"> <li>• Susu ibu</li> <li>• ½ potong betik</li> </ul>	<ul style="list-style-type: none"> <li>• 2 – 2 ½ cawan bubur/1 – 1 ¼ cawan bijirin</li> <li>• ½ cawan sayuran yang dimasak</li> <li>• ½ – 1 potong betik atau 1 – 2 biji pisang saiz kecil</li> <li>• 2 sudu kecil apa-apa jenis daging atau ikan (¼ ikan) saiz sederhana atau telur (60 – 90 g/sehari)</li> <li>• Susu ibu ikut permintaan</li> <li>• 1 sudu kecil minyak</li> </ul>
1-2 tahun	<ul style="list-style-type: none"> <li>• 1 – 2 keping roti bakar</li> <li>• 1 sudu kecil marjerin</li> <li>• 1 gelas susu/susu coklat</li> </ul>	<ul style="list-style-type: none"> <li>• ½ cawan nasi putih</li> <li>• 2 sudu besar lobak merah</li> <li>• 2 sudu besar bayam</li> <li>• ½ keping ikan (seperti kembung masak pindang)</li> <li>• ½ potong betik</li> <li>• Susu ibu</li> </ul>	<ul style="list-style-type: none"> <li>• Susu ibu</li> <li>• 1 biji pisang saiz kecil (seperti pisang mas)</li> <li>• 1 sandwic</li> <li>• 1 cawan susu kocak (<i>milkshake</i>)</li> <li>• 1 – 2 biskut</li> </ul>	<ul style="list-style-type: none"> <li>• 1 – 1 ½ cawan nasi / bijirin</li> <li>• 1 cawan sayuran yang dimasak</li> <li>• 1 potong betik atau 2 biji pisang saiz kecil</li> <li>• ½ ikan kembung saiz sederhana atau 1 biji telur (90 – 120 g/sehari)</li> <li>• Susu ibu ikut permintaan</li> <li>• 1 sudu kecil minyak</li> </ul>



# Preparing and Cooking Your Baby's Food

Cooking for your baby is unlike cooking meals for the rest of your family members. You need to give more thought to the selection of food items to be given to your baby. More effort may need to be given to cooking and preparing the foods, as it usually involves pureeing, blending or mashing the food, before serving to your baby.

Although it may require more time and effort to prepare homemade meals for your baby, it is not a daunting process. More importantly, you are assured that baby is fed fresh and nutritious meals. Thus, follow the general guidelines and practical tips below to help you get started:

## Ingredients

- Use fresh ingredients as much as possible; avoid using canned products as they may contain high amounts of salt.
- Do not add salt, sugar, salty sauces into baby's food, especially when he is below 1 year old.
- As baby grows older, you can start using natural herbs or spices to add extra flavours to his food. For example, you can add some finely chopped parsley into soup, basil into pasta, or cinnamon powder onto mashed pumpkin.
- Avoid giving egg white to your baby before he is 1 year old.
- You can try mixing food with breast milk to help baby accept new foods better and prepare more nutritious meal.

## Cooking Style

- Avoid deep-frying foods. However, sautéing with a small amount of vegetable oil or pan frying is recommended as baby needs some amounts of fat in his diet.
- It is best to steam vegetables to retain their nutrients. Steamed vegetables can then be pureed and added into porridge.
- Soft fruits can be mashed using fork while the harder ones can be steamed first, then mashed or pureed.
- For soft-skinned fruits and vegetables, you can cook with their skin on to retain the nutrients.
- Meat, fish or poultry should be cooked thoroughly. Healthy ways of cooking these foods are either steaming, poaching or boiling. Roasting and grilling may also be used to prepare food for children over 2 years of age. DO NOT serve if meat is still pink in colour (i.e. meat is still raw).

## Food Texture

- Serve foods with appropriate consistency or texture to make it easier for baby to accept and digest.
- Start with foods that are fine, smooth in texture and soft consistency (e.g. pureed or mashed), eventually moving on to foods with coarser textures (e.g. diced or chunky) as baby grows older.
- Avoid giving foods that may cause choking, such as seeds, grapes and raw vegetables.
- Avoid adding too much water to the food as it will dilute your child's meal. Instead, why not try adding breast milk, stock or a small amount of vegetable oil to give the food the desired consistency.



# Mengedia dan Memasak Makanan untuk Bayi Anda

## Time-saving tips

- Prepare more than you need and freeze extra portions in ice-cube trays or small jars. This way, you do not need to cook everyday.
- Foods should be thawed in the lower compartment of the refrigerator, not in the sink or by soaking in water.
- Prepare ingredients, such as stocks, in advance and freeze them. They can come in handy when you are short of time.

## Food safety tips

- Always practise good hygiene and proper food handling when preparing food.
- Always use clean utensils when feeding your child.
- Use utensils that are meant for cooking baby's food only (e.g. don't use the food blender for chillies to blend baby's food).
- Once a food is thawed, don't freeze again to avoid bacteria growth. It will also affect the food's texture, freshness as well as nutrient content.

Memasak makanan untuk bayi anda tidak sama dengan memasak makanan untuk anggota keluarga anda yang lain. Anda perlu memikirkan tentang pilihan makanan yang boleh diberikan kepada si manja. Anda perlu memberi lebih tumpuan kepada penyediaan makanan, kerana makanan untuk bayi biasanya perlu dimasak hingga menjadi lembut atau puri, dikisar atau dilenyek terlebih dahulu.

Meskipun anda perlu meluangkan lebih banyak masa dan berusaha untuk menyediakan sendiri makanan untuk bayi anda, tugas ini tidak rumit. Apa yang penting, bayi anda mendapat makanan segar dan berkhasiat. Sebagai permulaan, anda bolehlah merujuk garis panduan dan petua di bawah:

## Ramuan

- Gunakan ramuan segar sebanyak yang mungkin, elakkan penggunaan bahan makanan dalam tin kerana kandungan garam yang biasanya tinggi.
- Jangan tambah garam, gula, kicap ke dalam makanan bayi, terutama sekali jika umur si manja di bawah 1 tahun.
- Apabila bayi anda bertambah besar, anda boleh mula menggunakan herba atau rempah asli untuk menambah perasa ke dalam makanannya. Sebagai contoh, anda boleh menambah sedikit daun bawang dan daun saderi yang dicincang halus ke dalam sup, daun selasih ke dalam pasta, atau serbuk kayu manis ke dalam labu lenyek.
- Elakkan pemberian putih telur sebelum si manja mencapai usia 1 tahun.
- Anda boleh mencampurkan makanan dengan susu ibu supaya si manja lebih bersedia menerima makanan baru. Penambahan susu ibu juga menjadikan makanan si manja lebih berkhasiat.





### Cara Memasak

- Elakkan menggoreng makanan untuk bayi dalam minyak yang banyak. Bagaimanapun, anda boleh menumis dengan sedikit minyak sayuran atau menggoreng kering kerana si manja memerlukan sedikit lemak dalam dietnya.
- Sebaik-baiknya, kukus sayur untuk mengekalkan kandungan nutriennya. Sayuran yang dikukus kemudian boleh dijadikan puri dan masukkan ke dalam bubur.
- Buah-buahan lembut boleh dilenyek dengan menggunakan garpu manakala yang lebih keras boleh dikukus dahulu, kemudian dilenyek atau dijadikan puri.
- Anda boleh masak sayuran dan buah-buahan berkulit lembut dengan kulitnya sekali untuk mengekalkan nutrien.
- Daging, ikan atau ayam hendaklah dimasak dengan betul. Cara untuk memasak makanan ini dengan mengekalkan kandungan nutriennya ialah dengan mengukus, mereneh atau merebus. Untuk kanak-kanak berumur lebih 2 tahun, anda boleh membakar atau memanggang. JANGAN hidangkan jika warna daging masih merah jambu (ini bermakna daging masih mentah).

### Tekstur Makanan

- Makanan lembut lebih memudahkan bayi menerima dan menghadamkannya.
- Mulakan dengan makanan yang mempunyai tekstur halus, licin dan lembut (seperti makanan yang dijadikan puri, dilenyek), kemudian beralih kepada makanan lebih kasar (seperti makanan yang dipotong dadu, berketul) apabila si manja semakin besar.
- Elakkan pemberian makanan yang boleh menyebabkan bayi tercekik, seperti bijian, anggur dan sayuran mentah.
- Elakkan menambah terlalu banyak air ke dalam makanan kerana air akan membuatkan makanan si manja berair. Sebaliknya, anda boleh cuba menambah susu ibu, stok daging dan sayuran atau sedikit minyak sayuran untuk mencapai kepekatan yang dikehendaki.

### Petua menjimatkan masa

- Sediakan lebih daripada yang diperlukan dan sejuk bekukan bahagian lebihan dalam dulang kiub ais atau bekas kecil. Dengan cara ini, anda tidak perlu masak pada setiap hari.
- Makanan hendaklah dicair-beku di bahagian bawah peti sejuk, bukan di dalam singki atau dengan merendamnya dalam air.
- Sediakan ramuan seperti air rebusan lebih awal dan sejuk bekukan. Ia menyenangkan kerja bila anda kesuntukan masa.

### Petua keselamatan makanan

- Sentiasa jaga kebersihan dan amalkan cara yang betul apabila mengendalikan dan menyediakan makanan.
- Sentiasa gunakan peralatan yang bersih apabila memberi si manja makan.
- Gunakan peralatan memasak yang dikhaskan untuk memasak makanan bayi sahaja (jangan guna mesin pengisar cili untuk mengisar makanan bayi).
- Sebaik sahaja makanan dicair beku, jangan sejuk bekukan sekali lagi untuk mengelakkan pertumbuhan bakteria. Tindakan ini juga akan menjejaskan tekstur, kesegaran dan juga kandungan nutrien makanan.



# Serve a Variety of Foods!

Once your baby accepts the foods you introduced and gets used to them, you can now start giving more elaborate meals to baby. You want to feed baby well-balanced meals that comprise a variety of foods. Use the recipes in this book as a guide to plan and prepare your child's daily meals.

Meal	Age Group		
	6-8 months	9-11 months	1-2 years
<b>Breakfast</b>	- Breast milk - Rice Porridge with Tofu and Peas (see recipe on pg 36)	- Barley cereal - Plum and Banana Oatmeal Porridge (see recipe on pg 46)	- Milk - Bread + Peas with Chicken Mix (see recipe on pg 48)
<b>Morning Snack</b>	- Breast milk - Stewed apple puree	- Breast milk - Diced watermelon	- Breast milk - Mango Mousse (see recipe on pg 58 )
<b>Lunch</b>	- Rice Porridge + Fish with Veggies (see recipe on pg 36) - Breast milk	- Fish with Kei-chi Porridge (see recipe on page 42) - Breast milk	- Rice + Fish and Mushroom Soup (see recipe on pg 54 )
<b>Afternoon Snack</b>	- Breast milk - Mashed banana	- Breast milk - Fruity Snack (see recipe on pg 47 )	- Chocolate Honey Drew Milkshake (see recipe on pg 54 )
<b>Dinner</b>	- Rice Porridge + Chicken Stew with Vegetables (see recipe on pg 38) - Breast milk	- Sweet Corn, Potato and Chicken Mix (see recipe on pg 39 ) - Breast milk	- Rice + Lentils and Mixed Vegetables in Chicken Soup (see recipe on pg 52 )

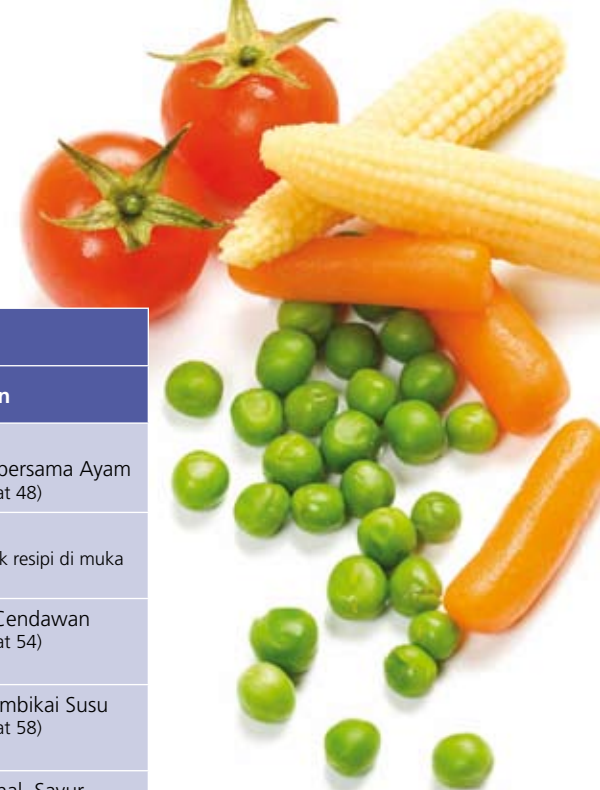


**Tip:**  
Plan your baby's meal in advance so you can save time. Above is a sample meal plan to help you get started. Did you notice how the menu is planned to include a variety of foods? You can also modify the menu by replacing some of the ingredients. Try it out!

*Note: For babies 6-8 months, ensure that you have introduced the individual food first before feeding the meals suggested above. For babies in this age group, morning snack and afternoon snack may be given, if tolerated. Ensure breast milk is given on demand at least 5 -6 times a day.*

# Hidangkan Pelbagai Makanan!

Setelah bayi anda menerima dan dapat membiasakan diri dengan makanan yang anda perkenalkan, anda boleh mula memberikan makanan yang lebih seimbang dan merangkumi pelbagai jenis. Gunakan resipi dalam buku ini sebagai panduan untuk merancang dan menyediakan makanan untuk si manja anda setiap hari.



Sajian	Kumpulan Umur		
	6-8 bulan	9-11 bulan	1-2 tahun
Sarapan	- Susu ibu - Bubur Nasi dengan Tauhu dan Kacang Pis (rujuk resipi di muka surat 36)	- Susu Ibu - Bubur Oat Plum dan Pisang (rujuk resipi di muka surat 46)	- Susu - Roti + Campuran Pis bersama Ayam (rujuk resipi di muka surat 48)
Snek Pagi	- Susu ibu - Stew puri epal	- Susu Ibu - Betik potong dadu	- Susu Ibu - Mousse Mangga (rujuk resipi di muka surat 58)
Makan Tengah Hari	- Bubur Nasi + Ikan dengan Sayuran (rujuk resipi di muka surat 36) - Susu ibu	- Bubur Kei-Chi bersama Ikan (rujuk resipi di muka surat 43) - Susu ibu	- Nasi + Sup Ikan dan Cendawan (rujuk resipi di muka surat 54)
Snek Petang	- Susu ibu - Pisang lenyek	- Susu ibu - Snek Buah-buahan (rujuk resipi di muka surat 47)	- Susu Kocak Coklat Tembikai Susu (rujuk resipi di muka surat 58)
Makan Malam	- Bubur nasi + Stew Ayam dengan Sayuran (rujuk resipi di muka surat 38) - Susu Ibu	- Campuran Jagung Manis, Ubi Kentang dan Ayam (rujuk resipi di muka surat 39) - Susu Ibu	- Nasi + Sup Kacang Dhal, Sayur Campur bersama Ayam (rujuk resipi di muka surat 52)



## Petua

Rancang penyediaan makanan untuk si manja anda lebih awal supaya anda dapat menjimatkan masa. Contoh rancangan penyediaan makanan di atas sedikit sebanyak dapat membantu anda mengambil langkah pertama. Anda akan dapati menu ini meliputi pelbagai jenis makanan. Anda juga boleh mengubah suai menu ini dengan menggantikan sesetengah daripada ramuannya dengan ramuan pilihan anda. Cubalah sendiri!

*Nota: Untuk bayi berusia 6-8 bulan, pastikan anda telah memperkenalkan makanan secara individu terlebih dahulu sebelum memberikan campuran makanan yang dicadangkan di atas. Untuk bayi berusia setengah tahun ini, snek pagi dan petang boleh diberikan jika si manja dapat menerimanya. Pastikan susu ibu diberi mengikut permintaan, sekurang-kurangnya 5-6 kali sehari.*



Nurtured



Well



Nourished

You take care  
of him in so  
many ways on  
the outside.

And Nestlé® CERELAC® will help you take care of him from the inside.

You protect your child in so many ways to ensure that he is always nurtured, well and nourished. Now that he is ready for solids at 6 months old, introduce him to new Nestlé® CERELAC®, the first infant cereal with BL BIFIDUS®, which helps maintain a good digestive system. It also provides the natural goodness of cereals and all the essential nutrients necessary for your child's growth and development.

**For a free sample, SMS YES <space> Name to 36300.  
For your child aged 6 months and above.**



BL BIFIDUS® is a probiotic that's clinically proven to help maintain a good digestive system. Together with a combination of iron, zinc and vitamins A and C, it helps support your child's developing immune system.



# From gurgling, to giggling to jigging while they stand.



From their wide open eyes darting back and forth, to their little fingers gripping their tiny toes, every gesture your baby makes has a meaning. And while we may never appreciate the silent personal moments that happen between you and your child, we do know a thing or two about everything else they do.

From their physical growth and emotional development till they are 15 months or more, to their dietary needs and mental stimulation, a host of information and tips are revealed at the Nestlé Junior Club website. Discover new recipes for your baby, browse articles from the experts, or come trade parenting tips with other parents.

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for your child's well-being

## ROLLED BANANA FINGER



Preparation & cooking time : 20 minutes

Makes : 2 pieces

Per piece : 1.5g Protein, 0.9g Fat,  
9.1g Carbohydrates  
Energy 51 kcal

### Ingredients

2 slices white/whole meal bread  
 $\frac{1}{2}$  teaspoon butter  
1 banana, cut lengthwise into two  
1 egg, lightly beaten  
30 gm NESTLÉ® CERELAC® Infant Cereal  
Wheat & Honey  
2 teaspoon cooking oil

- Remove crust from bread; spread butter evenly on bread.
- Place banana on bread and roll tightly; chill for 10 minutes.
- Then dip rolled bread, one at the time in beaten egg.
- Coated with NESTLÉ® CERELAC® Infant Cereal Wheat & Honey.
- Cook in lightly grease pan until browned all sides and serve.

### Good to Know:

Banana contains higher energy than apple.

### Good to Remember:

Young children between 1 and 3 years old are recommended to eat not more than 2 pieces of small sized bananas everyday.

Pictures used are for illustration purposes only.

## SPIDER WEB PANCAKES



Preparation & cooking time : 30 minutes

Makes : 6 pieces

Per piece : 4.2g Protein, 2g Fat,  
24g Carbohydrates  
Energy 133 kcal

### Ingredients

50 gm plain flour  
50 gm NESTLÉ® CERELAC® Infant Cereal  
Rice & Soya  
1 egg  
150 ml milk  
2 teaspoon cooking oil  
1 cup fruit cocktail, washed & drained  
(Mix together)  
 $\frac{1}{2}$  cup fruit yogurt  
maple syrup or honey, optional  
icing sugar or fresh strawberry, optional

- In a mixing bowl, add ingredients and beat until well mix.
- Heat frying pan and using lacy pancake mould make lacy pancake.
- Cook until pancake is set and underside is golden.
- Loosen the edges and brown the other side. Then slide out on the plate.
- Spoon fruits mixture into each pancake, fold and arrange on serving plates. Top with maple syrup and sprinkle with icing sugar
- Serve at once.

### Good to Know:

Besides milk, yogurt is a good source of dairy product too.

### Good to Remember:

Yogurt does contain live cultures which will benefit your child's digestion.

## BAKED SPICED CHICKEN



Preparation & cooking time : 20 minutes

Makes : 6 persons

Per piece : 8.4g Protein, 2g Fat,  
18g Carbohydrates  
Energy 124 kcal

### Ingredients

150 gm boneless chicken meat, cut into chunks  
 $\frac{1}{2}$  teaspoon pepper or to taste  
 $\frac{1}{2}$  teaspoon oregano  
50 gm plain flour  
1 egg, lightly beaten  
6 gm NESTLÉ® CERELAC® Infant Cereal Rice & Chicken

- Marinate chicken pieces with pepper and oregano.
- Coat chicken pieces with plain flour then dip in egg.
- Then coat again with NESTLÉ® CERELAC® Infant Cereal Rice & Chicken and place on lightly greased baking trays.
- Bake in preheated 180°C oven for 15 minutes or until lightly brown.
- Remove from oven and serve with tomato ketchup if desired.

### Good to Know:

Oregano is a type of herb which further enhances the taste of the baked chicken.

### Good to Remember:

Do not introduce salt into your young child's diet at his early age to encourage the strong taste preference.





# PALM OLEIN

NATURALLY  
GOOD NUTRITION



## PALM OLEIN: GOODNESS IN EVERY DROP

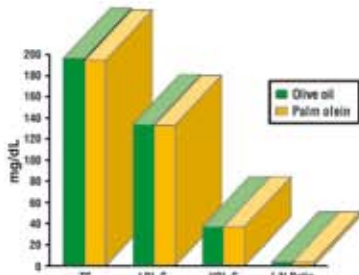
- ✓ Contains heart-healthy monounsaturated oleic acid.
- ✓ Contains nature's richest source of Vitamin E tocotrienols that help reduce cholesterol.
- ✓ Natural and GM-free.

## PALM OLEIN: VERSATILITY AND VALUE

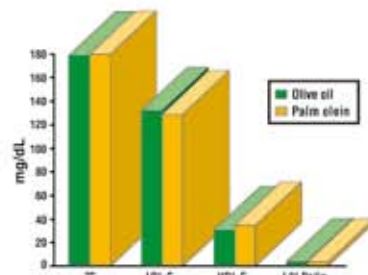
- ✓ Excellent frying properties. Ideal and stable at high frying temperatures. Low in linolenic acid.
- ✓ Competitively priced. Adding unparalleled value to nutrition.

Over 3 billion consumers in 150 countries benefit from the nutritional goodness of palm olein, a healthy fruit oil rich in monounsaturated oleic acid.

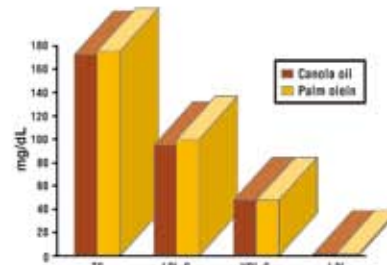
### Palm olein reduces cholesterol as effectively as olive, Canola and rapeseed oils



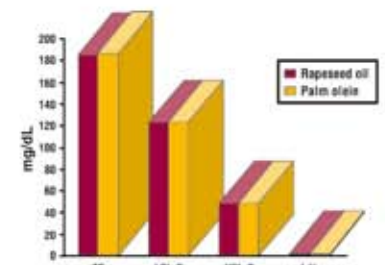
Diets enriched by palm olein or olive oil showed identical plasma cholesterol response in humans. Ng et al. (1992), J. Am. Coll. Nutr.



Diets enriched by palm olein or olive oil showed identical plasma cholesterol response in humans. Choudhury et al. (1995), Am. J. Clin. Nutr.



Palm olein or Canola oil results in similar beneficial effects on plasma cholesterol. Sundram et al. (1995), J. Nutr. Biochem.



Palm olein or rapeseed oil results in similar beneficial effects on plasma cholesterol. Sundram et al. (1997), J. Nutrition

Malaysia Palm Oil.

*A gift from nature. A gift for life.*





*Healthy Recipes for Your Baby*  
*Resipi Sihat untuk Bayi Anda*

## Basic Preparation of Baby Food Asas Pengediaan Makanan untuk Bayi



### Rice Porridge (Serves 2)

25 g (¼ cup) rice, grind finely  
450 ml (1¾ cup) water

#### Method

- 1 Bring water to boil in saucepan. Add the ground rice and stir constantly.
- 2 Simmer for 10 minutes and keep stirring constantly.
- 3 Serve warm.

#### Suggestion

- 1 Use brown rice for added nutritional value (B vitamins and fibre).
- 2 Add some breast milk to the porridge before serving.

### Bubur Nasi (Hidangan untuk 2 orang)

25 g (¼ cawan) beras, dikisar halus  
450 ml (1¾ cawan) air

#### Cara memasak

- 1 Didihkan air. Masukkan beras yang dikisar halus, kacau dari semasa ke semasa.
- 2 Reneh selama 10 minit dan teruskan mengacau.
- 3 Hidangkan semasa panas.

#### Cadangan

- 1 Untuk menambah khasiat, beras putih boleh digantikan dengan beras perang (mengandungi Vitamin B dan serat)
- 2 Tambahkan susu ibu ke dalam bubur.

#### Tip/Petua:

Babies are not able to lick food off a spoon with their tongues, so choose a small, shallow plastic teaspoon which she can take some food with her lips.

Bayi tidak mampu menjilat sudu dengan lidah, jadi gunakan sudu plastik yang kecil dan nipis supaya dia boleh mengambil makanan dengan bibir.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 44 kcal
Protein / Protein 0.9 g
Carbohydrate / Karbohidrat 9.9 g
Fat / Lemak 0.1 g

### Steamed Vegetable (Serves 2)

60 g (½ cup) carrots  
Sufficient water to steam

#### Method

- 1 Put the carrots in a steamer or colander set over boiling water and steam for about 15 minutes or until tender.
- 2 Put the steamed carrots into blender and add enough water to cover the carrots. Puree the carrots into a thick smooth paste.

#### Suggestions

- 1 Serve with rice porridge or with some breast milk.
- 2 The carrots can also be substituted with spinach, pumpkin or mustard leaves.
- 3 Vegetables purees can be transferred into a vegetable soup.





## Sayur Kukus

(Hidangan untuk 2 orang)

60 g (½ cawan) lobak merah  
Air yang secukupnya untuk mengukus

Cara memasak

- 1 Masukkan lobak merah ke dalam pengukus atau set penapis dan letakkan di atas air mendidih dan kukus selama 15 minit atau sehingga lembut.
- 2 Masukkan lobak merah dikukus tadi ke dalam mesin pengisar dan kisar dengan menggunakan air yang secukupnya. Lenyek lobak merah sehingga menjadi puri.

Cadangan

- 1 Hidangkan dengan bubur nasi atau susu ibu sebelum hidang.
- 2 Lobak merah juga boleh digantikan dengan bayam, labu atau daun sawi.
- 3 Puri sayur-sayuran boleh dimasukkan ke dalam sup sayur-sayuran.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 9 kcal
Protein / Protein 0.3 g
Carbohydrate / Karbohidrat 1.9 g
Fat / Lemak 0 g

### Tip/Petua

Vegetables with fibres or seeds should be mashed and sieved for a smooth texture. Husks of leguminous vegetables cannot be digested at this stage.

Sayur-sayuran yang berserat atau berbiji perlu dilenyek dan ditapis untuk mendapat tekstur yang lembut. Hampas legum tidak dapat dihadam pada umur ini.



## Stewed Fruits

(Serves 2)

100 g (1 whole) red apple, scrubbed, peeled, pitted and cut into medium-size chunks.  
250 ml (1 cup) water

Method

- 1 Pour water into saucepan and bring to boil.
- 2 Place apples in saucepan. Cover with lid and simmer apples for about 10 minutes or until soft.
- 3 Mash stewed apples using fork or puree till smooth.

Suggestion

- 1 Serve with some breast milk.
- 2 The apples can be substituted with other fruits such as honey dew or pears.

## Stew Buah-buahan

(Hidangan untuk 2 orang)

100 g (1 biji) epal merah, dibersihkan, dikupas, dibuang kulit, bijinya dan dipotong kepada saiz sederhana.  
250 ml (1 cawan) air

Cara memasak

- 1 Tuang air ke dalam kuali dan dididihkan.
- 2 Masukkan buah epal ke dalam periuk. Tutup dan renehkan selama 10 minit atau sehingga buah epal menjadi lembut.
- 3 Lenyek epal dengan menggunakan garpu sehingga menjadi puri.

Cadangan

- 1 Hidang bersama susu ibu
- 2 Buah epal boleh digantikan dengan buah-buahan yang lain seperti tembikai susu ataupun buah pir.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 28 kcal
Protein / Protein 0.1 g
Carbohydrate / Karbohidrat 6.5 g
Fat / Lemak 0.2 g

## Chicken with Anchovies Stock / Stok Ayam dengan Ikan Bilis

(Serves 3 / Hidangan untuk 3 orang)

800 g chicken bones  
80 g (1½ cups) dried anchovies  
1 L (4 cups) water

800 g tulang ayam  
80 g (1½ cawan) ikan bilis  
1 L (4 cawan) air



- 1 Remove fat, skin and blood clots from assorted chicken bones. Wash the bones thoroughly.

Bersihkan tulang ayam dan buang lemak, kulit dan darah beku daripada tulang ayam.



- 2 Remove the head and entrails from dried anchovies.

Buang kepala dan isi perut ikan bilis.



- 3 Boil chicken bones and anchovies in 1 L of water. Once boiled, turn to low heat. Simmer for about 45 minutes or until ½ litre of stock remains.

Didihkan 1 liter air dan masukkan tulang ayam dan ikan bilis. Sobald sahaja mendidih, reneh ayam selama 45 minit atau sehingga pati tinggal separuh daripada jumlah asal.



- 4 Strain and chill in refrigerator overnight. Remove layer of fat from chilled stock.

Tapis dan biarkan sejuk. Kemudian sejukkan di dalam peti sejuk semalaman. Setelah disejukkan, buang lapisan lemak di bahagian atas.



- 5 Stock can be refrigerated for a week or frozen for a month.

Stok boleh disimpan di dalam peti sejuk selama seminggu atau boleh disejukkan beku selama sebulan.

### Tips/Petua:

- 1 Foods that you are planning to freeze must be well-sealed to prevent food from drying out. This also helps to preserve the quality of the food.
- 2 Store in a freezer that can freeze food from -18°C to 0°C.

1 Makanan yang anda hendak sejuk beku haruslah ditutup dengan baik untuk mengelakkan ia daripada kering. Ia juga membantu mengekalkan kualiti makanan.

- 2 Simpan di dalam bahagian sejuk beku yang boleh membekukan makanan daripada -18°C ke 0°C.

# Vegetable Stock / Stok Sayuran

(Serves 2 / Hidangan untuk 2 orang)

60 g (½ cup) carrots, skin peeled  
120 g (2 whole) medium size potatoes,  
pared and diced  
40 g (1 cup) mustard leaves, chopped  
coarsely  
300 ml (1¼ cups) water

60 g (½ cawan) lobak merah, dikupas  
kulitnya  
120 g (2 biji) ubi kentang bersaiz sederhana  
dan dipotong dadu  
40 g (1 cawan) daun sawi,  
dipotong kasar  
300 ml (1¼ cawan) air



- 1 Wash the vegetables under running water and place into a clean pot.  
Basuh sayur-sayuran dengan air yang bersih.



- 2 Add the water and boil potatoes and carrots until soft. Then add mustard leaves, cook for 3 minutes.  
Didihkan air dan rebuskan ubi kentang dan lobak sehingga lembut. Kemudian masukkan daun sawi dan masak selama 3 minit.

## Suggestion

The remaining vegetables can be pureed and mix with rice porridge.

## Cadangan

Lebih banyak sayur-sayuran tadi boleh dijadikan puri dan campur ke dalam bubur nasi.



- 3 Filter juice through a sieve (press boiled vegetables with a spoon to squeeze out excess juice).  
Tapis air rebuskan sayur-sayuran. (Tekan sayur-sayuran dengan menggunakan sudu untuk mengeluarkan lebih air).



- 4 Serve stock to baby in a baby cup, or add into rice porridge.  
Hidangkan pati sayuran tadi ke dalam cawan bayi atau tambahkan ke dalam bubur nasi.



## Rice Porridge with Tofu and Peas

(Serves 2)

25 g (2 tbsp) uncooked rice  
25 g (1 tbsp) tofu, chopped finely  
15 g (1 tbsp) peas, skin removed  
500 ml (2 cups) homemade chicken stock

### Method

- 1 Cook rice with chicken stock in a pot.
- 2 When rice becomes thick porridge, add peas (mash, if necessary) and simmer over low heat for 5 minutes.
- 3 Add the tofu before turning off the heat.
- 4 Cool and mash before serving.

## Bubur Nasi dengan Tauhu dan Kacang Pis

(Hidangan untuk 2 orang)

25 g (2 sudu makan) beras  
25 g (1 sudu makan) tauhu, dicincang  
15 g (1 sudu makan) kacang pis, dibuang kulit  
500 ml (2 cawan) stok ayam rebusan sendiri

### Cara memasak

- 1 Masak nasi dengan menggunakan rebusan stok ayam
- 2 Apabila bubur telah siap, masukkan kacang pis (lenyukkan jika perlu), dan renehkan dengan api perlahan selama 5 minit.
- 3 Masukkan tauhu sebelum memadamkan api.
- 4 Sejuk dan lenyukkan sebelum hidang.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 56 kcal	Carbohydrate / Karbohidrat 10.9 g
Protein / Protein 2.0 g	Fat / Lemak 0.5 g

## Fish with Veggies

(Serves 2)

60 g (¼ cup) fish fillets, steamed  
15 g (1 tbsp) peas, skin removed and cooked  
10 g (1 tbsp) carrots, cut small and cooked  
15 g (1 tbsp) sweet potato, cut small and cooked  
60 ml (4 tbsp) breast milk

### Method

- 1 Place all ingredients (except milk) in a blender and puree until soft.
- 2 Add breast milk or some homemade stock before serving with rice porridge.

## Ikan dengan Sayuran

(Hidangan untuk 2 orang)

60 g (¼ cawan) kepingan ikan, dikukus  
15 g (1 sudu makan) kacang pis, dibuang kulit dan dimasak  
10 g (1 sudu makan) lobak merah, dipotong kecil dan dimasak  
15 g (1 sudu makan) ubi keledak, dipotong kecil dan dimasak  
60 ml (4 sudu makan) susu ibu

### Cara memasak

- 1 Masukkan semua bahan (kecuali susu ibu) ke dalam mesin pengisar dan lenyek sehingga menjadi puri.
- 2 Masukkan susu ibu atau stok buatan sendiri dan kacau sebelum menghidang bersama bubur nasi.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 66 kcal	Carbohydrate / Karbohidrat 6.1 g
Protein / Protein 6.4 g	Fat / Lemak 1.8 g



Fish with Veggies  
Ikan dengan Sayuran

Rice Porridge with Tofu and Peas  
Bubur Nasi dengan Tauhu dan Kacang Pis

## Chicken Stew with Vegetables

(Serves 2)

60 g (¼ cup) boneless chicken, cubed  
45 g (½ whole) medium potatoes, cubed  
10 g (1 tbsp) carrots, diced  
15 g (1 tbsp) green peas, remove skin  
15 ml (1 tbsp) vegetable oil  
500 ml (2 cups) homemade vegetable stock  
5 g (1 tsp) rice flour

### Method

- 1 Heat oil in a large saucepan over high heat. Coat the meat in the flour and brown in the pan.
- 2 Add the vegetable stock and cover tightly. Simmer over low heat for 20 minutes.
- 3 Add potatoes and carrots and green peas. Cover and simmer another 15 minutes. Purée stew in food processor to a smooth consistency.

### Suggestion

- 1 Serve with rice porridge.
- 2 The chicken can be replaced with beef.

## Stew Ayam dengan Sayur-sayuran

(Hidangan untuk 2 orang)

60 g (¼ cawan) isi ayam, dipotong kecil  
45 g (½ biji) ubi kentang bersaiz sederhana, dibersihkan dan dipotong  
10 g (1 sudu makan) lobak merah, dibersihkan dan dipotong  
15 g (1 sudu makan) kacang pis, dikupas kulit  
15 ml (1 sudu makan) minyak sayuran  
500 ml (2 cawan) stok sayuran, disediakan sendiri  
5 g (1 sudu teh) tepung beras

### Cara memasak

- 1 Panaskan minyak di dalam periuk dengan api yang kuat. Salut daging dengan tepung dan goreng sehingga kekuningan.
- 2 Masukkan pati sayuran dan tutup periuk. Renehkan dengan api yang perlahan selama 20 minit.
- 3 Masukkan ubi kentang, lobak merah, dan kacang pis. Tutup dan renehkan selama 15 minit. Lenyek stew sehingga menjadi puri.

### Cadangan

- 1 Hidangkan bersama bubur nasi.
- 2 Ayam boleh digantikan dengan daging lembu.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 146 kcal	Carbohydrate / Karbohidrat 8.7 g
Protein / Protein 6.5 g	Fat / Lemak 9.5 g



Chicken Stew with Vegetables  
Stew Ayam dengan Sayur-sayuran

## Sweet Corn, Potato and Chicken Mix

(Serves 2)

- 60 g (¼ cup) cooked skinless chicken breast, cubed
- 90 g (1 whole) potatoes, peeled and diced
- 20 g (2 tbsp) carrots, diced
- 30 g (2 tbsp) sweet corn
- 125 ml (½ cup) chicken stock
- 30 ml (2 tbsp) breast milk
- 10 g (1 tbsp) onions, chopped

### Method

- 1 Place onion and chicken stock in a sauce pan and bring to boil.
- 2 Add potatoes. Cover and simmer for about 15 minutes.
- 3 Add sweet corn and cook for further 2-3 minutes.
- 4 Lastly add chicken and simmer until cooked.
- 5 Blend the mixture coarsely.
- 6 Add breast milk just before serving.

### Suggestion

- 1 Instead of blending, you can mash with back of spoon while feeding.
- 2 Serve with soft rice.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 90 kcal
Protein / Protein 7.6 g
Carbohydrate / Karbohidrat 10.6 g
Fat / Lemak 1.9 g

## Campuran Jagung Manis, Ubi Kentang dan Ayam

(Hidangan untuk 2 orang)

- 60 g (¼ cawan) dada ayam, dimasak, dibuang tulang dan kulit.
- 90 g (1 biji) ubi kentang, dikupas dan dipotong dadu
- 20 g (2 sudu makan) lobak merah, dipotong dadu
- 30 g (2 sudu makan) jagung manis
- 125 ml (½ cawan) stok ayam
- 30 ml (2 sudu makan) susu ibu
- 10 g (1 sudu makan) bawang besar, dicincang

### Cara memasak

- 1 Rebus bawang besar dengan stok ayam di dalam periuk.
- 2 Masukkan ubi kentang. Tutup dan renehkan selama 15 minit sehingga ubi kentang menjadi lembut.
- 3 Masukkan jagung dan masak lagi selama 2-3 minit.
- 4 Akhirnya masukkan ayam dan rebus sehingga masak.
- 5 Kisar campuran sehingga menjadi kasar.
- 6 Masukkan susu ibu dan hidang.

### Cadangan

- 1 Anda boleh melenyek dengan belakang sudu semasa memberi anak anda makan.
- 2 Hidang bersama nasi lembik.



Sweet Corn, Potato and Chicken Mix  
Campuran Jagung Manis, Ubi Kentang dan Ayam

## Pumpkin, Spinach and Potato Mix

(Serves 2)

15 g (1 tbsp) pumpkin	} peeled and diced	60 g (¼ cup) chicken, diced
15 g (1 tbsp) potato		30 ml (2 tbsp) breast milk
60 g (1 cup) spinach leaves, chopped finely		15 ml (1 tbsp) vegetable oil
		375 ml (1½ cup) water

### Method

- 1 Heat oil in saucepan and stir fry chicken meat, pumpkin and potatoes.
- 2 Add water and simmer for about 20 minutes. Add spinach leaves and simmer for 5 minutes or until tender.
- 3 Mash all the ingredients together with breast milk till smooth.
- 4 Serve with soft rice.

### Suggestion

- 1 May substitute milk with some mozzarella cheese.

## Campuran Labu, Bayam dan Ubi Kentang

(Hidangan untuk 2 orang)

15 g (1 sudu makan) labu	} dikupas & dipotong dadu	60 g (¼ cawan) daging ayam, dipotong dadu
15 g (1 sudu makan) ubi kentang		30 ml (2 sudu makan) susu ibu
60 g (1 cawan) bayam, dicincang halus		15 ml (1 sudu makan) minyak sayuran
		375 ml (1½ cawan) air

### Cara memasak

- 1 Panaskan minyak di dalam periuk dan tumiskan daging ayam, labu dan ubi kentang.
- 2 Masukkan air dan renehkan selama 20 minit. Masukkan bayam dan rebus sehingga 5 minit atau sehingga lembut.
- 3 Lenyek semua bahan bersama susu ibu sehingga lembik.
- 4 Hidangkan bersama nasi lembik.

### Cadangan

- 1 Susu boleh digantikan dengan sedikit keju *mozzarella*.

## Fish in Mixed Vegetable Soup

(Serves 2)

60 g (¼ cup) boneless fish meat	} chopped finely	5 g (1 clove) of garlic, chopped finely
20 g (2 tbsp) French beans		300 ml (1½ cups) anchovy stock
20 g (2 tbsp) carrots		5 ml (1 tsp) vegetable oil
25 g (1 whole) tomato		
15 g (1 tbsp) potatoes		

### Method

- 1 Heat oil in wok and sauté garlic with vegetable oil till fragrant. Add fish meat and stir fry for about 5 minutes. Set aside on a plate.
- 2 Add potatoes, carrots and lastly the French beans into the wok. Stir fry for about 3 minutes or until the vegetables are tender.
- 3 Pour in the stock and add in the fish. Simmer for about 10 minutes. Add in tomato.
- 4 Serve with soft rice and mash mixture to the right consistency while feeding.

## Sup Sayur Campur dengan Ikan

(Hidangan untuk 2 orang)

60 g (¼ cawan) isi ikan tanpa tulang	} dicincang halus	5 g (1 ulas) bawang putih, dicincang halus
20 g (2 sudu makan) kacang buncis		300 ml (1½ cawan) stok ikan bilis
20 g (2 sudu makan) lobak merah		5 ml (1 sudu teh) minyak sayuran
25 g (1 biji) tomato		
15 g (1 sudu makan) ubi kentang		

### Cara memasak

- 1 Panaskan minyak di dalam kualiti dan goreng bawang putih sehingga wangi. Masukkan isi ikan dan tumis selama 5 minit. Asingkan di atas pinggan.
- 2 Masukkan satu persatu sayur-sayuran ke dalam kualiti; kentang, lobak merah, dan akhir sekali kacang buncis. Tumis selama 3 minit atau sehingga sayur menjadi lembut.
- 3 Masukkan stok ikan bilis dan ikan. Rebus selama 10 minit. Masukkan tomato.
- 4 Lenyek dan hidangkan bersama nasi lembik.





*Fish in Mixed Vegetable Soup  
Sup Sayur Campur dengan Ikan*

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 134 kcal
Protein / Protein 22.0 g
Carbohydrate / Karbohidrat 4.3 g
Fat / Lemak 3.2 g

*Pumpkin, Spinach & Potato Mix  
Campuran Labu, Bayam dan Ubi Kentang*

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 127 kcal
Protein / Protein 7.7 g
Carbohydrate / Karbohidrat 4.7 g
Fat / Lemak 8.8 g

## Mee Hoon with Sweet Potato, Carrot and Cauliflower Soup

(Serves 2)

15 g mee hoon, soaked in cold water for about 10 minutes  
15 g (1 tbsp) sweet potatoes, diced  
10 g (1 tbsp) carrots, diced  
15 g (1 tbsp) cauliflower, diced  
60 g (¼ cup) fish meat (tenggiri/kurau/red snapper)  
400 ml (1¾ cups) water

### Method

- 1 Boil water in a sauce pan.
- 2 Add potatoes, carrots and cook until tender.
- 3 Add cauliflower and then the fish. Simmer until cooked.
- 4 Lastly add mee hoon. Continue cooking until soft.
- 5 Mash until smooth and if necessary add a little boiled water before feeding.

### Tip/Petua:

As baby becomes older and solid feeding is established, food can be mashed or finely chopped to encourage chewing later on.

Apabila si manja semakin membesar dan biasa dengan makanan pepejal, makanan boleh dilenyek atau dicincang halus untuk membiasakan mereka mengunyah.

## Sup Bihun dengan Ubi Keledek, Lobak dan Bunga Kobis

(Hidangan untuk 2 orang)

15 g bihun, direndam dalam air sejuk selama 10 minit  
15 g (1 sudu makan) ubi keledek, dikupas dan dipotong dadu  
10 g (1 sudu makan) lobak merah dipotong dadu  
15 g (1 sudu makan) bunga kobis, dipotong dadu  
60 g (¼ cawan) isi ikan (tenggiri/kurau/ikan merah)  
400 ml (1¾ cawan) air

### Cara memasak

- 1 Didihkan air di dalam periuk.
- 2 Masukkan ubi keledek dan lobak merah dan masak sehingga lembut.
- 3 Masukkan bunga kobis dan diikuti dengan ikan. Masak sehingga lembut.
- 4 Masukkan bihun, teruskan memasak sehingga bihun menjadi lembut.
- 5 Lenyek sehingga lembik dengan menambah air yang secukupnya.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan
Calorie / Kalori 73 kcal
Protein / Protein 7.7 g
Carbohydrate / Karbohidrat 8.8 g
Fat / Lemak 0.8 g

## Fish with Kei-chi Porridge

(Serves 2)

60 g (½ cup) cooked rice  
20 g (2 tsp) kei-chi (wolfberry seeds)  
60 g (¼ cup) fish fillet, cut into small pieces  
10 g (1 tbsp) carrot, diced  
25 g (1 whole) tomato, remove skin and seeds  
10 g (1) shallot, chopped  
5 g (1 clove) garlic, chopped  
15 ml (1 tbsp) vegetable oil  
375 ml (1½ cups) water

### Method

- 1 In a sauce pan, saute shallot and garlic in vegetable oil until slightly brown.
- 2 Add water, rice, kei-chi and carrots and boil until soft. Add the tomatoes followed by fish fillet and cook for another 3 minutes.
- 3 Mash the mixture until smooth before feeding.

### Suggestion

- 1 Fish can be substituted with other meat of your choice.

# Bubur Kei-Chi bersama Ikan

(Hidangan untuk 2 orang)

60 g (½ cawan) nasi  
20 g (2 sudu teh) kei-chi (biji *wolfberry*)  
60 g (¼ cawan) kepingan ikan, dipotong kecil  
10 g (1 sudu makan) lobak merah, dipotong dadu  
25 g (1 biji) tomato, dibuang kulit dan biji  
10 g (1 biji) bawang merah, dicincang  
5 g (1 ulas) bawang putih, dicincang  
15 ml (1 sudu makan) minyak sayuran  
375 ml (1½ cawan) air

## Cara memasak

- 1 Tumis bawang merah dan bawang putih dengan menggunakan minyak sayuran sehingga kekuningan.
- 2 Masukkan air dan rebus nasi, kei-chi dan lobak merah di dalam periuk sehingga lembut. Masukkan tomato diikuti dengan kepingan ikan dan masak selama 3 minit.
- 3 Lenyek campuran sehingga lembik.

## Cadangan

- 1 Ikan boleh digantikan dengan daging yang lain mengikut citarasa anda.

Nutrient Content Per Serving /  
Kandungan Nutrien Setiap Satu Hidangan

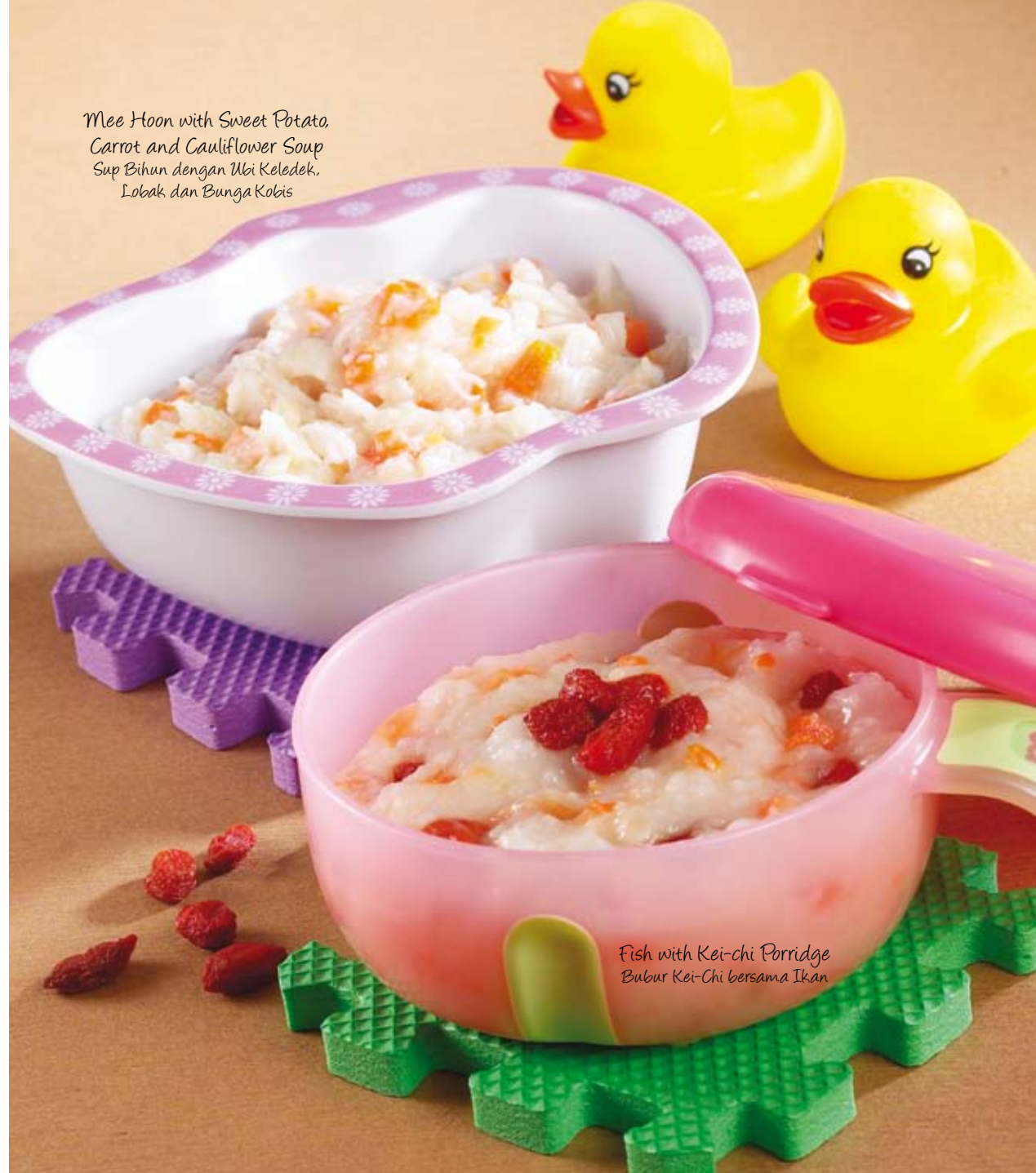
Calorie / Kalori 147 kcal

Protein / Protein 7.6 g

Carbohydrate / Karbohidrat 11.7 g

Fat / Lemak 7.8 g

*Mee Hoon with Sweet Potato,  
Carrot and Cauliflower Soup  
Sup Bihun dengan Ubi Keledek,  
Lobak dan Bunga Kobis*



*Fish with Kei-chi Porridge  
Bubur Kei-Chi bersama Ikan*

## Minced Chicken with Carrot Porridge

(Serves 2)

90 g ( $\frac{3}{4}$  cup) cooked rice  
60 g ( $\frac{1}{4}$  cup) chicken meat, chopped finely  
20 g (2 tbsp) carrots, chopped finely  
500 ml (2 cups) water  
5 g (1 tbsp) spinach, chopped finely  
15 g (1 tbsp) purple sweet potato, steamed and mashed

### Method

- 1 Put rice and water in a saucepan. Stir occasionally.
- 2 When rice becomes porridge, add in minced chicken and cooked until tender.
- 3 Add in carrot and sweet potato. Simmer until cooked. Then add spinach and cook until cooked.
- 4 Serve warm.

## Bubur Ayam Cincang bersama Lobak Merah

(Hidangan untuk 2 orang)

90 g ( $\frac{3}{4}$  cawan) nasi  
60 g ( $\frac{1}{4}$  cawan) daging ayam, dicincang halus  
20 g (2 sudu makan) lobak merah, dicincang halus  
500 ml (2 cawan) air  
5 g (1 sudu makan) bayam, dicincang halus  
15 g (1 sudu makan) ubi keledak ungu, dimasak dan dilenyek

### Cara memasak

- 1 Di dalam periuk, rebus nasi. Kacau dari semasa ke semasa.
- 2 Apabila menjadi bubur, tambahkan daging ayam cincang dan masak sehingga lembut.
- 3 Masukkan lobak merah dan ubi keledak. Renehkan sehingga masak. Akhir sekali masukkan bayam dan masak sehingga lembut.
- 4 Hidangkan suam.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 107 kcal	Carbohydrate / Karbohidrat 16.8 g
Protein / Protein 7.7 g	Fat / Lemak 1.0 g

## Broccoli in Tomato Rice

(Serves 2)

90 g ( $\frac{3}{4}$  cup) cooked rice  
45 g ( $\frac{1}{2}$  cup) broccoli, chopped  
25 g (1) medium tomato, diced  
60 g ( $\frac{1}{4}$  cup) chicken breast, diced  
500 ml (2 cups) homemade chicken stock

### Method

- 1 Boil chicken in chicken stock until cooked.
- 2 Add broccoli and tomato. Boil for 5 minutes.
- 3 Add the cooked rice. Simmer for another 10 minutes or till soft.
- 4 Before serving, mash mixture till smooth.

## Nasi Tomato dengan Brokoli

(Hidangan untuk 2 orang)

90 g ( $\frac{3}{4}$  cawan) nasi  
45 g ( $\frac{1}{2}$  cawan) brokoli, dicincang  
25 g (1 biji) tomato bersaiz sederhana, dipotong dadu  
60 g ( $\frac{1}{4}$  cawan) daging ayam, dipotong dadu bersaiz kecil.  
500 ml (2 cawan) pati ayam buatan sendiri

### Cara memasak

- 1 Rebus ayam dengan menggunakan pati ayam yang telah disediakan sehingga masak.
- 2 Masukkan brokoli dan tomato dan masak selama 5 minit.
- 3 Masukkan nasi dan masak selama 10 minit lagi atau sehingga lembut.
- 4 Lenyek campuran tadi sehingga lembik dan hidangkan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 105 kcal	Carbohydrate / Karbohidrat 15.6 g
Protein / Protein 8.1 g	Fat / Lemak 1.1 g



*Minced Chicken with  
Carrot Porridge  
Bubur Ayam Cincang  
bersama Lobak Merah*

*Broccoli in Tomato Rice  
Nasi Tomato dengan Brokoli*

## Plum and Banana Oatmeal Porridge

(Serves 2)

18 g (3 tbs) instant baby cereals (oatmeal)  
35 g (½) ripe plum, pitted and chopped  
50 g (½) ripe banana, mashed  
100 ml (⅓ cup) warm water

### Method

- 1 In a saucepan, boil chopped plum and banana until soft. Puree the fruits and transfer to a bowl.
- 2 Add warm water and babies' instant cereals to the pureed mixture.
- 3 Serve immediately.

### Suggestion

- 1 Instant baby cereals can be replaced with homemade rice.
- 2 Plum can be replaced with any fruits of your choice.
- 3 Add breast milk before serving.

## Bubur Oat Plum dan Pisang

(Hidangan untuk 2 orang)

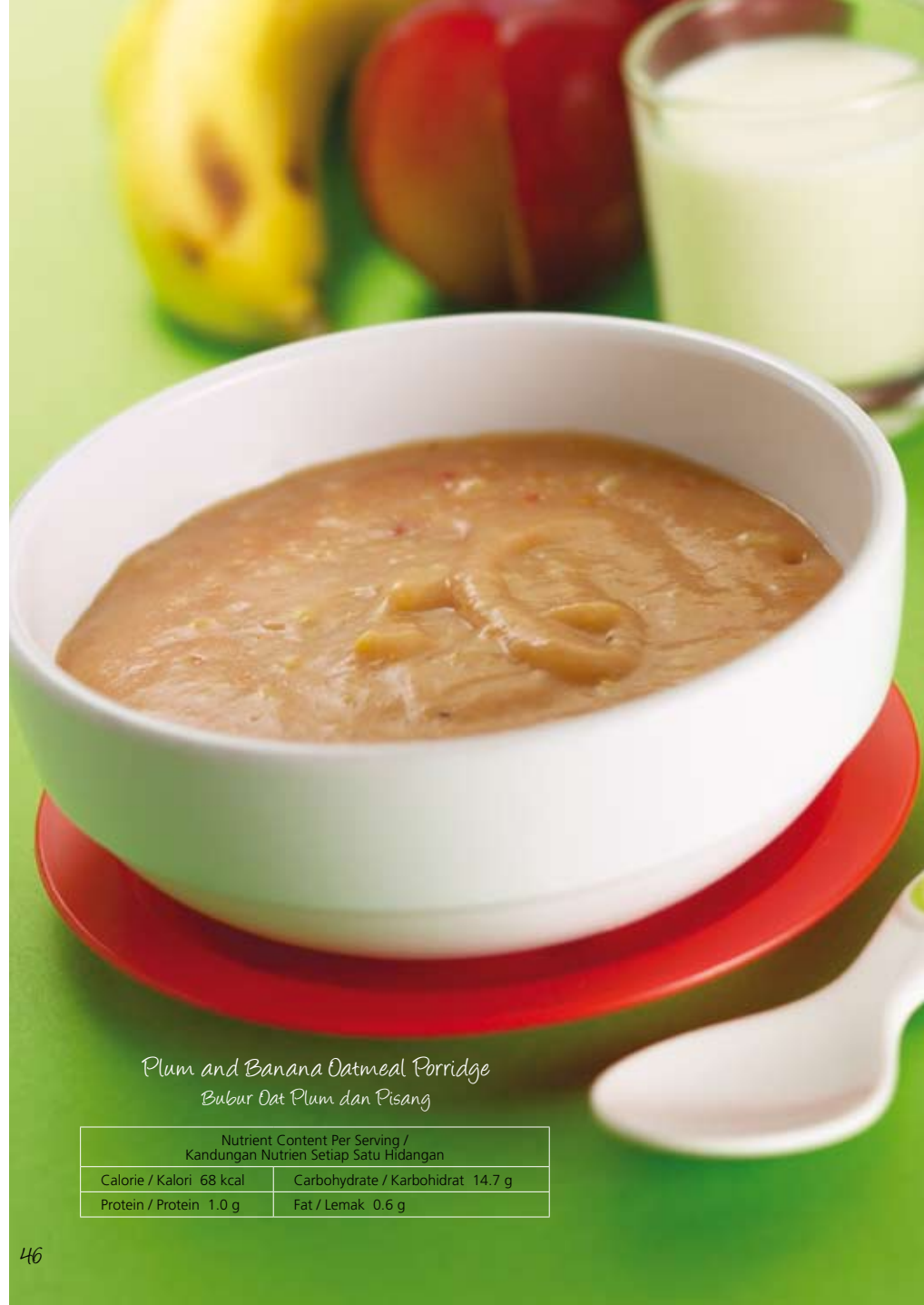
18 g (3 sudu makan) bijirin segera bayi (oat)  
35 g (½ biji) plum masak, dibuang biji dan dicincang  
50 g (½ biji) pisang masak, dilenyek  
100 ml (⅓ cawan) air

### Cara memasak

- 1 Rebus plum dan pisang sehingga lembut. Lenyek sehingga menjadi puri dan masukkan ke dalam mangkuk.
- 2 Kacau campuran puri dengan sedikit air suam dan tambahkan bijirin segera bayi.
- 3 Hidangkan segera.

### Cadangan

- 1 Bijirin bayi segera boleh digantikan dengan nasi atau bijirin yang dimasak sendiri.
- 2 Plum boleh digantikan dengan buah-buahan pilihan anda.
- 3 Tambahkan susu ibu sebelum menghidang.



Plum and Banana Oatmeal Porridge  
Bubur Oat Plum dan Pisang

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 68 kcal	Carbohydrate / Karbohidrat 14.7 g
Protein / Protein 1.0 g	Fat / Lemak 0.6 g

## Fruity Snack

(Serves 2)

100 g (1) ripe bananas  
40 g (2 tbsp) ripe mangoes, cut into bite-size pieces  
50 ml (3 tbsp) plain yogurt  
25 g (4 tbsp) oatmeal, ground

### Method

- 1 Mash the yogurt and banana together until well blended.
- 2 Add the ground oatmeal, mango cubes. Mix well.
- 3 Chill before serve

### Suggestion

- 1 Mangoes can be substituted with other fruits like papaya or apples.

## Snek Buah-Buahan

(Hidangan untuk 2 orang)

100 g (1) pisang masak  
40 g (2 sudu makan) mangga, dipotong kecil  
50 ml (3 sudu makan) yogurt perisa asli  
25 g (4 sudu makan) oat, dihancurkan

### Cara memasak

- 1 Lenyapkan yogurt dan pisang sehingga sehati.
- 2 Masukkan oat yang dikisar dan kiub mangga dan kacau sehingga sehati.
- 3 Simpan sebentar ke dalam peti sejuk dan hidang semasa sejuk.

### Cadangan

- 1 Mangga boleh digantikan dengan buah-buahan yang lain seperti betik atau epal.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 112 kcal	Carbohydrate / Karbohidrat 23.9 g
Protein / Protein 2.3 g	Fat / Lemak 0.8 g



Fruity Snack  
Snek Buah-Buahan

## Mini Sandwiches

(Serves 4)

8 slices of wholemeal bread  
50 g (5 tbsp) canned tuna (in water),  
drained  
15 g (2 pieces) lettuce leaves  
25 g (1 medium) tomato, sliced  
50 g (½) cucumber, sliced  
50 ml (3 tbsp) of plain yoghurt  
2 slices Cheddar cheese

### Method

- 1 Mix tuna flakes with yoghurt.
- 2 Place lettuce on slices of bread.
- 3 Spread tuna filling on the lettuce. Top with sliced tomato, cucumber and lastly with Cheddar cheese.
- 4 Cover with another piece of bread.
- 5 Cut the sandwich diagonally into 4 pieces and serve immediately.

### Suggestion

- 1 Tuna can be substituted with sardine, eggs, or cold cuts.
- 2 Bread can be substituted with pita bread or tortilla.

## Sandwic Mini

(Hidangan untuk 4 orang)

8 keping roti mil gandum penuh  
50 g (5 sudu makan) tuna dalam tin (dalam  
air), ditoskan  
15 g (2 keping) daun salad  
25 g (1 biji sederhana) tomato, dihiris  
50 g (½ biji) timun, dihiris  
50 ml (3 sudu makan) yogurt perisa asli  
2 keping keju Cheddar

### Cara Memasak

- 1 Campurkan tuna bersama yogurt
- 2 Letakkan sehelai daun salad di atas sekeping roti.
- 3 Sapukan tuna di atas salad, kemudian letakkan tomato, timun dan tutup dengan keju cheddar.
- 4 Tutup lapisan dengan sekeping roti.
- 5 Potong sandwic secara serong kepada 4 bahagian dan hidang.

### Cadangan

- 1 Tuna boleh digantikan dengan sardin, telur, atau hirisan daging sejuk beku.
- 2 Gantikan roti dengan roti yang lain seperti roti pita dan roti tortilla.

## Peas with Chicken Mix

(Serves 4)

150 g (1 cup) fresh peas  
60 g (¼ cup) chicken meat, cubed  
125 ml (½ cup) full cream milk  
10 g (1 tbsp) flour  
30 g (2 tbsp) butter  
Salt and pepper to taste

### Method

- 1 Melt butter in sauce-pan. Whisk in flour and cook for 1 minute.
- 2 Slowly add milk, stirring continuously to prevent lumps.
- 3 Add salt, pepper and other spices as desired. Cook until sauce begins to thicken.
- 4 Add chicken and cook until tender.
- 5 Stir in peas and cook until heated though.
- 6 Serve either on its own or with wholemeal bread.

### Suggestion

- 1 For smaller child, mash the peas with fork before feeding.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 203 kcal	Carbohydrate / Karbohidrat 27.1 g
Protein / Protein 11.6 g	Fat / Lemak 5.4 g



# Campuran Pis dengan Ayam

(Hidangan untuk 4 orang)

150 g (1 cawan) kacang pis segar  
60 g (¼ cawan) daging ayam, dipotong dadu  
125 ml (½ cawan) susu senuh krim  
10 g (1 sudu makan) tepung  
30 g (2 sudu makan) mentega  
Garam dan lada sulah secukup rasa

## Cara Memasak

- 1 Cairkan mentega di dalam periuk. Masukkan tepung dan gaul sebati selama 1 minit.
- 2 Dengan perlahan, masukkan telur dan kacau sentiasa supaya tidak membentuk ketulan.
- 3 Masukkan garam, lada sulah dan rempah yang disukai. Masak sehingga kuah menjadi pekat.
- 4 Masukkan ayam dan masak sehingga lembut.
- 5 Masukkan kacang pis, kacau dan masak sehingga pis masak sepenuhnya.
- 6 Hidangkan sebagai sajian utama atau dimakan bersama roti gandum penuh.

## Cadangan

- 1 Untuk kanak-kanak kecil, hancurkan kacang pis dengan garpu sebelum dihidangkan.



Mini Sandwiches  
Sandwic Mini

Peas with Chicken Mix  
Campuran Pis dengan  
Ayam

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 132 kcal	Carbohydrate / Karbohidrat 8.7 g
Protein / Protein 5.5 g	Fat / Lemak 8.3 g

## Kuey Teow with Minced Meat and Tomato Soup

(Serves 4)

200 g (2 cups) fresh kuey teow, rinsed with warm water  
160 g (¾ cup) lean minced beef, chopped  
30 g (4) homemade fish balls, diced  
50 g (5) medium-sized prawns, shell removed and diced  
25 g (1 whole) diced tomato, skin and seed removed  
40 g (½ cup) mustard leaves, chopped finely  
40 g (½ cup) bean sprouts  
20 g (2) shallots, sliced finely  
5 g (1 clove) garlic, chopped  
15 ml (1 tbsp) vegetable oil  
500 ml (2 cups) homemade chicken stock  
Salt to taste

### Method

- 1 Sauté the shallots and garlic in oil until slightly golden brown. Pour in stock and simmer for 10 minutes.
- 2 Add in minced meat and boil until cooked. Put in prawns and fish balls.
- 3 Add in mustard leaves, bean sprouts, tomatoes and continue to simmer for another 5 minutes.
- 4 Lastly add in kuey teow and salt to taste.
- 5 Once boiled remove from heat. Serve warm.

### Suggestion

- 1 For variety, you can use other noodles such as: mee hoon, fresh yellow noodles or pasta.

## Kuey Teow bersama Daging Cincang dan Sup Tomato

(Hidangan untuk 4 orang)

200 g (2 cawan) kuey teow, dibilas dengan air suam  
160 g (¾ cawan) daging tanpa lemak, dicincang halus  
30 g (4 biji) bebola ikan, dipotong dadu  
50 g (5 ekor) udang bersaiz sederhana, dibuang kulit dan dipotong dadu  
25 g (1 biji) tomato, dipotong dadu dan dibuang kulit dan bijinya  
40 g (½ cawan) daun sawi, dicincang halus  
40 g (½ cawan) taugeh  
20 g (2 biji) bawang merah, dihiris halus  
5 g (1 ulas) bawang putih, dicincang  
15 ml (1 sudu makan) minyak sayuran  
500 ml (2 cawan) stok ayam rebusan sendiri  
Garam secukup rasa

### Cara Memasak

- 1 Tumis bawang merah dan bawang putih dengan minyak sayuran sehingga ia kekuningan. Masukkan pati ayam dan reneh selama 10 minit.
- 2 Masukkan daging cincang dan rebus sehingga masak. Kemudian, masukkan udang dan bebola ikan.
- 3 Masukkan daun sawi, taugeh, tomato dan rebus selama 5 minit.
- 4 Akhir sekali, masukkan kuey teow dan garam secukup rasa.
- 5 Tutup api sebaik sahaja ia mendidih. Hidangkan suam.

### Cadangan

- 1 Anda boleh juga menggunakan mi, bihun, atau pasta.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 175 kcal	Carbohydrate / Karbohidrat 18.5 g
Protein / Protein 14.7 g	Fat / Lemak 4.7 g



*Kuey Teow with Minced  
Meat and Tomato Soup  
Kuey Teow bersama Daging  
Cincang dan Sup Tomato*

## Lentils and Mixed Vegetables in Chicken Soup

(Serves 4-5)

50 g (½ cup) yellow lentils, soaked overnight  
30 g (2 tbsp) green peas, skin removed  
25 g (1 whole) tomato, quartered  
45 g (½) potatoes, diced  
60 g (½ cup) carrots, diced  
76 g (½ piece) tofu, diced  
30 g (⅓ cup) cabbage, chopped  
1750 ml (7 cups) homemade chicken stock  
Salt to taste

### Method

- 1 Boil chicken stock in pan with yellow lentils for about 30 minutes.
- 2 Add in the potatoes, carrots and green peas. Simmer until tender.
- 3 Add cabbage and continue to cook for another 3 minutes.
- 4 Lastly add in tomatoes and tofu.
- 5 Add salt and simmer for another 1 minute.
- 6 Serve warm with rice.

## Sup Kacang Dhal dan Sayur Campur bersama Ayam

(Hidangan untuk 4-5 orang)

50 g (½ cup) kacang dhal, direndam semalaman  
30 g (2 sudu makan) kacang pis, dibuang kulit  
25 g (1 biji) tomato, dibelah empat  
45 g (½ biji) ubi kentang, dipotong dadu  
60 g (½ cawan) lobak merah, dipotong dadu  
76 g (½ keping) tauhu, dipotong dadu  
30 g (⅓ cawan) kobis, dicincang  
1750 ml (7 cawan) stok ayam rebusan sendiri  
Garam secukup rasa

### Cara Memasak

- 1 Rebuskan stok ayam dan kacang dhal di dalam periuk selama 30 minit.
- 2 Masukkan ubi kentang, lobak merah dan kacang pis. Rebus sehingga lembut.
- 3 Masukkan kobis ke dalam periuk dan teruskan merebus selama 3 minit.
- 4 Masukkan tomato dan tauhu.
- 5 Masukkan garam dan renehkan sup selama 1 minit.
- 6 Hidangkan panas bersama dengan nasi.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 95 kcal	Carbohydrate / Karbohidrat 16.5 g
Protein / Protein 5.5 g	Fat / Lemak 0.8 g

*Lentils and Mixed Vegetables in Chicken Soup  
Sup Kacang Dhal dan Sayur Campur bersama Ayam*



## Fish and Mushroom Soup

(Serves 4)

160 g (1 piece) red snapper fish fillet, cut into cubes and marinate with salt, pepper and corn starch  
60 g (½ cup) carrots, diced finely  
60 g (¾ cup) fresh oyster mushrooms, sliced thinly  
10 g (2 cloves) garlic, chopped finely  
10 g (1 tbsp) onions, chopped finely  
15 ml (1 tbsp) vegetable oil  
10 g (½ inch) ginger  
400 ml (1½ cups) water  
Salt and pepper to taste

### Method

- 1 Sauté the garlic and shallot with oil in saucepan. Drain excess oil.
- 2 Add in water, followed by carrots. Boil for about 20 minutes.
- 3 Add fish meat and simmer for another 5 minutes.
- 4 Add in mushrooms and cook till tender.
- 5 Season with salt & pepper.
- 6 Serve warm with soft rice.

### Suggestion

- 1 Other vegetables like spinach, long cabbage or mustard leaves may be added together with the mushrooms.

## Sup Ikan dan Cendawan

(Hidangan untuk 4 orang)

160 g (1 keping) filet ikan merah, dipotong menjadi kiub, diperapkan dengan garam, lada sulah dan tepung jagung  
60 g (½ cawan) lobak merah, dipotong dadu  
60 g (¾ cawan) cendawan tiram segar, dihiris halus  
10 g (2 ulas) bawang putih, dicincang halus  
10 g (1 sudu makan) bawang besar, dicincang halus  
15 ml (1 sudu makan) minyak sayuran  
10 g (½ inci) halia  
400 ml (1½ cawan) air  
Garam dan lada sulah secukup rasa

### Cara Memasak

- 1 Tumiskan bawang besar dan bawang putih dengan menggunakan minyak sayuran di dalam periuk. Toskan minyak berlebihan
- 2 Masukkan air, diikuti dengan lobak merah. Rebuskan selama 20 minit.
- 3 Masukkan isi ikan dan rebus selama 5 minit lagi.
- 4 Masukkan cendawan dan rebus sehingga lembut
- 5 Tambahkan garam dan lada sulah sebagai perasa
- 6 Hidangkan bersama nasi panas.

### Cadangan

- 1 Anda boleh menambah jenis sayur-sayuran yang lain seperti bayam, kobis panjang ataupun daun sawi bersama cendawan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 74 kcal	Carbohydrate / Karbohidrat 3.3 g
Protein / Protein 9.2 g	Fat / Lemak 2.7 g



*Fish and Mushroom Soup  
Sup Ikan dan Cendawan*

## Stir-fry Sweet and Sour Chicken

(Serves 4)

160 g (¾ cup) chicken breast meat, cubed  
10 g (1 tsp) sesame seeds  
40 g (⅓ cup) carrots, diced  
20 g (⅓ cup) tomato sauce  
10 g (1 tbsp) onions, sliced thinly  
25 g (¼) green bell pepper, sliced thinly  
10 g (2 clove) garlic, chopped finely  
30 ml (2 tbsp) of vegetable oil  
125 ml (½ cup) water  
Salt to taste

### Method

- 1 Heat oil over low heat. Add onions, chopped garlic, sesame seeds and stir fry till fragrant. Add carrots, water and simmer until cooked.
- 2 Add chicken cubes and stir fry. Cover and simmer for about 10 minutes until chicken is fully cooked.
- 3 Add bell pepper and tomato sauce. Continue to stir fry and turn down heat to low.
- 4 Add salt to taste. Serve warm with rice.

### Suggestion

- 1 For older children, you may add some chilli sauce.

## Ayam Masak Masam Manis

(Hidangan untuk 4 orang)

160 g (¾ cawan) daging dada ayam, dipotong kiub  
10 g (1 sudu teh) biji bijan  
40 g (⅓ cawan) lobak merah, dipotong dadu  
20 g (⅓ cawan) sos tomato  
10 g (1 sudu makan) bawang besar, dihiris nipis  
25 g (¼ biji) lada benggala hijau, dihiris nipis  
10 g (2 ulas) bawang putih, dicincang halus  
30 ml (2 sudu makan) minyak sayuran  
125 ml (½ cawan) air  
Garam secukup rasa

### Cara memasak

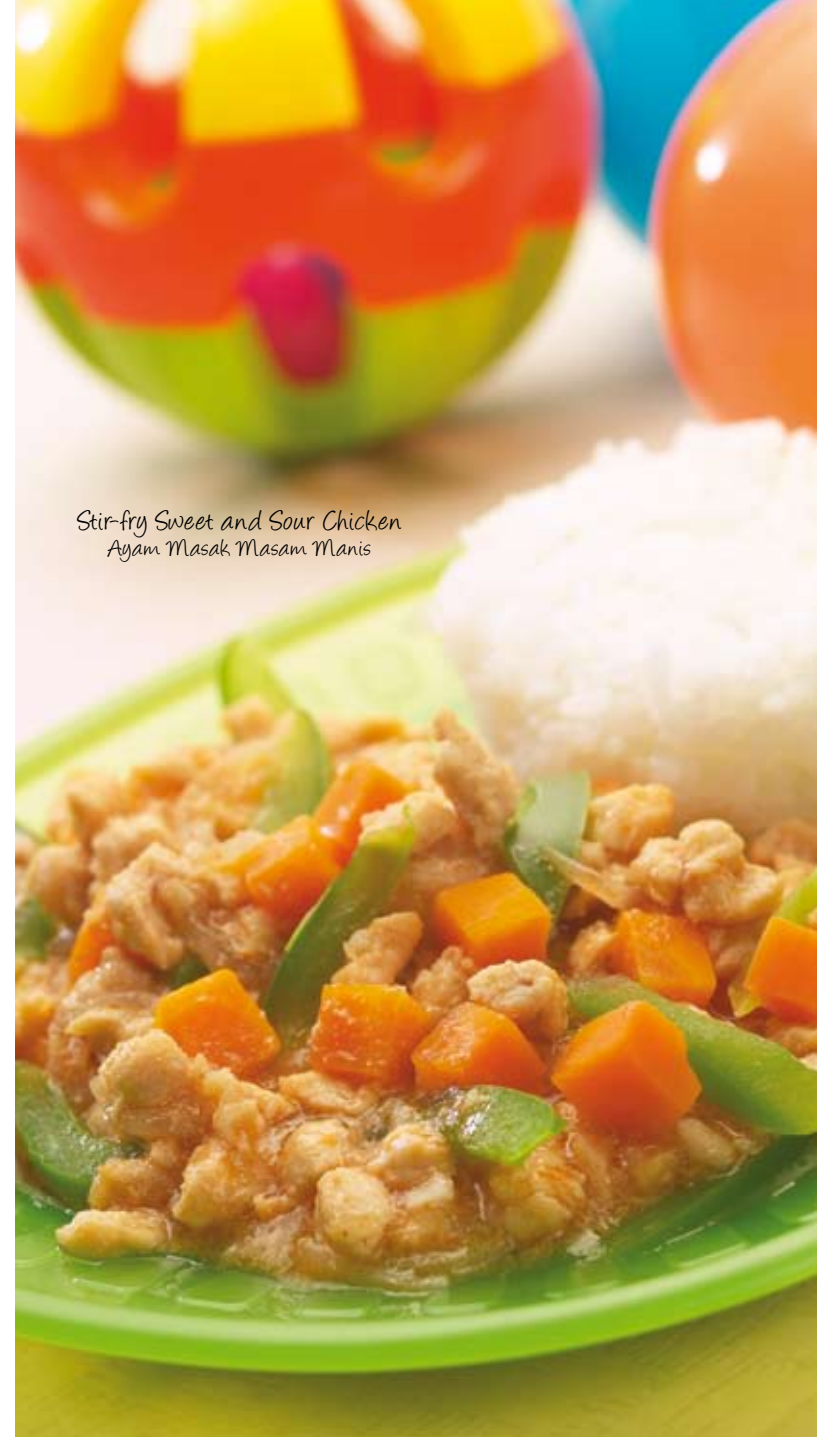
- 1 Panaskan minyak dengan api yang perlahan. Masukkan bawang besar, bawang putih, biji bijan dan tumis sehingga naik baunya. Masukkan lobak merah dan air dan reneh sehingga masak.
- 2 Masukkan ayam, dan goreng sehingga lembut. Tutup dan renehkan selama 10 minit atau sehingga ayam masak sepenuhnya.
- 3 Masukkan lada benggala dan sos tomato. Teruskan memasak dengan menggunakan api yang perlahan.
- 4 Masukkan garam secukup rasa. Hidangkan semasa suam.

### Cadangan

- 1 Untuk kanak – kanak yang lebih berusia, anda boleh menambahkan sos cili jika anak – anak anda menyukainya.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan

Calorie / Kalori 138 kcal	Carbohydrate / Karbohidrat 3.6 g
Protein / Protein 9.5 g	Fat / Lemak 9.5 g



Stir-fry Sweet and Sour Chicken  
Ayam Masak Masam Manis



# Homemade Fish Balls

(5 balls)

180 g (¾ cup) fresh mackerel/  
tenggiri meat without bones  
or skin  
5 g (2 tsp) corn flour  
A pinch of salt  
A pinch of pepper

## Method

- 1 Put fish meat, salt, pepper and corn flour into blender.
- 2 Blend all the ingredients together until smooth and thick.
- 3 Put the blob of minced fish meat into a large bowl. Throw the blob of fish meat against the side of the bowl. Repeat until it is shiny and firm.
- 4 Roll the fish meat into marble-size balls.
- 5 Blanch fish balls into boiling water until cooked.
- 6 Serve with soups or porridge.

## Suggestion

- 1 To make it easier to handle the fish blob, wet your palms so that the fish meat will not stick to your fingers.

# Bebola Ikan

(5 bebola)

180 g (¾ cawan) isi ikan tenggiri,  
dibuang tulang dan kulit  
5 g (2 sudu teh) tepung jagung  
Secubit garam  
Secubit lada sulah

## Cara memasak

- 1 Campurkan isi ikan tenggiri, garam lada sulah, dan tepung jagung ke dalam mesin pengisar.
- 2 Kisar kesemua bahan-bahan sehingga halus.
- 3 Masukkan adunan tadi ke dalam mangkuk besar. Baling adunan ke bahagian tepi mangkuk. Ulang sehingga menjadi adunan pejal dan berkilat.
- 4 Bentukkan adunan menjadi bebola kecil menggunakan tangan.
- 5 Celurkan ke dalam air yang mendidih sehingga masak.
- 6 Hidangkan bersama sup atau bubur nasi.

## Cadangan

- 1 Untuk memudahkan membentuk bebola adunan, basahkan tangan semasa mahu membentuk adunan menjadi bebola kecil supaya isi ikan tidak melekat di jari.

Nutrient Content Per Ball / Kandungan Nutrien Setiap Satu Bebola	
Calorie / Kalori 50 kcal	Carbohydrate / Karbohidrat 1.9 g
Protein / Protein 8.6 g	Fat / Lemak 0.9 g



Homemade Fish Balls  
Bebola Ikan

## Mango Mousse

(Serves 4)

120 g (½ medium) mango, pureed  
250 ml (1 cup) whipping cream  
65 g (⅓ cup) sugar

10 g (2 tsp) unflavoured gelatine  
60 ml (4 tbsp) water

### Method

- 1 Pour gelatine and water into a custard cup. Place the cup in a basin of hot water. Stir mixture until gelatine is dissolved.
- 2 Pour pureed mango into the cooled gelatine mixture. Mix well and set aside.
- 3 Separately, pour whipping cream into a chilled mixing bowl. Whip cream until it begins to thicken. Stir in sugar and beat until it forms soft peaks.
- 4 Gradually stir in the mango mixture into the bowl of whipped cream. Mix well.
- 5 Pour or scoop mixture into individual serving cups/moulds.
- 6 Chill in refrigerator for 1-2 hours before serving.

## Mousse Mangga

(Hidangan untuk 4 orang)

120 g (½ biji sederhana) mangga,  
dilenyek menjadi puri  
250 ml (1 cawan) krim putar

65 g (⅓ cawan) gula pasir  
10 g (2 sudu teh) gelatin tanpa perisa  
60 ml (4 sudu makan) air

### Cara memasak

- 1 Masukkan gelatin dan air ke dalam cawan kastard. Rendamkan cawan di dalam air panas dan kacau sehingga gelatin larut.
- 2 Masukkan puri mangga ke dalam larutan gelatin yang telah sejuk, kacau sehingga sebati dan letakkan ke tepi.
- 3 Masukkan krim ke dalam mangkuk berasingan yang telah disejukkan. Pukul krim sehingga ia menjadi pekat. Kemudian perlahan-lahan masukkan gula dan pukul sehingga kembang dan stabil.
- 4 Campurkan puri mangga tadi ke dalam krim dan kacau sehingga sebati.
- 5 Masukkan sebatian ke dalam cawan/mangkuk hidangan berasingan.
- 6 Simpan di dalam peti sejuk selama 1-2 jam sebelum menghidang.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 193 kcal	Carbohydrate / Karbohidrat 21.6 g
Protein / Protein 1.3 g	Fat / Lemak 11.3 g

## Chocolate Honey Dew Milkshake

(Serves 6)

250 g (4 scoops) vanilla ice-cream  
300 g (2 slices) honey dew, diced  
500 ml (2 cups) cold milk  
125 ml (½ cup) chocolate syrup  
Additional sliced honey dew for garnishing

### Method

- 1 Place ice cream, milk, chocolate syrup and honey dew in a blender.
- 2 Blend until smooth.
- 3 Garnish with freshly sliced honey dew.

### Suggestion

- 1 Honey dew can be substituted with bananas or strawberries.

## Susu Kocak Coklat Tembikai Susu

(Hidangan untuk 6 orang)

250 g (4 senduk) ais krim perisa vanilla  
300 g (2 potong) tembikai susu, dipotong dadu  
500 ml (2 cawan) susu penuh krim sejuk  
125 ml (½ cawan) sirap coklat  
Tembikai susu yang dihiris halus sebagai hiasan tambahan

### Cara memasak

- 1 Masukkan ais krim, susu, sirap coklat, dan tembikai susu ke dalam mesin pengisar.
- 2 Kisar semua bahan sehingga hancur.
- 3 Hiaskan dengan hirisan buah tembikai susu.

### Cadangan

- 1 Buah tembikai susu boleh juga digantikan dengan buah pisang atau strawberi.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 214 kcal	Carbohydrate / Karbohidrat 37.8 g
Protein / Protein 5.0 g	Fat / Lemak 4.8 g



*Mango Mousse  
Mousse Mangga*

*Chocolate Honey Dew Milkshake  
Susu Kacak Coklat Tembikai Susu*



## 3-Layer Dessert

### Ingredients:

- 1 x 110g jar HEINZ Fruits Dessert Gel
- 1 x 110g jar HEINZ Apple & Mango
- 1 x 110g jar HEINZ Fruit Salad Yoghurt Dessert

### Method:

- 1 Place HEINZ Apple & Mango into 2 small bowls.
- 2 Add in HEINZ Fruit Salad Yoghurt Dessert
- 3 Spoon HEINZ Fruits Dessert Gel over yoghurt layer.

### Cooking Tips:

Make 2 servings. Serve chilled as a nourishing fruit and yoghurt dessert.

### Feeding Tips:

For older babies, add roughly mashed banana to the yoghurt layer for more texture.

### Variation Substitute:

Vary flavours by using different fruit, gel and yoghurt varieties.



## HEINZ Nutritional Facts

Babies need a host of vitamins and minerals to encourage development. At HEINZ, we only use farm fresh fruits, vegetables and grains. Preservatives, added salt, colours and artificial flavours are all banned from our baby food.

### Ingredients:

- 1 x 170g jar HEINZ Tuna Ratatouille
- 1 x 110g jar HEINZ Organic Sweet Baby Vegetables
- 1 teaspoon of cooked peas & carrots (cut/chopped)
- Some mashed potatoes
- 1 teaspoon grated cheese

### Method:

- 1 Mix HEINZ Tuna Ratatouille with HEINZ Organic Sweet Baby Vegetables.
- 2 Add cooked mashed vegetables and mix well.
- 3 Spread mashed potatoes and sprinkle cheese on top.
- 4 Heat for a few minutes in oven until cheese melts and browns.
- 5 Allow to cool. Spoon required amount into baby's serving bowl and serve.

### Cooking Tips:

Try home-cooked minced chicken meat or skinless fish meat for variety.

### Feeding Tips:

Do not force-feed your baby. Let your baby guide you in quantity.



## Mum's Recipe Tuna Pie





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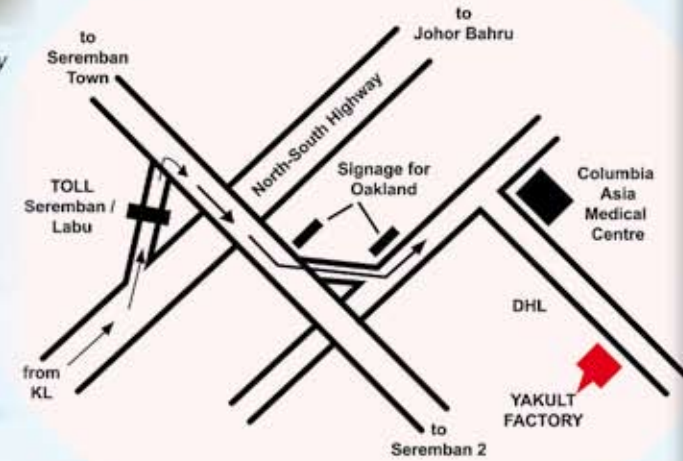


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## Our body's Defense System and How to Keep it in Good Condition

Our human body is guarded from diseases like infections and cancer by the immune system, our natural defense power against disease. If you think of our body as a country, the immune system would be 2 teams of defense – one team would be the military (or army), and the other team would be the police.

### The "Army"

The army and the police work together to maintain the safety of the country (our bodies). The army consists of immune cells we call T cells and B cells, and they make up the majority of about 80% of the immune system. The army normally is on standby mode and does not need to work, unless there is a serious invasion or attack on our body.

### The "Police"

However, the police, on the other hand, are always active. They consist of "Natural Killer" cells (or NK cells) and make up 20% of the immune system. The NK cells continuously patrol throughout our whole body and kill virus-infected cells and cancer cells whenever they start to appear, thus effectively stopping them from growing and causing viral infections and cancer in our body.

As you can imagine, our bodies are invaded by viruses each day, as they enter our bodies from the external environment. Even from within our bodies, about 6,000 cancer cells are produced each day during normal body cell growth and replication. If not destroyed, these cancer cells will grow into tumours.

So, it is of key importance to our health that our immune system functions optimally at all times to minimize the risk of virus infections and cancer occurrence.

### The "Police" are affected by our lifestyle

According to Dr Ko Okumura of Juntendo University, Japan, "While the power of the 'army' of T cells and B cells in our body usually remain constant throughout our lives, the activity level of the 'police' or NK cells have been found to be easily reduced by lifestyle factors such as stress, cigarette smoking, lack of exercise and aging<sup>2,3</sup>. It has also been shown also that low levels of NK cell activity are associated with higher frequency of catching colds, longer time needed to recover from colds<sup>1</sup> and even a higher risk of getting cancer<sup>4</sup>."



## Foods that can help keep the "Police" strong



"Several studies in animals and in also humans have shown that intake of probiotic or 'good' bacteria L. casei Shirota (also known as Shirota strain) in the form of cultured milk drinks can help increase NK cell activity<sup>5,6</sup>. Studies also showed that vitamin C and beta-glucan extracts from shiitake mushroom were able to give similar effects too, but the dose required is much higher than would usually be consumed in the daily diets," explained Dr Okumura further.

"The immune boosting effects of Yakult can be seen with intake of 40 billion live Shirota strain per day, taken over a three week period. This is equivalent to one to two bottles of Yakult cultured milk per day," he said.

## A Balanced lifestyle helps Keep our Defenses Healthy

It is known that lifestyle factors such as stress, smoking and bad eating habits can reduce the activity of the NK cells. Studies conducted by Dr Okumura have shown that drinking Yakult helps to recover NK cells activity that has been reduced, for example in those facing mental stress, heavy smokers and the elderly<sup>7</sup>.

On a final note, Dr Okumura emphasized that the best and most important factor for keeping our defenses strong is still maintaining a healthy lifestyle with regular exercise and good eating habits.

On top of that, they also recommend consuming a bottle or two of Yakult cultured milk containing the Shirota strain daily to keep our "police" defense in tip-top condition, thus keeping diseases at bay.



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### Recipe Idea

## Yakult Mango And Tiger Prawn Salad

#### Ingredients:

- Mango 3 nos
- Tiger Prawn 6 nos
- Salt 1/2 teaspoon

#### Seasoning:

- Cooked Egg Yolk 1 nos
- Condensed Milk 1 tablespoon
- Yakult 1 bottle
- Mayonnaise 3 tablespoons
- Orange Juice 1 tablespoon

#### Method:

1. Add salt into boiled water and cook prawns in boiled water for 3 minutes. Turn off heat and leave the prawns in hot water for 5 minutes. Remove and cool in icewater. Discard head and shells. Cut each prawn into 4 slices.
2. Halve mangoes, remove seeds and scoop out the flesh with a shallow metal ladle. Cut the mango flesh into thick slice.
3. Arrange the mango and prawn slices alternately inside the mango shell.
4. Mix seasoning well. Pour over the mango and prawn.



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Chapter / Bab

2

Toddler's Tiny Bites  
Makanan untuk Anak Kecil



# Toddler's Nutritional Needs

As your child grows into a toddler (2-4 years old), not only does he get more physically active each day, his mind is also actively exploring, understanding and learning about the world around him. This process of growth and development continues well into his preschool years (4-6 years old).

During this period of time, known as the formative years, your child needs optimal nutrition to support the processes mentioned above. His nutritional needs increase as he grows taller and gains more weight. He also needs more energy to keep him active. With a bigger tummy now, your child can take in more food than before.

Therefore, it is vital that you continue to feed your child with varied and well-balanced meals and in amounts as recommended by the Malaysian Food Pyramid (see page 67). This is also a good time to encourage your young child to eat together as a family. Not only you can introduce family foods into his diet, it is also a great opportunity for your little one to bond with the family.

## Essential Nutrients for Your Growing Child

While a toddler or preschooler doesn't grow as rapidly as in his first year, nutrition remains a top priority. His overall nutrient requirements increase in general. Those that are shown on this page are particularly important for mums to take note of.

### Energy

(baby: 639 kcal; toddler: 980kcal; preschooler: 1340 kcal)

Your toddler or preschooler is more active now. His daily energy needs double compared to the amount required as a baby.

**Do:** Increase amounts of rice, bread, cereals and grain products in his daily diet.

### Protein

(baby: 12 g; toddler: 17 g; preschooler: 23 g)

Compared with the daily needs of a baby, protein requirement in toddlers increases by about 50% and doubles when they enter preschool. The extra proteins are needed to build more muscles and tissues, to give your child more strength as he becomes increasingly active.

**Do:** Increase amounts of fish and meat and start introducing other meat alternatives such as legumes, accordingly.

### Fats

On a per kilogram body weight basis, young children need more fat than adults. Fats serve as one of the sources of energy for your little one as his tummy is still small to take in large amounts of food. Fats also provide essential fatty acids that help in brain development.

**Do:** Prepare food using healthy fats, such as plant-based oils. Low-fat foods and diet are not appropriate for a growing child.

### Calcium

(baby: 400 mg; toddler: 500 mg; preschooler: 600 mg)

Your child's bones grow so that he becomes taller. Therefore, he needs adequate amount of calcium to support his growth in height and strengthen his bones.

**Do:** Fulfil his calcium needs through giving an additional glass of milk and other dairy products.

### Folate

(baby: 80 µg; toddler: 160 µg; preschooler: 200 µg)

Folate (or folic acid), or vitamin B9, is essential for growth and division of cells, thus supporting your child's growth.

**Do:** Provide more green-leafy vegetables and folate-fortified products, such as cereals and bread.



# Keperluan Pemakanan Anak Kecil

Apabila si kecil anda semakin membesar dan mula berjalan dan berlari (2-4 tahun), dia bukan sahaja bertambah aktif setiap hari, malah membuka mindanya untuk meneroka, memahami dan mempelajari tentang dunia di sekelilingnya. Proses pertumbuhan dan perkembangan ini berterusan sehingga dia memasuki prasekolah (4-6 tahun).

Sepanjang tempoh yang dikenali sebagai fasa pertumbuhan ini, si kecil memerlukan pemakanan yang optimum untuk menyokong proses pertumbuhan dan perkembangannya. Keperluan pemakanannya bertambah apabila ketinggian dan berat badannya bertambah. Si kecil juga memerlukan lebih banyak tenaga untuk membolehkannya terus aktif. Si kecil juga sekarang boleh mengambil lebih makanan daripada sebelumnya kerana badannya dan perutnya juga semakin membesar.

Oleh itu, adalah penting untuk anda terus memberikan sajian makanan yang bukan sahaja pelbagai dan seimbang, tetapi juga dalam jumlah yang disarankan oleh Piramid Makanan Malaysia (lihat muka sebelah). Ini juga adalah masa yang baik untuk menggalakkan anak kecil anda makan bersama keluarga. Anda bukan sahaja boleh memperkenalkan makanan keluarga ke dalam dietnya, tetapi juga memberi peluang kepada si kecil untuk merapatkan hubungan dengan seisi keluarga.

## Nutrien Penting untuk Si Kecil Anda Yang Sedang Membesar

Meskipun kanak-kanak dalam lingkungan usia ini tidak membesar secepat tahun pertama, pemakanannya tetap menjadi keutamaan, malah keperluan pemakanan mereka secara keseluruhannya bertambah. Para ibu patut memberi tumpuan kepada keperluan berikut:

### Tenaga

(bayi: 639 kcal; 2-4 tahun: 980kcal; 4-6 tahun: 1340 kcal)

Kanak-kanak yang baru pandai berjalan dan berlari atau dalam usia prasekolah adalah lebih aktif. Keperluan tenaga harian mereka berganda berbanding jumlah yang diperlukan semasa bayi.

**Petua:** Tambah jumlah nasi, roti, bijirin dan produk bijian dalam dietnya setiap hari.

### Protein

(bayi: 12 g; 2-4 tahun: 17 g; 4-6 tahun: 23 g)

Berbanding dengan keperluan hariannya semasa bayi, keperluan protein kanak-kanak berusia 2-4 tahun bertambah kira-kira 50% dan berganda apabila mereka memasuki usia prasekolah. Lebih banyak protein diperlukan untuk membina lebih banyak otot dan tisu, yang diperlukan untuk memberi lebih kekuatan apabila mereka bertambah aktif.

**Petua:** Tambah jumlah ikan, daging dan mula perkenalkan alternatif daging seperti kekacang dengan sewajarnya.

### Lemak

Berasaskan berat badan sekilogram, kanak-kanak kecil memerlukan lebih banyak lemak daripada orang dewasa. Lemak berfungsi sebagai satu daripada sumber tenaga untuk si kecil kerana perutnya masih kecil untuk menerima lebih banyak makanan. Lemak juga membekalkan asid lemak penting yang membantu perkembangan otak.

**Petua:** Berikan lemak yang sihat, seperti minyak sayuran. Makanan rendah lemak tidak sesuai untuk kanak-kanak yang sedang membesar.

### Kalsium

(bayi: 400 mg; 2-4 tahun: 500 mg; 4-6 tahun: 600 mg)

Tulang si kecil perlu membesar dengan baik supaya dia menjadi lebih tinggi. Oleh itu, mereka memerlukan jumlah kalsium yang secukupnya untuk menyokong tumbesaran, khususnya dari segi ketinggian dan untuk menguatkan tulang.

### Perkara yang patut dilakukan:

Penuhi keperluan kalsiumnya dengan memberikan tambahan susu dan produk tenusu yang lain.

### Folat

(bayi: 80 µg; 2-4 tahun: 160 µg; 4-6 tahun: 200 µg)

Folat (atau asid folik), atau vitamin B9, penting untuk pertumbuhan dan pembahagian sel dalam menyokong tumbesaran si kecil.

**Petua:** Berikan lebih banyak sayuran berdaun hijau dan produk yang diperkaya dengan folat, seperti bijirin dan roti.



# How Much Does Your Child Need?

## Berapa Banyak Makanan yang Diperlukan Anak Kecil Anda?

This pyramid shows the right amount that you should feed your young ones. For examples of serving sizes, refer to Appendix 1 (page 158-159)

Piramid ini menunjukkan jumlah secukupnya yang perlu anda berikan kepada si kecil. Untuk mendapatkan contoh saiz sajian, sila rujuk Lampiran 1 (muka surat 158-159).

### Milk & dairy products

- Daily needs:  
~ Toddler: 3 servings  
~ Preschooler: 2 servings
- Example of 1 serving:  
1 cup of milk, 1 cup of yogurt, 1 slice of cheese

### Susu & Produk Tenusu

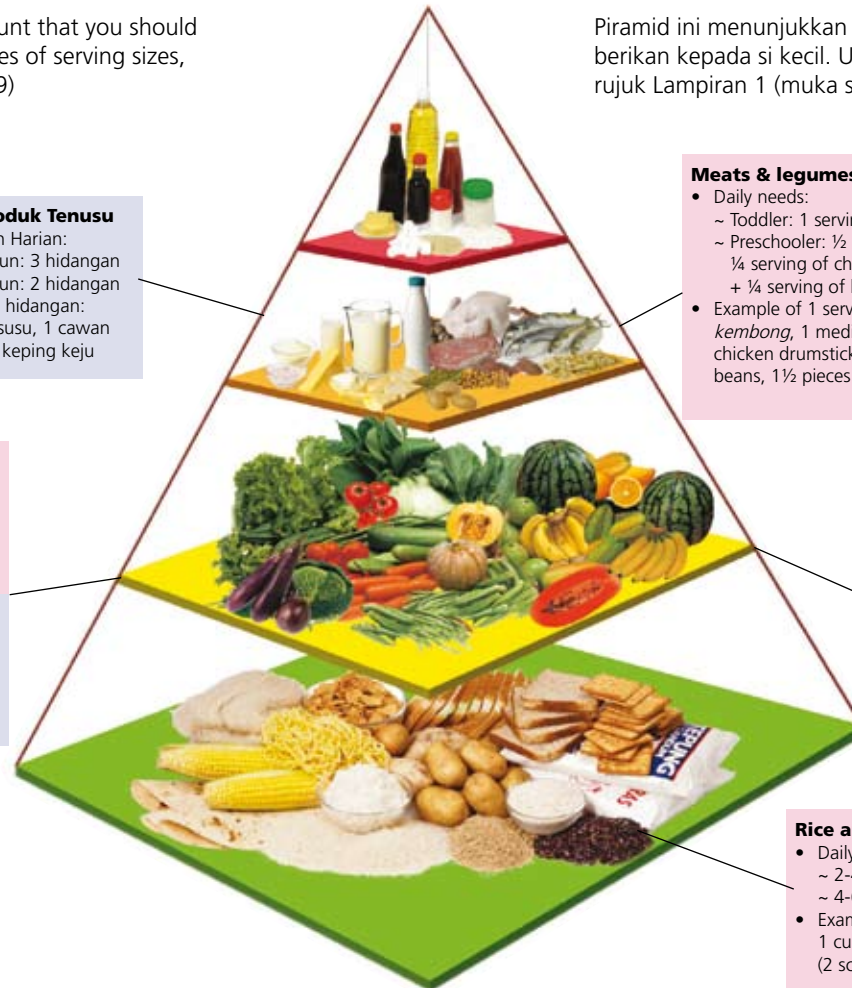
- Keperluan Harian:  
~ 2-4 tahun: 3 hidangan  
~ 4-6 tahun: 2 hidangan
- Contoh 1 hidangan:  
1 cawan susu, 1 cawan yogurt, 1 keping keju

### Vegetables

- Daily needs:  
~ Toddler & Preschooler: 2 servings
- Example of 1 serving:  
½ cup of green leafy vegetables with edible stems

### Sayuran

- Keperluan Harian:  
~ 2-4 tahun & 4-6 tahun: 2 hidangan
- Contoh 1 hidangan: ½ cawan sayuran berdaun hijau dengan batang sayur yang boleh dimakan



### Meats & legumes

- Daily needs:  
~ Toddler: 1 serving of fish  
~ Preschooler: ½ serving of fish + ¼ serving of chicken/meat/egg + ¼ serving of legumes
- Example of 1 serving: 1 medium *kembang*, 1 medium-sized chicken drumstick, 1 cup of beans, 1½ pieces of tofu

### Daging & Kekacang

- Keperluan Harian:  
~ 2-4 tahun: 1 hidangan ikan  
~ 4-6 tahun: ½ hidangan ikan + ¼ hidangan ayam/daging/telur + ¼ hidangan kekacang
- Contoh 1 hidangan: 1 ikan kembong saiz sederhana, 1 paha ayam saiz sederhana, 1 cawan kacang, 1½ keping tahu

### Fruits

- Daily needs:  
~ Toddler & Preschooler: 2 servings
- Example of 1 serving:  
1 slice of papaya or 1 medium sized banana

### Buah-Buahan

- Keperluan Harian:  
~ 2-4 tahun & 4-6 tahun: 2 hidangan
- Contoh 1 hidangan: 1 potong betik atau 1 biji pisang saiz sederhana

### Rice and cereals products

- Daily needs:  
~ 2-4 tahun: 2 hidangan  
~ 4-6 tahun: 3 hidangan
- Example of 1 serving:  
1 cup cooked rice (2 scoops)

### Nasi dan produk bijirin

- Keperluan harian:  
~ Toddler: 2 servings  
~ Preschooler: 3 servings
- Contoh 1 hidangan:  
1 cawan nasi (2 senduk)

Malaysian Food Pyramid / Piramid Makanan Malaysia

# Balancing Food Amounts in Your Toddler's Regular Meals

You don't have to feed your toddler everything in one meal. The best way to achieve a well-balanced diet according to the pyramid is to offer your child regular meals: 3 main meals and 2 snacks.

Example of meal distribution and serving sizes for each meal:

Breakfast	Lunch / Dinner Serve at each meal:	Snack (mid-morning / afternoon) Serve at each snack time:	Total amount of foods served per day:
<ul style="list-style-type: none"> <li>• 1-2 bread with egg</li> <li>• 1 cup of milk/chocolate milk/malt drinks</li> </ul>	<ul style="list-style-type: none"> <li>• ½ - ¾ cup of cooked rice/pasta/noodles</li> <li>• ½ medium size <i>ikan kembong</i></li> <li>• 2 tablespoons of cooked green leafy vegetable (¼ cup)</li> <li>• 2 tablespoons of cooked carrot/tomato</li> <li>• 1 small slice of papaya</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of milk/milkshake</li> <li>• 1 slice of fruit (e.g. banana)</li> <li>• 1 small size banana/apple/pear</li> <li>• 1 sandwich</li> </ul>	<ul style="list-style-type: none"> <li>• 2 servings of cereals or cereal products</li> <li>• 2 servings of vegetable</li> <li>• 2 servings of fruits</li> <li>• ½ - 1 serving of meat and alternatives</li> <li>• 3 servings of milk</li> </ul>



## 7 Healthy Feeding Tips for Your Active Child!

Practise these 7 steps to ensure your child's needs are met.

- 1 Provide your child a **balanced mix of foods** from each food group in the Food Pyramid to reap the benefits of various nutrients.
- 2 Give your child a **variety of foods from each food group**, for example, if you serve him fish for lunch, serve chicken for dinner.
- 3 Too little or too much intake of nutrients can cause health problems. So **serve your child moderately** according to the amount recommended in the Food Pyramid.
- 4 **Avoid having your toddler skip meals.** He needs to eat regular meals to fuel his body throughout the day.
- 5 Healthy snacks keep your child happy and active between mealtimes, but **do not give snacks 2 hours before a main meal** to avoid spoiling his appetite.
- 6 Milk is a good food for people of all ages. **Continue to feed your child milk** and dairy products every day.
- 7 Your child needs a small amount of fat for energy as well as his growth and development. **Use fat and oil sensibly** when preparing meals for your child and family.



# Mengimbangkan Jumlah Makanan dalam Sajian Harian Anak Kecil Anda

Anda tidak perlu menggabungkan segala-galanya dalam satu hidangan untuk si kecil anda yang berusia 2-4 tahun. Cara terbaik untuk menjamin diet yang seimbang menurut piramid ialah dengan menyediakan makanan dengan tetap setiap kali waktu makan: 3 sajian utama dan 2 sajian snek.

Contoh sajian dan saiz hidangan untuk setiap kali makan:

Sarapan	Makan Tengah Hari / Malam Diberikan setiap waktu makan:	Snek (lewat pagi / petang) Diberikan setiap waktu snek:	Jumlah makanan yang diberikan setiap hari:
<ul style="list-style-type: none"> <li>• 1-2 roti dengan telur</li> <li>• 1 cawan susu/susu coklat/ minuman malt</li> </ul>	<ul style="list-style-type: none"> <li>• ½ - ¾ cawan nasi/pasta/mi</li> <li>• ½ ikan kembong saiz sederhana</li> <li>• 2 sudu makan sayuran berdaun hijau dimasak (¼ cawan)</li> <li>• 2 sudu makan lobak merah/tomato</li> <li>• 1 potong kecil betik</li> <li>• Air</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cawan susu/susu kocak</li> <li>• 1 potong kecil buah (seperti pisang)</li> <li>• 1 biji pisang/epal/pir saiz sederhana</li> <li>• 1 sandwic</li> </ul>	<ul style="list-style-type: none"> <li>• 2 sajian bijirin atau produk bijirin</li> <li>• 2 sajian sayuran</li> <li>• 2 sajian buah-buahan</li> <li>• ½ - 1 sajian daging dan alternatif</li> <li>• 3 sajian susu</li> </ul>



## Petua Menyediakan Makanan Sihat untuk Si Kecil Yang Aktif!

Amalkan 7 langkah ini untuk memastikan si kecil mendapat segala keperluannya.

- 1 Sediakan **campuran makanan yang seimbang** daripada setiap kumpulan makanan dalam Piramid Makanan untuk memastikan si kecil mendapat pelbagai nutrien yang diperlukan.
- 2 Berikan si kecil **pelbagai makanan daripada setiap kumpulan**, contohnya, jika anda menyediakan ikan untuk makan tengah hari, hidangkan ayam untuk makan malam.
- 3 Pengambilan terlalu banyak atau terlalu sedikit nutrien boleh menimbulkan masalah kesihatan. Jadi, **berikan makanan secara sederhana** menurut jumlah yang disyorkan dalam Piramid Makanan.
- 4 **Pastikan si kecil yang berusia 2-4 tahun makan setiap kali tiba waktu makan.** Dia memerlukan tenaga untuk pergerakan badannya sepanjang hari.
- 5 Snek sihat memastikan si kecil anda riang dan aktif antara waktu makan, tetapi **jangan beri snek 2 jam sebelum waktu makan** agar tidak menjejaskan selera.
- 6 Susu adalah makanan yang baik untuk semua, tanpa mengira umur. **Teruskan memberi si kecil susu** dan produk tenusu setiap hari.
- 7 Si kecil memerlukan sedikit lemak untuk membekalkan tenaga dan juga untuk pertumbuhan dan perkembangannya. **Gunakan lemak dan minyak dengan sewajarnya** apabila menyediakan sajian makanan untuk si kecil dan keluarga anda.



# Feeding Frustrations?

Feeding toddlers can be challenging for some parents. Below are some common feeding concerns and tips to help chase your worries away.



*"My child eats too little. He never finishes his food."*

There are different reasons for this. Your toddler may have a small appetite, or he is too distracted to eat (e.g. by TV, radio, family activities).

- ✓ To help your child focus on his food, feed him away from distractions, or serve food that can be eaten quickly and easily.
- ✓ If your child is not finishing what you serve, try offering smaller portions.
- ✓ Offer a variety of healthy nutrient-dense foods at every meal, including snacks, so that your child gets the nutrition he needs, even though he eats only a little.
- ✓ Make sure meals are given at least 2–3 hours apart.

*"My child only eats certain types of food and refuses others."*

This is quite common in toddlers as they develop preferences, becoming picky over food choices and avoiding vegetables.

- ✓ Get your child excited about different types of food. Try taking him to the supermarket and allow him to select some foods. He will be more likely to eat the foods he chose himself.
- ✓ If your child constantly refuses a particular food, try to serve it in a different form or when he is really hungry, or offer another food from the same food group.

*"My child doesn't seem to enjoy eating."*

This usually happens among children who are forced to eat alone while the rest of the family is doing something else.

- ✓ Help your child to enjoy mealtimes by eating together. Try to eat with him at least once a day.
- ✓ Make mealtimes enjoyable for your child, such as serving foods in fun shapes, or letting him use his own colourful cutlery.

*Should I offer supplements to my child?*

Giving your little ones dietary supplements is not the best way to fulfil his daily nutrient needs. If your child dislikes certain foods, you can always offer substitutes from the same food group. For example, if he doesn't like spinach, offer *kangkung*; if he refuses chicken, serve fish. In addition, many foods today are fortified with essential vitamins and minerals, such as fortified cereals, bread and milk. As long as you continue to incorporate a variety of foods into your toddler's daily diet, he will get sufficient nutrients to meet his body's demand.

# Waktu Makan yang Mengecewakan?

Kerenah anak-anak kecil boleh menyukarkan ibu bapa untuk memastikan si manja mereka mendapat makanan yang berkhasiat dan seimbang. Beberapa masalah di bawah dan jawapan yang diberikan boleh membantu menangani kebimbangan anda.

*"Anak saya makan terlalu sedikit. Dia tidak pernah menghabiskan makanannya."*

Terdapat banyak faktor yang boleh menjadi penyebab. Si kecil anda mungkin mempunyai selera yang kecil, atau perhatiannya

terganggu dengan perkara lain sewaktu makan (seperti TV, radio, aktiviti keluarga).

- ✓ Untuk membantu si kecil anda memberi tumpuan semasa makan, jauhkan dia daripada gangguan, atau hidangkan makanan yang boleh dimakan dengan cepat dan senang.
- ✓ Jika si kecil anda tidak dapat menghabiskan makanan yang disediakan, cuba kurangkan kuantitinya.
- ✓ Hidangkan pelbagai makanan yang sihat dan kaya dengan nutrien setiap kali tiba waktu makan, termasuk snek, supaya si kecil mendapat segala nutrien yang diperlukan, walaupun dia hanya mengambil dalam kuantiti yang kecil.
- ✓ Pastikan makanan diberikan sekurang-kurangnya dalam selang 2–3 jam.

*"Anak saya hanya makan makanan tertentu dan enggan makan makanan lain."*

Perkara ini merupakan masalah biasa apabila kanak-kanak mula menggemari makanan tertentu sahaja, menjadi lebih cerewet dalam pemilihan makanan dan cuba mengelakkan pengambilan sayur-sayuran.

- ✓ Anda boleh membuat si kecil teruja

dengan pelbagai jenis makanan yang berlainan. Cuba bawa anak anda ke pasar raya dan beri dia peluang untuk memilih makanan. Besar kemungkinan dia akan makan makanan yang dipilihnya.

- ✓ Jika si kecil tetap tidak mahu makan makanan tertentu, cuba hidangkan dalam bentuk yang berlainan dan menarik, hidangkan makanan ketika dia betul-betul lapar, atau gantikan dengan makanan lain daripada kumpulan makanan yang sama.

*"Anak saya nampaknya tidak seronok makan."*

Ini selalunya berlaku dalam kalangan kanak-kanak yang dipaksa makan sendirian sedangkan keluarga yang lain sibuk dengan urusan lain.

- ✓ Bantu si kecil anda merasai keseronokan waktu makan dengan makan bersama-

sama keluarga. Cuba makan bersama dengan si kecil sekurang-kurangnya sekali sehari.

- ✓ Jadikan waktu makan masa yang menyeronokkan bagi si kecil, dengan menghidangkan makanan dalam bentuk yang menarik, atau menggalakkan si kecil menggunakan sudu dan garpunya sendiri yang beraneka corak dan warna.

*Perlukah saya beri si kecil makanan/suplemen tambahan?*

Memberi makanan tambahan kepada anak-anak kecil bukan cara terbaik untuk memenuhi keperluan nutrien harian mereka. Jika si kecil anda tidak suka makanan tertentu, anda boleh menggantikannya dengan makanan daripada kumpulan yang sama. Contohnya, jika si kecil tidak gemar bayam, anda boleh menggantikannya dengan kangkung; jika dia enggan makan ayam, hidangkan ikan. Selain itu, terdapat banyak produk makanan kini diperkaya dengan vitamin dan zat galian, seperti bijirin, roti dan susu. Selagi mana anda menyediakan makanan yang seimbang untuk dietnya, si kecil akan mendapat nutrien yang cukup untuk memenuhi keperluan badannya.

# Cooking for Your Toddler

Toddlers are at an age for exploration, and that includes trying new foods, new taste and new texture. Serve food that you would eat yourself, food that is healthy, tasty and creatively presented!

## Healthy Ingredients

- Limit *santan* and use milk instead for your curry dishes.
- Enhance the flavours of your dishes with herbs (e.g. garlic, lemon grass, rosemary, basil) and spices (e.g. cinnamon, turmeric) instead of using oil, sugar, salt and artificial flavouring.
- Make every meal healthier by adding lots of vegetables. If your child refuses vegetables, try chopping them into smaller pieces and sneak them into his favourite meals.

## Palatable Presentation

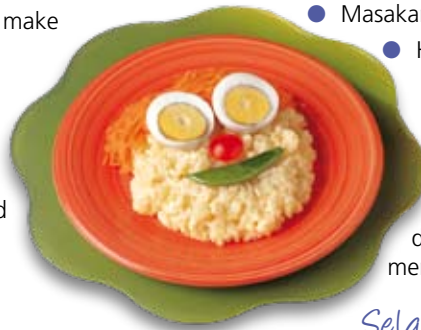
- Have at least one dish that has soft texture, has gravy or is soupy.
- Foods should be made less spicy for your toddler.
- Serve dishes in fun and attractive presentations to make them appetising.

## Time-saving

- You don't have to cook the dishes separately. You can cook the same meals for the family and your toddlers, but set aside a portion for your child before adding chillies or pepper.

## Safe to Eat

- Remove bones from chicken/meat/fish before serving.
- Cut meat or vegetables into bite-sized pieces to avoid choking.
- Avoid feeding your child raw eggs and unpasteurised milk to avoid risk of food poisoning.
- Always ensure meat, poultry and fish are thoroughly cooked before serving.



# Memasak untuk Anak Kecil Anda

Anak-anak kecil gemar meneroka keadaan di sekeliling, termasuk mencuba makanan baru, rasa baru dan tekstur baru. Hidangkan makanan yang anda juga boleh menikmatinya, iaitu makanan yang berkhasiat, sedap dan disediakan dengan kreatif!

## Ramuan yang Berkhasiat

- Kurangkan santan dan gantikan dengan susu untuk masakan kari.
- Untuk menambah kelazatan masakan anda, gunakan herba (seperti halia, serai, daun limau purut, selasih) dan rempah-ratus (seperti kayu manis, kunyit) untuk menggantikan minyak, gula, garam dan perasa tiruan.
- Jadikan setiap masakan anda lebih seimbang dengan menambahkan sayur-sayuran. Jika si manja anda enggan memakan sayur, cincang sayur dan masukkan ke dalam makanan kegemarannya.

## Hidangan yang Membuka Selera

- Sediakan sekurang-kurangnya satu hidangan yang mempunyai tekstur lembut, berkuah atau bersup.
- Masakan untuk anak-anak kecil perlulah kurang pedas.
- Hidangkan makanan dalam bentuk dan gaya yang menarik untuk menjadikannya lebih menyelerakan.

## Menjimatkan Masa

- Anda tidak perlu menyediakan masakan yang berasingan untuk si manja. Anda boleh masak hidangan yang sama untuk keluarga dan si manja, tetapi ketepikan sebahagian untuk si manja sebelum menambah cili atau rempah ke dalam masakan selebihnya.

## Selamat untuk Dimakan

- Buang tulang daripada ayam/daging/ikan sebelum dihidangkan.
- Sediakan daging atau sayuran dalam potongan kecil supaya si manja tidak tercekik.
- Jangan beri telur mentah dan susu tidak berpasteur kepada anak kecil anda untuk mengelakkan risiko keracunan makanan.
- Sentiasa pastikan daging, ayam dan ikan dimasak hingga betul-betul masak sebelum dihidangkan.



# Meal Planning for Your Toddler

## Pelan Hidangan untuk Anak Kecil Anda

Preparing a nutritious meal for your toddler can be fun and creative! All you need is some planning in advance. Below is a sample of a 2-day menu to give you an idea of what to serve your child. The basic step is to always plan for **3 main meals and 2 snacks in a day**.

Tugas menyediakan makanan yang berkhasiat untuk anak kecil anda boleh menjadi seronok dan kreatif! Anda hanya perlu membuat perancangan lebih awal. Jadual di bawah merupakan contoh menu 2 hari untuk memberi sedikit idea dan membantu anda merancang masakan untuk si manja. Pada asasnya, sentiasa rancang **3 sajian utama dan 2 snek untuk sehari**.

**Example of a 2-day meal planner for toddlers /**  
Contoh pelan sajian makan 2 hari untuk anak kecil

### Weekends / Hujung Minggu

#### Breakfast / Sarapan

Instant Noodle Vegetable Quiche\* /  
Quiche Mi Segera bersama Sayur\*

#### Morning Snack / Snek Pagi

Fruity Lassi\* / Lassi Buah-buahan\*

#### Lunch / Makan Tengahari

Rice + Chicken Kurma\* + Stir Fried Cauliflower  
and Sengkuang\* + Water / Nasi + Kurma  
Ayam\* + Kobis Bunga dan Sengkuang  
Goreng\* + Air

#### Afternoon Snack / Snek Petang

Pumpkin Apple Muffins\* + Milk /  
Mufin Labu Epal\* + Susu Segar

#### Dinner / Makan Malam

Beef Stew\* + Rice + Mix Fruit Juice\* /  
Stew Daging\* + Nasi + Jus Campuran Buah-  
buahan\*

### Weekdays / Hari Biasa

#### Breakfast / Sarapan

French Toast\* + Banana /  
Roti Bakar ala Perancis\* + Pisang

#### Morning Snack / Snek Pagi

Plain cracker with cheese / Biskut Kering  
bersama Keju

#### Lunch / Makan Tengahari

Fried Macaroni\* + Water /  
Makaroni Goreng\* + Air

#### Afternoon Snack / Snek Petang

Tuna Sandwich + Milk /  
Sandwic Tuna + Susu Segar

#### Dinner / Makan Malam

Tomato Meat Rice\* + Water / Nasi Tomato  
Daging\* + Air

\*Refer to recipe pages / \*Sila rujuk muka surat resipi

### Tips to keep in mind!

- If possible, plan a dish that suits both your toddler and other family members, so that all of you can share as a family.
- Remember to use different foods within each food group and from each level of the Food Pyramid.
- Plan different styles of dishes using different cooking methods.
- On your busy days, it is okay to have a mix of home-cooked and takeaway foods. Just make sure the taste and texture of the ready-cooked foods are appropriate for your toddler.
- Keep snack choices healthy to avoid unwanted fat and calories from creeping into your child's diet.

### Petua untuk diingati!

- Jika boleh, rancang masakan yang digemari oleh si manja dan anggota keluarga anda yang lain, supaya anda sekeluarga dapat menikmati makanan bersama.
- Jangan lupa untuk memasak makanan yang berbeza dalam setiap kumpulan makanan dan dari setiap aras Piramid Makanan.
- Rancang cara masakan yang berlainan.
- Pada hari yang sibuk, anda boleh menggabungkan masakan rumah dengan makanan yang dibeli dari luar. Anda hanya perlu memastikan rasa dan tekstur makanan yang dibeli sesuai untuk si manja anda.
- Pilih snek yang berkhasiat untuk mengelakkan lemak, garam dan kalori berlebihan dalam diet si manja.



# BIOFACTORS SYSTEM

## The Right Nutrition for the Right Age

Children's nutritional needs vary according to their stages of development. Many developmental processes – including the eye, mind, growth, development and learning, occur in children and their body systems between the ages of one to seven years.

The Biofactors System™, is a comprehensive system designed to provide the right nutrition for the right age. It provides a unique combination of nutrients that is important for the overall growth and development of a child.



During the first two years of childhood, a child's brain undergoes a period that healthy eating habits and a balanced diet is necessary in order for your child to achieve their growth and learning developmental milestones in their growing-up years.

The growth rates for ages one to seven, and seven to 10 years are rapid, thus necessitating greater energy needs. However, it is vital to realise that more is not necessarily better. No nutrient on its own, can deliver on the promise of superior mental and physical development. It takes the right combination of nutrients, all delivered in the right proportions, to support eye, mind, growth, development and learning.

An appropriate level of AA and DHA is important for optimal benefits to support mind and overall development. But what is the important difference between DHA found in the Biofactors System™ and the conventional fish oil supplements in the market today?

Traditionally, certain types of fish have been used for fortifying formulas and adult supplements, but the decline in world fisheries has resulted to growing concerns about oceanic contaminants in some fish species. As such, a search for alternative sources of DHA was launched

and studies showed among the viable ingredient sources of DHA is oil derived from single-cell organisms (SCO). This single cell oil, also known as algal-oil DHA, is a healthier alternative to dietary fish for DHA delivery.<sup>1</sup>

The Biofactors System™ has appropriate ratio of AA and DHA which uses single cell organism (SCO) source. SCO source of AA and DHA are more consistent, pure and safe than sources such as fish oil.<sup>2</sup>

A child's learning phase is also shaped through his experience, and it is here that vision plays a very important role. Lutein, found in the Biofactors System™ is able to filter blue light and may protect your child's eyes. This helps your child's eyes development from an early age. Wyeth is the pioneer to introduce lutein in its growing up milk formula for children: S-26 Progress Gold and S-26 Promise Gold. Lutein in the Biofactors System™ is naturally extracted from marigold flowers.

Balanced nutrition will also create the platform to support learning milestones, a strong body and mind, fine motor skills, self-control and attention span.

All of these skills are absolutely essential to preparing your child for the challenges through their journey of life,

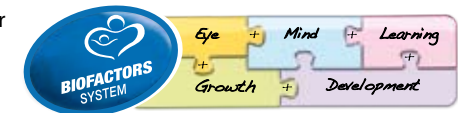
which is enhanced by holistic eye, mind, growth, development and learning.

So help your child 'Be Life Ready' with Biofactors System™. Available exclusively in S-26 Progress Gold and S-26 Promise Gold by Wyeth.

**For free samples of S-26 Progress Gold and S-26 Promise Gold and further details, call our S-26 Mama Careline at 1-800-88-5526 or log on to [www.wyethnutrition.com.my](http://www.wyethnutrition.com.my)**

**Sources:**

1. Linda M. Arterburn, PhD; Harry A. Oken, MD; Eileen Bailey Hall; Jacqueline Hamersley, MT, ASCP, CLS (NCA); Connye N. Kuratko, PhD, RD; James P. Hoffman, MD. Algal-Oil Capsules and Cooked Salmon: Nutritionally Equivalent Sources of Docosahexaenoic Acid. Journal of the AMERICAN DIETETIC ASSOCIATION 2008
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The right nutrition for the right age

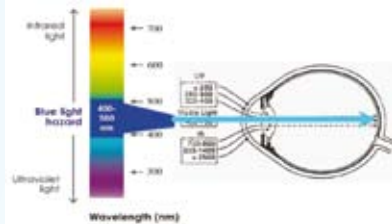
# LUTEIN

## Playing a BIG Role in your Children's Life

Children see the beauty of the world through their eyes, from the moment they wake up to the moment they go to sleep. Eyes are the window to your child's mind – they take in tons of information about the world around them – shapes, colours, movements and more. A good eye and mind health aids better learning.

### Blue Light is Harmful to our Eyes

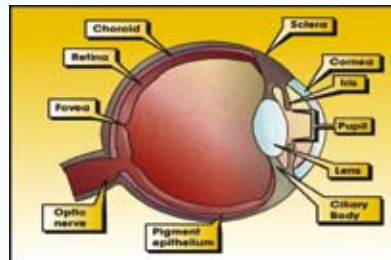
We mentioned that our children learn through vision, but do you know that light can harm the retina? The damage depends on the wavelength, intensity and duration of the light. The more our children are exposed to the environment, the more they are also being exposed to high energy blue light, present in sun light.



Blue light rays, the short wavelengths of the light spectrum, is the highest energy form of visible light. Light in the range of wavelengths between 700 nm (red) and 400 nm (blue), can pass through the cornea and lens and reach the retina efficiently. Intense and longer-term exposure to red light can produce thermal lesions on the retina, which are

characterized by a rise in the temperature of the tissue. Same duration of exposure as in the case of red light, blue light at approximately 1/100 the intensity of red light can produce photochemical lesions on the retina without raising the temperature of the tissue.

In short, blue light is the most damaging wavelength to reach retina, and especially harmful to young children's eyes because their eyes continue to develop during the first seven years. Long-term exposure to blue light can have effect to the macula, the most sensitive region of the retina at the back of the eye. According to Professor BR Hammond, from Vision Sciences Laboratory, University of Georgia, USA, damage to the macula leads to blindness.



### Lutein Filters Blue Light, Protecting our Eyes

The macula contains a pigment called lutein, which has the important property of filtering blue light. Research indicates that lutein, as the predominant pigment

in the retina is able to protect the eye by acting as a filter to this kind of light.

According to Prof. BR Hammond, antioxidant protection of the eye is important in children since they cannot efficiently down-regulate blood flow in the retina as adults. Therefore, these vessels deliver excess oxygen to the retina and increases free radicals in the eye. He adds that lutein, as an antioxidant, protects the retina from these oxidative damages. In short, lutein is a major component of the visual system and is important for visual performance.<sup>1</sup>

### The Latest Innovation in Toddler's Nutrition

Lutein is available to our children only in dietary sources, as our bodies cannot synthesize lutein. Rich dietary sources of lutein are vegetables such as kale, spinach, peas and broccoli, and animal fats.

Biofactors System™, a unique age-appropriate nutrition system, is fortified with Lutein, which is able to filter blue light and may protect your child's eyes. Lutein is sourced from marigold flowers. Wyeth is the pioneer to incorporate lutein in its range of milk formulas: S-26 Progress Gold and S-26 Promise Gold.

Biofactors System™ represents benefits of balanced nutrition, creating the

platform to support learning milestones, development of strong mind and body, fine motor skills, self-control and attention span. All of these skills are absolutely essential in preparing your child's eye, mind, growth, development and learning for the challenges through their journey of life. Support your child to reach his or her full potential today.

Help your child "Be Life Ready" with Biofactors System™. Available exclusively in S-26 Progress Gold and S-26 Promise Gold by Wyeth.

For free samples of S-26 Progress Gold and S-26 Promise Gold and further details, call our S-26 Mama Careline at 1-800-88-5526 or log on to [www.wyethnutrition.com.my](http://www.wyethnutrition.com.my)



For Children, Age 1-3 Years



For Children, Age 3-7 Years

The right nutrition for the right age

# MY HEALTHY CHILD

**B**eing healthy is not just about how rarely a child falls sick. It is also about whether your child is growing in terms of height and weight that are proper for her age. A healthy child also develops according to appropriate developmental milestones, which are a set of functional skills or age-specific tasks that most children can perform within a certain age range.

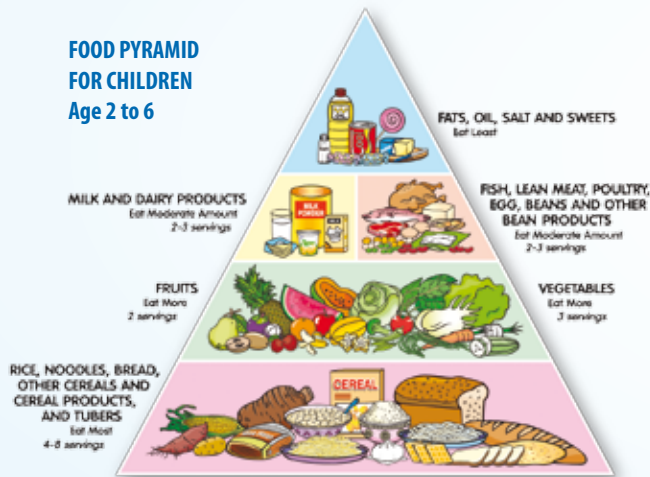
The formative years (ages 2 to 6) are the right time to give your child a head-start in health and physical growth. Doing so during this crucial period not only sets the foundation for a lifetime of good health, but also allows her to grow to her full potential.

## Keeping Tabs & Promoting Health

Here are ways to find out whether your child is growing healthily, and to ensure she stays healthy.

- ✓ Measure her height and weight and calculate her Body Mass Index (BMI) every six months.
- ✓ Bring your child for regular medical and dental check-ups.
- ✓ Monitor her bouts of infections e.g. coughs, colds and diarrhoea.
- ✓ Ensure your child (and family members) adheres to high personal hygiene standards.

## FOOD PYRAMID FOR CHILDREN Age 2 to 6



## Feeding Her Healthy

To optimise your child's growth and health, you also need to nourish her well. If your child doesn't obtain essential nutrients from the various types of food in the appropriate or required amounts, she can be vulnerable to malnutrition. Even mild malnutrition can affect her growth, development and health. Good nutrition also enables your child's immune system to develop, mature and function optimally.

Good nutrition means your child has different foods everyday that provide a balanced mix of nutrients (e.g. carbohydrates, protein, fats, vitamins and minerals). She must also eat regular meals in sufficient quantities to meet her daily nutritional needs.

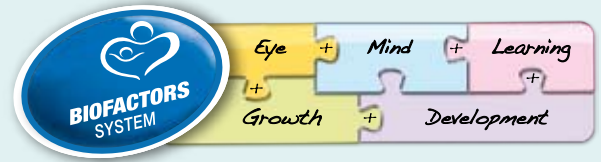
Feed your child a diet that conforms to the Malaysian Food Pyramid for Children. It provides a guide to which types and amounts of food she needs to consume daily, and which food groups should be consumed more, or less, than others. The Pyramid also features different foods in every group, so your child can get a variety of nutrients.

Your child's daily diet should also include milk. Milk is a wonderful source of bone-building calcium, power-packed protein and healthful vitamins and minerals. Fortified milks may contain essential fatty acids (e.g. DHA, AA), beneficial antioxidants (e.g. lutein) and nucleotides that further promote good health. So make sure she drinks 1-2 cups of milk everyday, not only for its creamy goodness, but all its added nutritional benefits.



## Eye-Opening Fact!

Falling sick is a natural part of life because your child is constantly being attacked by viruses, bacteria and parasites. This is especially so when she starts preschool and becomes more exposed to common infections e.g. colds and coughs. Infections, however, are in a way necessary, as they allow her immune system to build up antibodies and resistance to better handle future infections.



It's a big world, and your little one has a lot to do, learn and discover. Help your child best prepare for life and realise his full potential with Biofactors System. It has a balanced combination of important nutrients like **Lutein, AA & DHA, Calcium, Carotene, Zinc, Iron, Vitamins and Minerals** for all-round development. Now, your child can grow up to be life ready!



FOR A FREE SAMPLE, CALL  
**S-26 MAMA CARELINE**  
 CHILDCARE AND NUTRITION ADVICE  
**1-800-88-5526**  
9 AM - 6 PM (MONDAY - FRIDAY)  
[www.wyethnutrition.com.my](http://www.wyethnutrition.com.my)

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Wyeth is now part of Pfizer. The merger of local Wyeth and Pfizer entities may be pending in various jurisdictions and integration is subject to completion of various local legal and regulatory obligations.



S-26 Progress Gold and S-26 Promise Gold with Biofactors System help your child to be life ready.





*Healthy Recipes for Your Toddler*  
*Resipi Sihat untuk Anak Kecil Anda*

## Spinach Tofu Porridge

(Serves 4)

250 g (2 cups) cooked rice  
60 g (1 cup) spinach, chopped finely  
152 g (1 block) tofu, diced  
500 ml (2 cups) water

10 g (1) shallots, sliced  
5 g (¼ cm) ginger, sliced  
Salt and pepper to taste

### Method

- 1 Put cooked rice, water, shallots and ginger in a pot and boil until rice turns to porridge.
- 2 When porridge is ready, stir in tofu and cook for another 10 minutes.
- 3 Add in spinach. Turn heat to low and simmer for another 5 minutes.
- 4 Add salt and pepper to taste and serve hot.

## Bubur Tauhu Bayam

(Hidangan untuk 4 orang)

250 g (2 cawan) nasi  
60 g (1 cawan) bayam, dicincang halus  
152 g (1 blok) tauhu, dipotong dadu  
500 ml (2 cawan) air

10 g (1) bawang merah, dihiris  
5 g (¼ cm) halia, dihiris  
Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Masukkan nasi, air, bawang dan halia ke dalam periuk dan masak nasi sehingga menjadi bubur.
- 2 Setelah bubur sedia, masukkan tauhu dan masak selama 10 minit lagi.
- 3 Masukkan bayam ke dalam bubur. Perlahankan api dan reneh selama 5 minit.
- 4 Masukkan garam dan lada sulah secukup rasa dan hidang ketika panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 118 kcal	Carbohydrate / Karbohidrat 20.8 g
Protein / Protein 4.9 g	Fat / Lemak 1.7 g



Spinach Tofu Porridge  
Bubur Tauhu Bayam

## French Toast

(Serves 4)

4 slices of bread  
80 ml (1/3 cup) full cream milk  
2 eggs, beaten  
15 ml (1 tbsp) vegetable oil  
5 ml (1 tsp) honey  
2 g (1/4 tsp) cinnamon powder } optional  
Salt to taste

### Method

- 1 Beat eggs until fluffy.
- 2 Add milk, salt, honey, cinnamon. Whisk well.
- 3 Using a fork, dip a slice of bread into the egg mixture, one at a time. Dip the bread until you get a good soak, but not too long to avoid bread from becoming too soft and breaking apart.
- 4 Cook bread on heated oiled griddle over medium heat for 2-3 minutes on each side or until golden brown.
- 5 Press the bread gently with a potato masher to get a crispy and golden French toast without burning the crust.

### Suggestion

- 1 Serve toast with maple syrup, honey or cream cheese.

## Roti Bakar ala Perancis

(Hidangan untuk 4 orang)

4 keping roti  
80 ml (1/3 cawan) susu penuh krim  
2 biji telur, dipukul  
15 ml (1 sudu makan) minyak sayuran  
5 ml (1 sudu teh) madu  
2 g (1/4 sudu teh) serbuk kayu manis } ikut pilihan  
Garam secukup rasa

### Cara memasak

- 1 Pukul telur sehingga kembang.
- 2 Masukkan susu penuh krim, garam, madu, serbuk kayu manis dan kacau sehingga sebati.
- 3 Celupkan sekeping roti menggunakan garpu ke dalam adunan satu per satu. Celupkan sehingga roti sebati dgn adunan tetapi tidak terlalu lama agar roti tidak lembik dan hancur.
- 4 Goreng roti dengan sedikit minyak sayuran di atas kualiti kecil dengan api sederhana dalam 2-3 minit pada setiap bahagian sehingga emas keperangan.
- 5 Tekan roti di atas kualiti dengan sudip untuk mendapatkan roti rangup ala Perancis tetapi pastikan tidak hangus.

### Cadangan

- 1 Hidangkan roti bakar dengan sirap maple, madu atau krim keju.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 155 kcal	Carbohydrate / Karbohidrat 17.8 g
Protein / Protein 5.3 g	Fat / Lemak 7.0 g





French Toast  
Roti Bakar ala Perancis

## Instant Noodles with Vegetables Quiche

(Serves 4)

80 g (1 packet) air-dried instant noodles (without seasoning)  
100 g (½ cup) mixed vegetables (peas, corn, carrots)  
3 eggs, lightly beaten  
45 ml (3 tbsp) milk  
60 g (½ cup) cheese, grated  
15 ml (1 tbsp) vegetable oil  
250 ml (1 cup) homemade chicken stock  
Salt and pepper to taste

### Method

- 1 Cook instant noodles with chicken stock for about 2 minutes. Drain and set aside.
- 2 In a saucepan, blanched mixed vegetables in boiling water for about 2 minutes. Drain well and set aside.
- 3 In a large bowl, combine the vegetables, noodles, eggs, milk and cheese. Mix well. Season with salt and pepper.
- 4 Toss mixture gently using a fork.
- 5 Heat oil in a non-stick frying pan. Pour noodle mixture into pan. Use a fork to spread the noodles and vegetables evenly.
- 6 Cook over medium heat for about 3 minutes, or until the eggs are almost set.
- 7 Place under a pre-heated grill for about 5 minutes or until the top is slightly brown.
- 8 Cool slightly and cut into wedges and serve.

## Quiche Mi Segera bersama Sayur

(Hidangan untuk 4 orang)

80 g (1 paket) mi segera tanpa goreng (tanpa perencah)  
100 g (½ cawan) sayur campur (kacang, jagung, lobak merah)  
3 biji telur, dipukul ringan  
45 ml (3 sudu makan) susu  
60 g (½ cawan) keju, diparut  
15 ml (1 sudu makan) minyak sayuran  
250 ml (1 cawan) stok ayam, rebusan sendiri  
Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Masak mi segera bersama stok ayam selama 2 minit. Toskan dan letakkan ke tepi.
- 2 Masak sayur campur di dalam air rebusan selama 2 minit di dalam kualiti. Toskan dan letakkan di tepi.
- 3 Campurkan kesemua sayur campur, mi, telur, susu dan keju dan gaul sehati. Tambahkan perasa dengan garam dan lada putih.
- 4 Campurkankan bahan-bahan menggunakan garpu.
- 5 Panaskan minyak di dalam kualiti. Tuangkan campuran ke dalam kualiti. Gunakan garpu untuk meratakan mi dan sayur-sayuran.
- 6 Masak menggunakan api sederhana selama 3 minit atau sehingga telur hampir masak.
- 7 Letakkan di atas gril selama 5 minit atau sehingga bahagian atas menjadi sedikit keperangan.
- 8 Biarkan sejuk dan potong kepada beberapa bahagian. Hidangkan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 164 kcal	Carbohydrate / Karbohidrat 17.8 g
Protein / Protein 10.6 g	Fat / Lemak 5.6 g



*Instant Noodles with  
Vegetables Quiche  
Quiche Mi Segera bersama  
Sayur*

## Fish Macaroni Soup

(Serves 4)

120 g (1½ cups) uncooked macaroni  
200 g (1 cup) fish fillet, sliced thinly  
60 g (1 cup) spinach, chopped finely  
4 homemade fish balls  
375 ml (1½ cups) water  
Salt and pepper to taste

### Method

- 1 Boil macaroni in water until soft. Drain and rinse with cold water.
- 2 Set aside in a serving bowl.
- 3 Bring water to boil in saucepan. Add in fish fillet and cook until tender.
- 4 Add spinach and boil the soup for 1 minute.
- 5 Add salt to taste.
- 6 Pour the soup over the macaroni.
- 7 Let it cool slightly and serve.

### Suggestion

- 1 Substitute macaroni with fusilli or spiral pasta for varieties.
- 2 Turn to page 57 for homemade fish balls recipe.

## Sup Makaroni Ikan

(Hidangan untuk 4 orang)

120 g (1½ cawan) makaroni  
200 g (1 cawan) kepingan ikan, dihiris halus  
60 g (1 cawan) bayam, dipotong halus  
4 biji bebola ikan  
375 ml (1½ cawan) air  
Garam dan lada putih secukup rasa

### Cara memasak

- 1 Rebus makaroni sehingga lembut. Keringkan dan basuh dengan air sejuk.
- 2 Letak makaroni dalam mangkuk hidangan.
- 3 Reneh air dalam periuk. Masukkan kepingan ikan dan masak sehingga lembut.
- 4 Masukkan bayam ke dalam sup dan rebus selama 1 minit.
- 5 Tambahkan garam secukup rasa.
- 6 Tuangkan sup ke atas makaroni.
- 7 Biarkan sejuk sedikit dan hidangkan.

### Cadangan

- 1 Gantikan makaroni dengan pasta *fusilli* atau *spiral* untuk kelainan.
- 2 Sila rujuk muka surat 57 untuk resipi bebola ikan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 166 kcal	Carbohydrate / Karbohidrat 24.1 g
Protein / Protein 15.3 g	Fat / Lemak 0.9 g



Fish Macaroni Soup  
Sup Makaroni Ikan

## Chicken Kurma

(Serves 4)

200 g (¾ cup) chicken breast  
 180 g (2 medium-sized) potatoes, quartered  
 50 g (2) whole tomatoes, cut into wedges  
 25 g (½ packet) kurma spice } Mix  
 125 ml (½ cup) water } together  
 15 ml (1 tbsp) vegetable oil  
 45 g (½) onion, sliced  
 1 g (1 clove) cloves  
 1 cm cinnamon bark  
 1 g (3) cardamom seeds  
 10 g pandan leaves, knotted  
 Salt to taste

### Ingredients to marinate chicken:

10 g (2 cloves) garlic }  
 10 g (½ cm) ginger } Blended with  
 30 g (3) shallots } ½ cup water  
 15 g (2 tbsp) freshly fried onions  
 125 ml (½ cup) coconut milk  
 125 ml (½ cup) fresh milk

### Method

- 1 Marinate chicken for 30 minutes before cooking.
- 2 Heat oil. Stir-fry sliced onions with clove, cinnamon and cardamom until fragrant.
- 3 Add in potatoes, chicken, kurma spice and cook for 10 minutes.
- 4 Add in pandan leaves and salt.
- 5 Lower the heat and cook until potatoes and chicken are tender.
- 6 Lastly, add in tomatoes just before serving with rice.

## Kurma Ayam

(Hidangan untuk 4 orang)

200 g (¾ cawan) dada ayam  
 180 g (2 biji sederhana) kentang, dipotong empat  
 50 g (2 biji) tomato, dibelah empat  
 25 g (½ paket) rempah kurma }  
 125 ml (½ cawan) air } Dicampur  
 15 ml (1 sudu makan) minyak sayuran  
 45 g (½ biji) bawang merah, dihiris  
 1 g (1 ulas) bunga cengkih  
 1 cm kulit kayu manis  
 1 g (3 biji) buah pelaga  
 10 g daun pandan, disimpul  
 Garam secukup rasa

### Bahan untuk memerap ayam:

10 g (2 ulas) bawang putih }  
 10 g (½ cm) halia } Dikisar bersama  
 30 g (3) bawang kecil } ½ cawan air  
 15 g (2 sudu makan) bawang goreng  
 125 ml (½ cawan) santan  
 125 ml (½ cawan) susu segar

### Cara memasak

- 1 Perap ayam selama 30 minit.
- 2 Panaskan minyak. Goreng bawang kecil bersama bunga cengkih, kulit kayu manis, dan buah pelaga hingga wangi.
- 3 Masukkan kentang, ayam, rempah kurma dan masak selama 10 minit.
- 4 Masukkan daun pandan dan garam.
- 5 Perlahankan api dan masak sehingga kentang dan ayam menjadi lembut.
- 6 Masukkan tomato sebaik sebelum menghidangkan bersama nasi.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 162 kcal	Carbohydrate / Karbohidrat 12.8 g
Protein / Protein 10.4 g	Fat / Lemak 7.7 g



Chicken Kurma  
Kurma Ayam

## Stir-fried Cauliflower and Sengkuang

(Serves 4)

60 g (½ cup) cauliflower, chopped  
 110 g (1 cup) yam bean (sengkuang),  
 grated  
 180 g (1 cup) shrimps, shelled and  
 deveined  
 60 g (½ cup) carrots, diced

30 g (½) yellow capsicum, sliced  
 15 ml (1 tbsp) vegetable oil  
 10 g (2 clove) garlic, chopped  
 30 g (3) shallots, chopped  
 30 ml (2 tbsp) water  
 Salt to taste

### Method

- 1 Sauté shallots and garlic until fragrant.
- 2 Add prawns and stir fry until cooked.
- 3 Add cauliflower, carrots, capsicum and yam bean. Stir-fry for one minute.
- 4 Add water and continue cooking until cauliflower, carrots and yam beans are cooked. Add salt to taste.
- 5 Serve with white rice.

## Kobis Bunga dan Sengkuang Goreng

(Hidangan untuk 4 orang)

60 g (½ cawan) kobis bunga,  
 dipotong  
 110 g (1 cawan) sengkuang, diparut  
 180 g (1 cawan) udang, dibuang kulit  
 60 g (½ cawan) lobak merah,  
 dipotong dadu  
 30 g (½ biji) lada benggala kuning,  
 dihiris

15 ml (1 sudu makan) minyak  
 sayuran  
 10 g (2 ulas) bawang putih,  
 dipotong  
 30 g (3 biji) bawang merah,  
 dipotong  
 30 ml (2 sudu makan) air  
 Garam secukup rasa

### Cara memasak

- 1 Tumis bawang dan bawang putih sehingga wangi.
- 2 Masukkan udang dan kacau sehingga masak.
- 3 Masukkan kobis bunga, lada benggala, lobak merah dan sengkuang. Kacau selama 1 minit.
- 4 Masukkan air dan teruskan mengacau sehingga sayuran masak sepenuhnya. Tambah garam secukup rasa.
- 5 Hidangkan bersama nasi.



Stir-fried Cauliflower and Sengkuang  
 Kobis Bunga dan Sengkuang Goreng

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan			
Calorie / Kalori	90 kcal	Carbohydrate / Karbohidrat	4.7 g
Protein / Protein	9.1 g	Fat / Lemak	3.9 g



## Bean Sprouts with Eggs and Tofu

(Serves 4)

170 g (2 cups) bean sprouts  
50 g (4) prawns, deveined  
10 g soo hoon (glass noodle), soaked till soft  
150 g (1 piece) medium-sized tofu, cut into cubes  
2 eggs, well-whisked

50 g chives, cut into 1 cm length  
10 g (1 tbsp) onion, sliced thinly  
20 g (4 clove) garlic, chopped finely  
5 ml (1 tsp) light soya sauce  
5 ml (1 tsp) oil  
Salt and pepper to taste

### Method

- 1 Heat oil in frying pan. Saute garlic till fragrant.
- 2 Add prawns, tofu, onions, soo hoon and stir fry.
- 3 Add bean sprouts, chives and soya sauce. Stir well.
- 4 Pour egg mixture over and stir gently for about 3 minutes.
- 5 Add salt and pepper to taste. Serve with rice.

## Sayur Taugeh bersama Telur dan Tauhu

(Hidangan untuk 4 orang)

170 g (2 cawan) taugeh  
50 g (4) ekor udang segar, dibuang kulit  
10 g soo hoon, direndam sehingga lembut  
150 g (1 keping) tauhu saiz sederhana, dipotong kiub  
2 biji telur, dipukul  
50 g daun kucai, dipotong 1 cm panjang

10 g (1 sudu makan) bawang besar, dihiris halus  
20 g (4 ulas) bawang putih, dicincang halus  
5 ml (1 sudu teh) kicap cair  
5 ml (1 sudu teh) minyak  
Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Panaskan minyak di dalam kuali. Masukkan bawang putih dan goreng sehingga wangi.
- 2 Masukkan udang, tauhu, bawang, soo hoon dan kacang.
- 3 Masukkan taugeh, daun kucai dan kicap cair. Kacau sehingga sebat.
- 4 Masukkan telur, dan kacang perlahan-lahan selama lebih kurang 3 minit.
- 5 Tambah garam dan lada secukup rasa. Hidangkan bersama nasi.



Bean Sprouts with Eggs and Tofu  
Sayur Taugeh bersama Telur dan Tauhu

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 114 kcal	Carbohydrate / Karbohidrat 6.9 g
Protein / Protein 9.2 g	Fat / Lemak 5.5 g

## Beef Stew

(Serves 4)

250 g (1 cup) lean beef, cubed  
 50 g (5 tbsp) flour }  
 ½ tsp salt } Mix  
 ¼ tsp pepper } together  
 90 g (1 medium sized) potatoes, cubed  
 90 g (¾ cup) carrots, diced  
 125 g (1 cup) celery, diced  
 60 g (¾ cup) onions, chopped  
 30 ml (2 tbsp) tomato puree  
 15 ml (1 tbsp) Worcestershire sauce  
 30 ml (2 tbsp) vegetable oil  
 625 ml (2½ cup) water  
 5 ml (1 tsp) dark soya sauce  
 20 g (2 tbsp) onions, sliced for sautéing  
 2 bay leaves  
 Salt and black pepper to taste

### Method

- 1 Marinate beef cubes with flour, salt and pepper.
- 2 Stir-fry onions in oil until fragrant. Add the meat and cook until slightly brown.
- 3 Add water, Worcestershire sauce, dark soya sauce, tomato puree, bay leaves into the pan. Mix well. Simmer and cover until meat is tender.
- 4 Add potatoes, celery, carrots and chopped onions. Continue to simmer for about 30 minutes or until the sauce thickens.
- 5 Add salt and black pepper to taste.
- 6 Remove additional oil fat from the sauce.
- 7 If necessary, adjust the consistency of the sauce with additional flour or water.

## Stew Daging

(Hidangan untuk 4 orang)

250 g (1 cawan) daging tanpa lemak, dipotong kiub  
 50 g (5 sudu makan) tepung }  
 ½ sudu kecil garam } Dicampur  
 ¼ sudu kecil lada sulah }  
 90 g (1 saiz sederhana) ubi kentang, dipotong kiub  
 90 g (¾ cawan) lobak merah, dipotong dadu  
 125 g (1 cawan) daun saderi, dipotong dadu  
 60 g (¾ cawan) bawang merah, dicincang  
 30 ml (2 sudu makan) puri tomato  
 15 ml (1 sudu makan) sos *Worcestershire*  
 30 ml (2 sudu makan) minyak sayuran  
 625 ml (2½ cawan) air  
 5 ml (1 sudu teh) kicap pekat  
 20 g (2 sudu makan) bawang besar, dihiris (untuk ditumis)  
 2 helai daun salam  
 Garam dan lada hitam secukup rasa

### Cara memasak

- 1 Perap daging dengan campuran tepung, garam dan lada sulah.
- 2 Tumis bawang sehingga wangi. Campurkan daging dan masak sehingga keperangan.
- 3 Masukkan air, sos *Worcestershire*, kicap pekat, puri tomato, dan daun salam ke dalam kuah dan kacau. Biarkan mereneh dan tutup sehingga daging lembut.
- 4 Masukkan ubi kentang, daun saderi, lobak merah dan bawang merah. Biarkan selama lebih kurang 30 minit atau sehingga sos pekat.
- 5 Masukkan garam dan lada hitam secukup rasa.
- 6 Keluarkan minyak berlebihan daripada masakan.
- 7 Ubahsuai kepekatan masakan dengan tepung dan air jika perlu.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 267 kcal	Carbohydrate / Karbohidrat 16.7 g
Protein / Protein 14.2 g	Fat / Lemak 15.9 g



*Beef Stew  
Stew Daging*

## Fried Macaroni

(Serves 4)

150 g (1½ cups) macaroni, cooked and drained  
 200 g (¾ cup) lean beef, minced  
 30 g (6 pieces) fresh button mushrooms } sliced  
 30 g (½) red capsicum }  
 30 g (½) green capsicum }  
 120 ml (½ cup) tomato sauce  
 80 ml (⅓ cup) tomatoes  
 180 ml (¾ cup) homemade beef stock  
 26 g (2 tbsp) margarine  
 25 g (5 cloves) garlic }  
 3 g (½) green chilli } chopped  
 3 g (½) red chili }  
 50 g (2) onions }  
 Salt to taste  
 Garnishing: coriander leaves, fried sliced shallots

### Method

- 1 Heat margarine in a wok and sauté chopped ingredients until fragrant.
- 2 Add tomato sauce, tomato paste, beef stock and minced beef.
- 3 Stir and simmer until beef is cooked and tender.
- 4 Add macaroni, capsicum, and mushroom. Season with salt.
- 5 Garnish before serving.

## Makaroni Goreng

(Hidangan untuk 4 orang)

150 g (1½ cawan) makaroni, dimasak dan ditoskan  
 200 g (¾ cawan) daging, dibuang lemak dan dicincang halus  
 30 g (6 biji) cendawan butang }  
 30 g (½ biji) lada benggala merah } dihiris  
 30 g (½ biji) lada benggala hijau }  
 120 ml (½ cawan) sos tomato  
 80 ml (⅓ cawan) tomato  
 180 ml (¾ cawan) stok daging lembu rebusan sendiri  
 26 g (2 sudu makan) marjerin  
 25 g (5 ulas) bawang putih }  
 3 g (½ biji) cili hijau } dicincang  
 3 g (½ biji) cili merah }  
 50 g (2 biji) bawang besar }  
 Garam secukup rasa  
 Hiasan: daun ketumbar, bawang goreng

### Cara memasak

- 1 Panaskan marjerin di dalam kuali dan tumis bahan dicincang hingga wangi.
- 2 Masukkan sos tomato, pes tomato, stok daging lembu dan daging kisar.
- 3 Kacau dan masak sehingga daging masak dan lembut.
- 4 Masukkan makaroni, lada benggala dan cendawan butang. Masukkan garam secukup rasa.
- 5 Hiaskan sebelum hidang.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 298 kcal	Carbohydrate / Karbohidrat 41.5 g
Protein / Protein 17.6 g	Fat / Lemak 6.8 g



Fried Macaroni  
Makaroni Goreng

## Tomato Meat Rice

(Serves 4)

183 g (1 cup) uncooked rice  
 50 g (2 whole) tomatoes, diced  
 200 g (¾ cup) lean beef, thinly sliced  
 30 ml (2 tbsp) tomato puree  
 250 ml (1 cup) tomato sauce  
 30 g (½ medium-sized) green capsicum, sliced  
 250 ml (1 cup) water  
 30 ml (2 tbsp) vegetable oil  
 10 g (2 cloves) garlic, pounded  
 10 g (½ cm) ginger, crushed  
 10 g (1) shallot, sliced  
 Salt, sugar and pepper to taste

### Method

- 1 In an electric rice cooker, cook rice with tomato puree, ½ cup of tomato sauce and water.
- 2 In a separate pan, sauté garlic, ginger and shallots. Add in chopped tomatoes and remaining tomato sauce.
- 3 Add beef slices into the pan and cook until meat is tender. Add salt and pepper to taste. Add extra water, if needed.
- 4 Remove from flame and set aside.
- 5 Scoop cooked rice into small round jelly moulds. Make a hole in the center of rice and scoop in the stir-fried beef.
- 6 Turn out the tomato rice with beef onto a plate and serve.

### Suggestion

- 1 Beef can also be replaced with chicken.

## Nasi Tomato Daging

(Hidangan untuk 4 orang)

183 g (1 cawan) beras  
 50 g (2 biji) tomato, dipotong dadu  
 200 g (¾ cawan) daging, dibuang lemak dan dihiris halus  
 30 ml (2 sudu makan) puri tomato  
 250 ml (1 cawan) sos tomato  
 30 g (½ biji sederhana) lada benggala hijau, dihiris  
 250 ml (1 cawan) air  
 30 ml (2 sudu makan) minyak sayuran  
 10 g (2 ulas) bawang putih, ditumbuk  
 10 g (½ cm) halia, dititik  
 10 g (1 biji) bawang kecil, dihiris  
 Garam, gula dan lada sulah secukup rasa

### Cara Memasak

- 1 Masak nasi dengan puri tomato, ½ cawan sos tomato dan air di dalam periuk nasi elektrik.
- 2 Di dalam kualii berasingan, tumis bawang putih, halia dan bawang. Masukkan potongan tomato dan baki sos tomato.
- 3 Masukkan hirisan daging ke dalam kualii dan masak sehingga lembut. Masukkan garam dan lada sulah secukup rasa. Tambah air jika perlu.
- 4 Alihkan kualii daripada api dan letakkan ke tepi.
- 5 Masukkan nasi ke dalam acuan jeli bulat. Buat lubang di tengah nasi dan masukkan lauk daging tomato yang sudah dimasak.
- 6 Telangkupkan acuan jeli berisi nasi dan lauk daging tomato ke atas pinggan dan hidangkan.

### Cadangan

- 1 Daging boleh juga digantikan dengan ayam.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 389 kcal	Carbohydrate / Karbohidrat 49.9 g
Protein / Protein 14.9 g	Fat / Lemak 14.4 g



*Tomato Meat Rice  
Nasi Tomato Daging*

## Stir-fried Noodles

(Serves 4)

180 g (2 portions) dried noodles cooked and drained  
 200 g (¾ cup) chicken breast, cut into small pieces  
 60 g (½ cup) carrot, shredded  
 30 g (2) long beans, finely sliced  
 50 g (2 pieces) cabbage leaves, shredded  
 10 g (2 cloves) garlic, chopped  
 15 ml (1 tbsp) light soya sauce  
 10 g (2 tsp) dark soya sauce  
 30 ml (2 tbsp) vegetable oil  
 Salt and pepper to taste

### Method

- 1 Saute garlic in wok until golden brown.
- 2 Add chicken and stir fry for a few minutes until cooked.
- 3 Add vegetables and cook until tender. Add water, if needed.
- 4 Season with soy sauce and a touch of salt and pepper.
- 5 Add noodles and toss all the ingredients together until well-mixed and heated through.
- 6 Serve immediately.

## Mi Goreng

(Hidangan untuk 4 orang)

180 g (2 bahagian) mi kering yang dimasak dan ditoskan  
 200 g (¾ cawan) dada ayam, dipotong kecil  
 60 g (½ cawan) lobak, diracik halus  
 30 g (2) kacang panjang, dipotong halus  
 50 g (2 helai) daun kobis, diracik halus  
 10 g (2 ulas) bawang putih, dicincang  
 15 ml (1 sudu makan) kicap soya cair  
 10 g (2 sudu teh) kicap soya pekat  
 30 ml (2 sudu makan) minyak sayuran  
 Garam dan lada sulah secukup rasa

### Method

- 1 Panaskan minyak di dalam kualiti dan tumis bawang putih sehingga kekuningan.
- 2 Masukkan ayam dan tumis beberapa minit hingga masak.
- 3 Masukkan sayur-sayuran dan kacau sehingga lembut. Masukkan air jika perlu.
- 4 Tambah kicap, secubit garam dan lada sulah secukup rasa.
- 5 Masukkan mi dan gaul bersama sehingga campuran sebati dan panas.
- 6 Hidangkan semasa panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 300 kcal	Carbohydrate / Karbohidrat 34.4 g
Protein / Protein 14.6 g	Fat / Lemak 11.6 g





Stir-fried Noodles  
Mi Goreng

## Pumpkin Apple Muffin

(12 muffins)

100 g (1 medium-sized) green apple, peeled and grated  
70 g (½ cup) pumpkin, cooked and pureed  
80 g (½ cup) raisins  
125 ml (½ cup) full cream milk  
190 g (¾ cup) honey  
1 egg, lightly beaten  
45 ml (3 tbsp) vegetable oil  
190 g (1½ cups) all-purpose flour  
90 g (⅔ cup) whole meal flour  
10 g (2 tsp) baking powder  
2 g (½ tsp) baking soda  
1 g (½ tsp) cinnamon powder

} sieved  
together

### Method

- 1 Preheat oven to 180°C.
- 2 In a large bowl, whisk egg, oil, honey and milk together.
- 3 Add grated apple, pumpkin puree and raisins into mixture and mix well.
- 4 Slowly add sieved flour into the batter. Stir briefly till you get a fluffy batter. Do not over-mix as this will make the muffins hard.
- 5 Grease muffin tins or lined them with muffin cups. Fill each cup ¾ full with the batter.
- 6 Bake for 20 minutes. Your muffins are ready when a tester (toothpick) inserted comes out clean.
- 7 Serve warm.

## Mufin Labu Epal

(12 mufin)

100 g (1 biji sederhana) epal hijau, dikupas dan diparut  
70 g (½ cawan) labu, dimasak dan dilenyek menjadi puri  
80 g (½ cawan) kismis  
125 ml (½ cawan) susu penuh krim  
190 g (¾ cawan) madu  
1 biji telur, dipukul ringan  
45 ml (3 sudu makan) minyak sayuran  
190 g (1½ cawan) tepung pelbagai guna  
90 g (⅔ cawan) tepung mil penuh  
10 g (2 sudu teh) serbuk penaik  
2 g (½ sudu teh) serbuk soda  
1 g (½ sudu teh) serbuk kayu manis

} diayak  
bersama

### Cara memasak

- 1 Panaskan ketuhar pada suhu 180°C.
- 2 Kacau bersama telur, minyak sayuran, madu dan susu di dalam mangkuk besar.
- 3 Masukkan epal yang diparut, puri labu dan kismis ke dalam sebatian dan gaul sehingga sebatian.
- 4 Masukkan campuran tepung yang ditapis perlahan-lahan ke dalam sebatian. Kacau sehingga mendapat adunan yang lembut. Jangan terlebih kacau atau mufin akan menjadi keras.
- 5 Sapukan dulang acuan mufin dengan mentega atau masukkan bekas kertas mufin. Isikan setiap acuan dengan adunan mufin sehingga ¾ penuh.
- 6 Bakar selama 20 minit. Mufin sedia dimakan apabila batang penguji (pencungkil gigi) dikeluarkan tanpa ada kesan.
- 7 Hidangkan semasa suam.

Nutrient Content Per Muffin / Kandungan Nutrien Setiap Satu Mufin	
Calorie / Kalori 205 kcal	Carbohydrate / Karbohidrat 38 g
Protein / Protein 3 g	Fat / Lemak 4.6 g



Pumpkin Apple Muffin  
Mufin Labu Epal

## Cheesy Baked Fries

(Serves 4)

350 g (4 medium-sized) potatoes  
cooked with skin in boiling water  
for approximately 15 minutes

4 slices of cheese  
30 ml (2 tbsp) vegetable oil

### Method

- 1 Preheat oven to 450°C.
- 2 Peel and cut potatoes lengthwise into wedges.
- 3 Place potato wedges on baking sheet and drizzle with oil. Toss with your hands until the potatoes are evenly coated.
- 4 Place cheese on top of potatoes and bake for 5 minutes or until cheese melts.
- 5 Serve hot.

### Suggestion

- 1 Use Russet potatoes as it has a softer texture.

## Ubi Kentang Bakar Berkeju

(Hidangan untuk 4 orang)

350 g (4 biji sederhana) ubi kentang  
dimasak di dalam air mendidih  
selama 15 minit

4 keping keju  
30 ml (2 sudu makan) minyak  
sayuran

### Cara memasak

- 1 Panaskan ketuhar pada suhu 450°C.
- 2 Buang kulit dan belah ubi kentang memanjang.
- 3 Letakkan kentang di atas kertas pembakar dan letakkan sedikit minyak. Gaul menggunakan tangan sehingga kentang disalut sepenuhnya.
- 4 Letakkan keju di atas kentang dan bakar selama 5 minit.
- 5 Hidangkan semasa panas.

### Cadangan

- 1 Gunakan kentang *Russet* kerana ia mempunyai tekstur yang lebih lembut.



Cheesy Baked Fries  
Ubi Kentang Bakar Berkeju

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 252 kcal	Carbohydrate / Karbohidrat 17.7 g
Protein / Protein 8.5 g	Fat / Lemak 16.4 g

## Chicken Potato Chowder

(Serves 4)

200 g (¾ cup) chicken breast, diced  
90 g (1 medium size) potato, diced  
220 g (1 cup) of mixed vegetables  
(peas, carrots and corn)

55 g (5 tbsp) Cheddar cheese,  
shredded  
250 ml (1 cup) full cream milk  
15 g (1 tbsp) butter

### Method

- 1 Heat butter in a small saucepan.
- 2 Add chicken and potato, stir and cook until tender.
- 3 Add mixed vegetables and milk into the pan.
- 4 Simmer over low heat for 10 minutes.
- 5 Stir in cheese. Serve warm with toast or cooked pasta.

## Chowder Ayam bersama Ubi Kentang

(Hidangan untuk 4 orang)

200 g (¾ cawan) dada ayam, dipotong  
dadu  
90 g (1 biji sederhana) ubi kentang,  
dipotong dadu  
220 g (1 cawan) sayur campur (kacang  
pis, lobak merah dan jagung)

55 g (5 sudu makan) keju *Cheddar*,  
diparut  
250 ml (1 cawan) susu penuh krim  
15 g (1 sudu makan) mentega

### Cara memasak

- 1 Panaskan mentega di dalam kuali kecil.
- 2 Masukkan ayam dan ubi kentang, kacau dan masak sehingga lembut.
- 3 Masukkan sayur campur dan susu ke dalam kuali.
- 4 Biarkan di atas api perlahan selama 10 minit.
- 5 Masukkan keju. Hidangkan suam bersama roti bakar atau pasta.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 239 kcal	Carbohydrate / Karbohidrat 16.1 g
Protein / Protein 18.2 g	Fat / Lemak 11.3 g



Chicken Potato Chowder  
Chowder Ayam bersama Ubi Kentang

## Fruity Lassi

(Serves 4)

300 g (2) bananas  
150 g (1 cup) ripe mangoes  
250 ml (1 cup) plain yoghurt  
375 ml (1½ cups) milk  
Crushed ice

### Method

- 1 Place all ingredients in a food processor and puree until smooth.
- 2 Serve with crushed ice.

### Suggestion

- 1 Here's a list of good lassi mix: banana and strawberry; banana and kiwi; or banana and apple.

## Lassi Buah-buahan

(Hidangan untuk 4 orang)

300 g (2 biji) pisang  
150 g (1 cawan) mangga masak  
250 ml (1 cawan) yogurt perisa asli  
375 ml (1½ cawan) susu  
Ais yang dihancurkan

### Cara memasak

- 1 Masukkan semua bahan ke dalam mesin pengisar dan kisar menjadi puri lembut.
- 2 Hidangkan bersama ais.

### Cadangan

- 1 Senarai campuran lassi yang enak: pisang dan strawberi; pisang dan kiwi; atau pisang dan epal.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 202 kcal	Carbohydrate / Karbohidrat 32.9 g
Protein / Protein 7.9 g	Fat / Lemak 4.3 g

## Orange Sherbet

(Serves 4)

500 ml (2 cups) very cold full cream milk  
60 ml (4 tbsp) orange juice  
30 ml (2 tbsp) lemon juice  
30 g (2 tbsp) sugar  
2 g (½ tsp) grated orange rind

### Method

- 1 In a large mixing bowl, combine orange rind and sugar.
- 2 Pour in lemon and orange juice. Stir until sugar is fully dissolved.
- 3 Slowly pour milk into the mixture and continue stirring. If milk curdles slightly, it is okay as it will not affect the texture of the frozen sherbet.
- 4 Pour mixture into jelly mould and freeze.
- 5 Serve with orange cut.

## Sherbet Oren

(Hidangan untuk 4 orang)

500 ml (2 cawan) susu penuh krim sejuk  
60 ml (4 sudu makan) jus oren  
30 ml (2 sudu makan) jus lemon  
30 g (2 sudu makan) gula  
2 g (½ sudu makan) kulit oren yang diparut

### Cara memasak

- 1 Campur dan kacau kulit oren bersama gula di dalam mangkuk pengadun.
- 2 Masukkan jus lemon dan oren dan kacau sehingga gula larut.
- 3 Tambahkan susu dalam campuran dan kacau. Jika susu tersebut menjadi ketulan sedikit, tidak mengapa kerana ia tidak mengganggu tekstur sherbet beku.
- 4 Tuangkan campuran ke dalam acuan jeli dan bekukan.
- 5 Hidangkan bersama potongan oren.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 127 kcal	Carbohydrate / Karbohidrat 18.3 g
Protein / Protein 4.3 g	Fat / Lemak 4.1 g



Fruity Lassi  
Lassi Buah-buahan

Orange Sherbet  
Sherbet Oren

## Mix Fruit Juice

(Serves 4)

### Mix Fruit A

160 g (2 whole) kiwis  
400 g (2 whole) ripe mangoes  
150 g (15 whole) strawberries  
750 ml (3 cups) water

### Mix Fruit B

400 g (3 medium-sized) sweet oranges  
450 g (3 slices) of watermelon or papaya  
500 ml (2 cups) of water

### Mix Fruit C

200 g (2 medium-sized) green apples  
80 g (1 medium-sized) carrot  
750 ml (3 cups) water

### Method

- 1 Choose any mix fruit combination of A, B or C.
- 2 Clean fruits thoroughly under running water and remove the skin. Dice fruits into small pieces.
- 3 Add water and diced fruits into a blender. Blend until smooth and well-mixed together
- 4 Serve juice chilled with straw.

### Suggestion

- 1 The pulp should not be discarded as it adds fibre.
- 2 If juice is too sour for your child, replace part of the water with milk or stir in a teaspoon of honey to the juice.
- 3 Be adventurous and creative with your child's favorite fruits.

## Jus Buah-buahan Campuran

(Hidangan untuk 4 orang)

### Campuran Buah-buahan A

160 g (2 biji) kiwi  
400 g (2 biji) mangga masak  
150 g (15 biji) strawberi  
750 ml (3 cawan) air

### Campuran Buah-buahan B

400 g (3 biji) oren manis saiz sederhana  
450 g (3 potong) tembikai atau betik  
500 ml (2 cawan) air

### Campuran Buah-buahan C

200 g (2 biji) epal hijau saiz sederhana  
80 g (1 biji) lobak merah saiz sederhana  
750 ml (3 cawan) air

### Cara memasak

- 1 Pilih salah satu kombinasi campuran buah-buahan A, B atau C.
- 2 Bersihkan buah-buahan di bawah air mengalir, buang kulit, dan dipotong dadu bersaiz kecil.
- 3 Masukkan ke dalam pengisar dan kisar sehingga campuran buah-buahan menjadi lembut dan sebat.
- 4 Hidangkan sejuk bersama straw.

### Cadangan

- 1 Minum jus bersama pulpa buah-buahan bersama bagi menambah serat.
- 2 Jika terlalu masam untuk anak anda, gantikan sebahagian air atau campurkan dengan satu sudu teh madu.
- 3 Anda perlu kreatif untuk menghidangkan buah-buahan kegemaran anak anda.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan			
	Mix Fruit A / Campuran Buah A	Mix Fruit B / Campuran Buah B	Mix Fruit C / Campuran Buah C
Calorie / Kalori	96 kcal	81 kcal	28 kcal
Protein / Protein	2.7 g	1.4 g	0.3 g
Carbohydrate / Karbohidrat	19.6 g	17.2 g	6.5 g
Fat / Lemak	0.8 g	0.7 g	0.1 g





*Apple and Carrot Mix  
Campuran Epal dan Lobak Merah*

*Watermelon and Orange Mix  
Campuran Tembikai dan Oren*

*Kiwi, Mango and Strawberry Mix  
Campuran Kiwi, Mangga dan Strawberi*

# "EAT WELL, LIVE WELL."

AJI-NO-MOTO® celebrated its 100th anniversary in year 2009. Professor Kikunae Ikeda, who discovered Monosodium Glutamate (MSG), had a well-defined philosophy: "by improving the taste of a plain food, one can improve digestion, thus enhancing the nutritional status".

The Ajinomoto Group applied Professor Ikeda's philosophy and continues to follow his mission by reaffirming the true value of deliciousness. Delicious foods are meant more than just to satisfy our taste buds, they also help to improve nutrient intake for a healthy life.

## A new word for an old taste... *Umami*

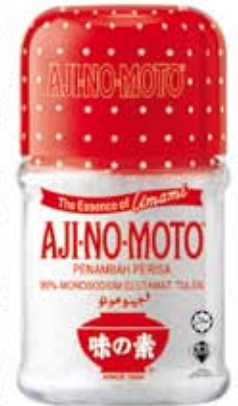
The flavour of food is determined by various factors including taste, smell, colour, temperature and overall appearance, as well as by physiological or psychological conditions. Some of the most important factors are the basic 'tastes' of sweet, sour, salty, bitter and *umami*.

*Umami*, the fifth basic taste, is an integral part of cuisine around the world. For example, the fish sauces of Southeast Asia, the bouillon of Europe, the 'dashi' of Japan and the shrimp paste (belacan) of Malaysia. Dishes as diverse as Italy's lasagna and China's braised mushrooms in oyster sauce have *umami* in common.


Just over a century ago, a Japanese scientist, Professor Kikunae Ikeda, began research to ascertain the true nature of 'deliciousness'. He discovered that glutamate – an amino acid – was responsible for the taste in 'dashi', the Japanese soup stock made from *konbu* (a type of seaweed). He coined the term *umami* to describe this taste in 1908. Although there is no English word for it, *umami* is the "savoury" or "broth-like" taste imparted by glutamate in meat, fish, vegetables and dairy products.

With the discovery of *umami*, Professor Ikeda tried to develop a new flavouring substance based on glutamate, compatible with the natural taste of foods. He found that Monosodium Glutamate (MSG) was an ideal flavour enhancer because it produced a strong *umami* taste, was readily soluble in water, had high stability, absorbed no humidity and can be applied to a variety of foods.

MSG under the brand name of AJI-NO-MOTO® was first marketed in Japan in 1909. The raw materials used for the production of AJI-NO-MOTO® come from natural sources such as sugar cane, tapioca, sago, etc. It is produced through a fermentation process similar to that used to produce soy sauce, vinegar, fermented rice, yoghurt, etc.



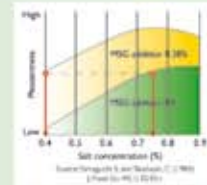
**Umami is more than just taste**



Glutamate, which is the source of the *umami* taste and the key component of AJI-NO-MOTO®, not only enhances the taste of food but also brings benefits to us both nutritionally and physiologically.

As we grow older, the chances are, most of us are not consuming enough nutrients. The older we get, our sense of

taste and smell deteriorate, as a result, food begins to taste bland, thus affecting the level of food and nutrient intake. Enhancing foods with Monosodium Glutamate (AJI-NO-MOTO®), which is the *umami* seasoning, can make them more delicious and appetising, and encourages adequate dietary intake amongst the elderly.



Tapping into this need for 'deliciousness', parents can apply *umami* to dishes that children may not otherwise eat especially for nutritious food which children normally associate with tastelessness.

In addition, glutamate also contributes to our overall health. Salty foods appeal to most of us because of their flavour, but it is generally recognised that a high-sodium diet can contribute to the risk of hypertension (high blood pressure) and other health problems.

AJI-NO-MOTO® contains about 1/3 the amount of sodium of table salt. Although glutamate is not salty itself, by using a small amount of AJI-NO-MOTO®, sodium intake can be reduced by as much as 30% while maintaining food palatability.

## The new role of the *umami* substance... glutamate

Our sense of taste plays the role of signaling our bodies which foods are good for us and which are harmful. Sweetness indicates energy-giving carbohydrate; bitterness alerts us to toxins; saltiness is a sign that our bodies need minerals; and sourness signals foods that have been degraded or taste of unripe fruits.

*Umami* signals the presence of protein in food, which is essential to human beings and all living things.

On the surface of our tongues are nodules and some of these nodules are called taste buds. Taste receptors on these taste buds help the body to recognise the various tastes of sweet, sour, salty, bitter and *umami*.



Recent research has discovered that **there are *umami*/ glutamate receptors not only on the tongue but also in the stomach.** When food enters the stomach and glutamate receptors detect the presence of glutamate, this information is relayed to the brain and an order is sent from the brain to the stomach to prepare for digestion of food.

Good digestion promotes better absorption and adequate nutrient intake subsequently helps in maintaining good health.

Thus, glutamate does not only produce deliciousness through the *umami* taste but also has a significant role to play in human nutritional physiology. Advanced scientific technology today has proven the hypothesis of Professor Kikunae Ikeda from 100 years ago: "by improving the taste of a plain food with *umami*, one can improve digestion and thus enhance the nutritional status".

Today, the AJINOMOTO® Group continues to follow Professor Ikeda's philosophy which aims to create better lives globally by contributing to significant advances in food and health, and by working for life.

Brought to you by



Eat Well, Live Well.

## Glutamate

### A natural part of our metabolism

Glutamate, the *umami* substance, is found in "free" and "bound" forms. The latter term means that the glutamate is linked with other amino acids in protein. Amino acids are the building blocks of protein, which is an important component of muscle and other tissues.

Your body also produces 40-50 grams of glutamate daily. This substance is vital for normal metabolism. The muscles, brain and other organs and tissues contain 1.5-2.0 kilograms of glutamate, mainly in bound form.

### Naturally occurs in what we eat

The "free" form of glutamate enhances food flavours. Tomatoes, cheese, mushrooms & fish are just some free glutamate-rich foods, long prized for their taste. The free glutamate content of food increases during natural ripening, which brings out a fuller taste in many foods. In addition, human breast milk contains 10 times more free glutamate than cow's milk.





**DID YOU KNOW  
THAT JUST 1  
ZESPRI® Kiwifruit  
EQUALS THE  
VITAMIN C  
OF 2 ORANGES?**

Yes, an orange is good for you. But did you know that just one ZESPRI® Kiwifruit is twice as good as an orange? This little wonder from New Zealand contains the highest Vitamin C among all fruits to power up your immune system. See the amazing goodness that's packed inside one fruit:

- The richest fruit in vitamin and nutrient among all fruits
- High in immunity-boosting nutrients like Vitamin E, beta carotene and lutein
- Good source of dietary fibre and folate

ZESPRI® Kiwifruit comes fresh from New Zealand, and is bursting with zesty deliciousness! If you'd like to read up more about ZESPRI® and all its goodness, log on to [www.zespri.com](http://www.zespri.com)



Also available:  
Green kiwifruit

\*Vitamin C in mg/100g edible flesh

  
New Zealand Kiwifruit

**ONE  
ZESPRI®  
GIVES YOU  
PLENTY**

THE NATURAL  
IMMUNE  
BOOSTER THAT  
PERKS UP  
CHILDREN'S  
HEALTH!

Despite its small size, ZESPRI® Kiwifruit is superior in terms of nutrient density and Vitamin C content, making it the favourite choice of mothers.

The kiwifruit originated from China and is also known as Chinese gooseberry or yangtao. However, it is now among the most important cultivated crop in New Zealand. ZESPRI® is the market leader in kiwifruit and is currently managing 30% of the globally traded volume.

Regarded as the nutritional superpower – the ZESPRI® Kiwifruit, both organic and non-organic, are available in two varieties:

#### ZESPRI® Gold Kiwifruit

Has a smooth hairless skin and a bronze exterior with a golden interior flesh, but with the familiar white core and antioxidant-rich black seeds. It eludes an extraordinary tropical taste, is luscious and silky in texture.

#### ZESPRI® Green Kiwifruit

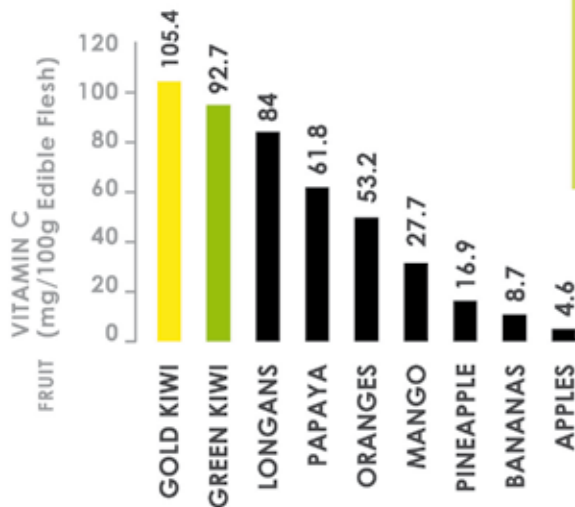
A vibrant green-fleshed fruit, with a small white core and black seeds that burst with a tangy, sweet-sour taste combination of refreshing flavours.



NUTRITIONALLY  
SUPERIOR

Both ZESPRI® Gold and Green are packed with essential nutrients and provide a natural protection to all. A tiny ZESPRI® Kiwifruit has twice the amount of Vitamin C when compared to an orange per 100g of edible flesh, with just one serving packed with over 150% Recommended Daily Intake (RDI) of Vitamin C.

**A recent study published in the American Journal of Clinical Nutrition confirms that the Vitamin C in kiwifruit is five times more bioavailable than that from a Vitamin C supplement.**



Reference: USDA Database Release 22

Kiwifruits are largely sought by mothers for their very high content of Vitamin C, which has loads of health benefits:



*A natural immune booster and an antioxidant that prevents infections, especially those related to respiratory organs and aids in alleviating wheezing and other asthmatic symptoms;*

*Assists in absorption of iron which is essential in providing energy for the daily life of active children;*

*Known to prevent cold and flu symptoms.*

- ✓ Kiwifruit is an ideal supplementary fruit-diet for juvenile diabetics as it has a naturally low glycaemic index (GI) which does not increase blood sugar level rapidly.
- ✓ ZESPRI® Gold specialty has a slightly elevated level of Vitamin E and folate, which helps to prevent anaemia as it aids in the formation of red blood cells.
- ✓ Kiwifruit has as much potassium as a banana, and a higher percentage of fibre than a bowl of bran, making it a natural alternative to ease constipation to promote a healthy gut in children.

## How to choose one that's ready-to-eat!

- Hold a fruit with thumb & forefinger and squeeze lightly – it's ripe when it yields to gentle pressure.
- **ZESPRI® Gold Kiwifruit is usually ready to eat upon purchase.** ZESPRI® Green Kiwifruit may be firmer and less ripe in store, but you can ripen them at home by storing at room temperature or wrapping in a plastic with a banana or apple for a day or two. To eat, just cut, scoop and enjoy!

**EVEN EASIER TO EAT WITH SPIKE!**



## FUN WAYS TO ENJOY KIWIFRUIT

- | If oranges have lots of Vitamin c and kiwifruit has twice as much, imagine how much there would be if you combined them! | Directions  |
|--|---|
| • 3 ZESPRI® Gold Kiwifruit   | • Take the skin off 3 ZESPRI® Gold Kiwifruit and cut them into pieces. Put in a blender with orange juice |
| • 3/4 cup orange juice   | • Blend until smooth. Pour into 2 long glasses  |
| • Ice cream or yoghurt   | • Top with a scoop of ice cream or a dollop of yoghurt - yum yum!   |

For more information on ZESPRI® Kiwifruit, visit [www.zespri.com](http://www.zespri.com)



New Zealand Kiwifruit

Chapter / Bab

3

Feeding Small Tummy  
Mengisi Perut Si Kecil

# Smart Nutrition for Preschoolers (4-6 years old)

Preschool years are very exciting times for your child! He goes to kindergarten and starts to explore the world beyond his home. His nutrient requirements also increase at this stage. To ensure your child can keep up with his “packed itinerary”, continue to provide him with complete and balanced nutrition.

## Is Your Preschooler Getting Enough?

Ensuring her child grows and develops well will always be a mum’s concern. That includes boosting his learning abilities, especially now that he goes to kindergarten. This also means strengthening his immune system to protect him from infections while he is interacting with other children and playing outdoors.

To ensure your preschooler gets the energy he needs to sustain his activities and nutrients to support his development, you can refer to Chapter 2, where you learn how to feed your child well-balanced and varied meals in amounts recommended by the Malaysian Food Pyramid.

You also want to pay attention to the following additional needs of your preschooler:

### More energy, please!

Your preschooler’s energy requirement has increased from 980 kcal per day (toddler) to 1,340 kcal per day now. To fulfil this additional energy need is easy. Just add 1 serving of cereal or cereal products and ½ serving of meat or its alternatives to your child’s daily diet.

### Don’t stop giving milk

You may notice that your child doesn’t ask for as much milk as before. This is normal; but do ensure that he continues to consume 2 servings of milk or dairy products daily (which is one serving less than what he needed as a toddler).

### 3 + 2

Just like a toddler, your preschooler needs small but frequent meals - 3 main meals plus 2 healthy snacks in between the main meals to keep him going through the day.

Here’s a sample of serving sizes for main meals and healthy snacks to give your preschooler.

Breakfast	Lunch / Dinner Serve at each meal:	Snack (mid-morning / afternoon) Serve at each snack time:	Total amount of foods served per day:
<ul style="list-style-type: none"> <li>• 2 slices white/ wholemeal bread with egg</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cup (1½ scoops) of cooked rice</li> <li>• ½ medium size <i>ikan kembong</i></li> <li>• 2 tablespoons of cooked green leafy vegetable (¼ cup)</li> <li>• 2 tablespoon of cooked carrot/tomato/cauliflower</li> <li>• Water</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of milk/2 slices of cheese</li> <li>• 1 medium size of banana/apple/pear</li> <li>• 3 pieces of crackers</li> </ul>	<ul style="list-style-type: none"> <li>• 3 servings of cereals or cereal products</li> <li>• 2 servings of vegetable</li> <li>• 2 servings of fruits</li> <li>• ½ serving of fish + ¼ serving of chicken/meat/egg + ¼ serving of legumes</li> <li>• 2 servings of milk</li> </ul>

### Good nutrition benefits your child in many ways:

- Allows your preschooler to achieve optimal growth.
- Contributes to a strong immune system.
- Fuels his little brain to enhance attention span and encourage better learning.
- Performs daily activities with more energy and enthusiasm.



# Pemakanan Bijak untuk Si Kecil Prasekolah (4-6 tahun)

Usia prasekolah adalah zaman yang menyeronokkan bagi anak-anak anda! Si kecil mula menjejakkan kakinya di tadika dan melihat dunia di luar rumahnya. Keperluan nutrien mereka juga meningkat pada peringkat ini. Pastikan anda memberikan pemakanan yang seimbang dan lengkap supaya si kecil dapat melakukan aktiviti harian dengan penuh bertenaga.

## Adakah Si Kecil Mendapat Cukup Makanan?

Sesiapa sahaja yang bergelar ibu sentiasa memastikan anak-anak mereka membesar dengan sihat. Setiap ibu ingin melihat anak mereka cerdas belajar, dari saat dia memasuki tadika. Hal ini juga bermakna mereka memerlukan sistem imun yang kuat untuk melindungi mereka daripada jangkitan penyakit apabila mereka bercampur-gaul dan bermain dengan kanak-kanak lain di luar rumah.

Bagi memastikan si manja mendapat tenaga yang diperlukan untuk melakukan aktiviti dan nutrien untuk menyokong pertumbuhan dan perkembangannya, anda boleh merujuk Bab 2, dan belajar cara menyediakan sajian masakan yang pelbagai dan seimbang dalam jumlah yang disarankan oleh Piramid Makanan Malaysia.

Anda juga seharusnya memberi perhatian kepada keperluan tambahan si manja yang baru memasuki alam tadika:

### Si Kecil Memerlukan Lebih Tenaga!

Keperluan tenaga si manja anda kini meningkat daripada 980 kkal sehari sewaktu dia baru pandai berjalan dan berlari (2-4 tahun) kepada 1,340 kkal sehari. Tidak susah untuk menampung keperluan tenaga tambahan ini. Anda hanya perlu tambah 1

hidangan bijirin atau produk bijirin dan ½ hidangan daging atau alternatifnya ke dalam diet si kecil.

### Jangan Hentikan Susu

Anda tentu sedar anak anda tidak meminta susu sekerap dahulu. Hal ini adalah perkembangan biasa, tetapi pastikan si manja mengambil 2 gelas susu segar atau produk tenusu setiap hari (iaitu satu gelas kurang daripada yang diperlukan semasa baru berjalan dan berlari).

3 t 2

Walaupun sudah memasuki usia prasekolah, si manja perlu mengambil sedikit makanan tetapi secara kerap – 3 sajian utama ditambah 2 snek yang berkhasiat antara waktu makan, untuk membolehkannya terus aktif sepanjang hari.

Berikut adalah contoh saiz hidangan untuk sajian utama dan snek yang berkhasiat untuk diberikan kepada si manja dalam usia prasekolah.

Sarapan	Makan Tengah hari / Malam Dihidangkan pada setiap waktu makan:	Snek (lewat pagi / petang) Dihidangkan pada setiap waktu snek:	Jumlah makanan diberikan dalam sehari:
<ul style="list-style-type: none"> <li>• 2 keping roti putih/ mil penuh dengan telur</li> </ul>	<ul style="list-style-type: none"> <li>• ¾ cawan (1½ senduk) nasi</li> <li>• ½ ekor ikan kembung saiz sederhana</li> <li>• 2 sudu besar sayuran berdaun hijau yang dimasak (¼ cawan)</li> <li>• 2 sudu besar lobak merah/ tomato/kobis bunga yang dimasak</li> <li>• Air</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cawan susu/2 keping keju</li> <li>• 1 biji pisang/epal/pir saiz sederhana</li> <li>• 3 keping biskut tawar</li> </ul>	<ul style="list-style-type: none"> <li>• 3 hidangan bijirin atau produk bijirin</li> <li>• 2 hidangan sayuran</li> <li>• 2 hidangan buah-buahan</li> <li>• ½ hidangan ikan + ¼ hidangan ayam/daging/telur + ¼ hidangan kekacang</li> <li>• 2 hidangan susu</li> </ul>

### Pemakanan yang baik memberi banyak manfaat kepada si manja:

- Membolehkan si manja mencapai pertumbuhan optimum.
- Membantu menguatkan sistem imun.
- Memperkasakan otak kecilnya untuk memberi tumpuan dan menggalakkan pembelajaran.
- Membolehkan si manja melakukan aktiviti harian dengan lebih bersemangat dan bertenaga.





# Smart Snacking

Although your preschooler now eats more than when he was a toddler, his stomach has limited capacity. He may only be able to take in small servings of food, and therefore tends to get hungry between meals. Snacks keep your child's little tummy filled, ward off his hunger pangs, and provide him with the energy to carry on his activities.

## Snacking rules!

- Always offer your child healthy snacks from the five food groups to provide him with necessary nutrients. Healthy snack options include: egg sandwiches, steamed apam, *pau*, yoghurt, *popiah basah*, fresh fruits, milk, cheeses, plain biscuits, carrot sticks and cereals.
- To avoid affecting your child's appetite, offer healthy snacks in small portion and don't offer snacks too close to mealtimes, i.e. no snacks within 2 hours of main meals.
- Never replace main meals with snacks.
- Avoid giving unhealthy snacks, such as sweets, fried crisps (e.g. *keropok/kerpek*), chips, sweet cookies and chocolates as they are usually high in sugar, fat and sodium, and have little to no nutritional value.

If you want to shape healthy snacking habits in your child, this is the best time to start!

### Tips for Mums!

- Boring snacks can be transformed into interesting bites by just making some adjustments before cooking or serving, such as:
- Use a cookie cutter to cut dough into interesting shapes (e.g. heart, star, animals) before baking. You can also use cookie cutters to cut fun shapes for sandwiches.
  - Scoop out fruits such as watermelon or honeydew into balls, and put them onto a satay stick to make fruit kebabs.

# Pilih Snek Dengan Bijak

Meskipun si kecil kini makan lebih banyak daripada sewaktu usianya 2-4 tahun, muatan perutnya masih terhad. Si kecil hanya boleh mengambil hidangan yang kecil, dan ini menyebabkan dia cepat lapar antara waktu makan. Pengambilan snek akan memastikan perut kecilnya sentiasa terisi, menghindarkan kelaparan, dan membekalkan tenaga yang diperlukan untuk melakukan aktiviti harian.

## Peraturan menyediakan snek!

- Pilih snek yang berkhasiat untuk si kecil, sebaik-baiknya daripada lima kumpulan makanan untuk membekalkan nutrien yang diperlukan. Contoh snek yang berkhasiat termasuk sandwich telur, apam kukus, pau, yogurt, *popiah basah*, buah-buahan segar, susu, keju, biskut tawar, potongan lobak merah dan bijirin.

### Petua Untuk Ibu!

Hidangan snek yang membosankan boleh ditukar menjadi makanan snek yang menarik dengan memberikan sedikit sentuhan yang mudah sebelum memasak atau semasa menghidangkannya, seperti:

- Menggunakan pemotong atau acuan biskut untuk membentuk doh yang menarik (seperti bentuk hati, bintang, haiwan) sebelum memasukkannya ke dalam ketuhar. Anda juga boleh menggunakan pemotong atau acuan biskut untuk memotong atau acuan menjadi potongan yang menarik.
- Senduk buah-buahan seperti tembikai dan tembikai susu menjadi bebola, cucuk pada lidi sate untuk membuat kebab buah-buahan.

- Untuk tidak merosakkan selera makan si kecil, beri snek yang berkhasiat dalam hidangan yang kecil dan jangan beri snek terlalu hampir dengan waktu makan, iaitu dalam masa dua jam sebelum waktu makan.
- Jangan sesekali menggantikan sajian makanan utama dengan snek.
- Elakkan pemberian snek yang tidak berkhasiat, seperti gula-gula, keropok atau kerepek goreng, kentang goreng, biskut manis dan coklat kerana ia bukan sahaja kurang berkhasiat tetapi juga mempunyai kandungan gula, lemak dan natrium yang biasanya tinggi.

Jika anda ingin memupuk tabiat makan snek yang berkhasiat dalam kalangan anak anda, inilah masa yang terbaik untuk memulakannya!

## Let's Talk Nutrition

It is never too early to talk about nutrition with your child. Teaching your child about good nutrition can be as simple as telling your child about the healthful benefits of various foods, for example, by saying "Carrots are good for your eyes!", or "Milk helps make your bones stronger!" Do this whenever a meal or snack is served.

You can also bring your child along for grocery shopping, showing him picture books with fruits and vegetables, or letting him help out with simple kitchen chores. The purpose is to expose your child to a wide range of foods, and cultivate his love for healthy foods.

The extra perks for mums? When your preschooler is interested in healthy foods, he is more likely to clear his plate and be less picky over his meals!

### Tips for Mums!

Wait! Don't forget to help your child form good eating habits too. For stress-free and enjoyable mealtimes, teach your child to:

- Always wash hands before eating, and not to eat food that has been left on the table uncovered.
  - Stop eating when feel full.
  - Take only necessary amount of foods and finish all of them.
  - Stay seated when having meals; don't run around or go under the dining table or behind the chair.
  - Be a responsible kid, e.g. put plates in the sink after finish eating.
- Most importantly, set a good example for your kids by practising what you teach.

## Jom Berbicara Tentang Pemakanan

Adalah tidak terlalu awal untuk membincangkan tentang pemakanan dengan si kecil anda. Mengajar si kecil tentang pemakanan yang baik adalah semudah memberitahunya tentang manfaat pelbagai makanan kepada kesihatan. Sebagai contoh, anda boleh katakan "lobak merah baik untuk mata", atau "susu membantu menjadikan tulang lebih kuat!" setiap kali anda menghadirkan makanan atau snek.

Anda boleh membawa si kecil bersama apabila keluar untuk membeli bahan untuk memasak dan barang keperluan dapur, menunjukkan kepadanya buku dengan gambar buah-buahan dan sayuran, atau mengajak si kecil membantu anda membuat kerja mudah di dapur. Tujuannya ialah untuk mendedahkan si kecil kepada pelbagai jenis makanan dan menyemaikan minat terhadap makanan yang berkhasiat.

### Petua Untuk Ibu!

Tunggu! Jangan lupa untuk membantu si manja membentuk tabiat makan yang sihat. Perkara yang perlu dilakukan untuk memastikan masa makan adalah menyeronokkan dan tidak memberikan tekanan, ajar si manja anda untuk:

- Sentiasa membasuh tangan sebelum makan, dan tidak makan makanan yang dibiarkan tidak bertutup di atas meja.
- Berhenti makan apabila rasa kenyang.
- Ambil sejumlah makanan yang perlu sahaja dan menghabiskan kesemuanya.
- Duduk apabila makan; jangan berlari-lari atau menyorok bawah meja atau di belakang kerusi.
- Menjadi kanak-kanak yang bertanggungjawab, seperti meletakkan pinggang dalam sinki selepas habis makan.

Paling penting sekali, sebagai ibu bapa, anda perlulah menunjukkan teladan yang baik kepada anak-anak dengan melakukan dahulu perkara yang anda ajarkan kepada mereka.

Hasilnya untuk ibu? Apabila si kecil dalam usia prasekolah menunjukkan minat terhadap makanan yang berkhasiat, besar kemungkinan dia akan menghabiskan makanan dalam pinggangnya dan kurang cerewet memilih makanan!



Young children love to play *masak-masak*! It may not be safe to involve your child in the kitchen when he was a toddler. But now, your preschooler is capable enough to help out with some simple tasks in the kitchen.

Letting your child involve in preparing meals for the family is one way to get him excited over his foods and enjoy eating them. During the process, your child also learns to turn fresh foods into healthy dishes. So why not try out together with your child some of the simple recipes in this book, such as *Cheesy Chicken Bruschetta*, *Beef Patties* and *Cheese Ring Biscuits*. Not only is it fun, it is also an opportunity to strengthen the bond between you and your child.

## Let's Masak-Masak

### Get Started With...

#### Let's go shopping!

The supermarket is a great classroom to educate your child about nutrition. Here's what you can do:

- Tell your child the nutritional values of different foods, e.g. which foods are beneficial, which should be eaten less, etc.
- Let him participate by allowing him to select some of the foods items, e.g. what he likes to have for that day, under your guidance.

#### Mum, can I help you?

Allow your child to help out with these age-appropriate tasks in the kitchen:

- Getting ingredients from the refrigerator.
- Washing fruits with brushes.
- Tearing vegetables into pieces.
- Making fun shapes (e.g. animal, stars) of cookies or bread using cookie cutters.
- Putting dough into pans.
- Pouring water from pitchers.
- Spreading foods with spatulas (e.g. spreading tuna filling on bread).
- Stir together dry ingredients.
- Mashing foods, and peeling eggs, oranges or corn.
- Measuring ingredients (e.g. flour).
- Cutting soft food (using plastic knife/cutlery).

### Mind These Matters...

#### Safety first

Make kitchen a safe place for your little one to prevent unnecessary kitchen mishaps.

- Never let your child cook alone. Always supervise what he is doing.
- Keep your child away from the stove.
- Make sure the kitchen floor is dry to prevent slipping. Clean up spills, if any, immediately.
- Turn pot handles on the stove away from grabbing hands.
- Ensure your child doesn't reach for hot surfaces.
- Keep knives, peelers and other sharp objects stored away safely.
- Don't let your child run about in the kitchen, especially when the floor is wet.

#### Hygiene in the kitchen

Good hygiene in the kitchen is vital to ensure food is safe for consumption. Encourage your child to practise these in the kitchen:

- Wash hands with soap before preparing food.
- Ensure fingernails are trimmed and clean.
- Do not taste food using bare hands during preparation.
- Do not handle foods with bare hands if there is a wound, unless the wound is properly bandaged.
- Do not sneeze or cough over the food. Cover sneezes or coughs with hands, wash hands before continue to handle the food.
- Do not play with hair or nose while preparing food. Wash hands after touching them.

# Jom Masak-Masak

Si kecil gemar bermain masak-masak! Mungkin tidak selamat untuk melibatkan si kecil dalam kerja dapur apabila dia baru pandai berjalan dan berlari. Tetapi kini, dalam usia prasekolah, si kecil boleh membantu ibu di dapur.

Menggalakkan si kecil membantu menyediakan makanan untuk keluarga adalah satu cara yang dapat menarik minatnya terhadap makanan dan menikmati kelazatan makanan. Dalam proses ini, si kecil juga dapat belajar menjadikan makanan segar sebagai sajian yang berkhasiat. Anda boleh mencuba beberapa resipi mudah dalam buku ini bersama si kecil, seperti Bruschetta Ayam Berkeju, Begedil Daging dan Biskut Cincin Keju. Ia bukan sahaja menyeronokkan, tetapi juga memberi peluang kepada anda untuk mengeratkan hubungan dengan si kecil anda.

## Mulakan Dengan...

### Mari kita pergi beli barang dapur!

Kedai runcit atau pasar raya adalah ibarat bilik darjah yang boleh mendidik si kecil tentang makanan. Anda boleh:

- Memberitahu si kecil tentang nilai atau khasiat makanan yang berlainan, seperti jenis makanan yang baik dan berkhasiat, dan jenis makanan yang patut dikurangkan, dan sebagainya.
- Membiarkan si kecil memilih sendiri bahan makanan seperti makanan yang ingin makan pada hari itu, dengan tunjuk ajar daripada anda.

### Ibu, boleh saya bantu?

Ajak si kecil membantu kerja-kerja yang sesuai dengan umurnya di dapur:

- Mengambil ramuan dari peti sejuk.
- Membasuh buah-buahan dengan berus.
- Mengoyakkan sayuran kepada cebisan kecil.
- Membuat bentuk biskut atau roti yang digemari (seperti bentuk haiwan, bintang) menggunakan pemotong atau acuan biskut.
- Menyusun doh dalam dulang pembakar.
- Menuang air dari dalam jug.
- Meratakan makanan dengan spatula (seperti menyapu tuna ke atas roti).
- Menggaul ramuan kering.
- Melenyek makanan, dan mengupas telur, oren atau jagung.
- Menyukat ramuan (seperti tepung).
- Memotong makanan lembut (menggunakan pisau/sudu garpu plastik).

## Pentingkan Perkara Ini...

### Keselamatan diutamakan

Jadikan dapur tempat yang selamat untuk si kecil bagi mengelakkan kejadian yang tidak diingini.

- Jangan sesekali membiarkan anak anda memasak seorang diri. Sentiasa selia apa yang dilakukan.
- Jauhkan si kecil dari api dapur dan kawasan memasak yang panas.
- Pastikan lantai dapur sentiasa kering untuk mengelakkan si kecil tergelincir. Bersihkan sebarang tumpahan dengan serta-merta.
- Pusingkan tangkai periuk atau kualiti daripada arah yang boleh dicapai dengan tangan.
- Pastikan si kecil tidak menyentuh permukaan yang panas.
- Simpan pisau, pengupas dan objek lain yang tajam di tempat yang selamat.
- Jangan benarkan anak-anak kecil berlari-lari di dapur, terutama sekali apabila lantai basah.

### Kebersihan di dapur

Menjaga kebersihan di dapur adalah sangat penting untuk memastikan makanan selamat untuk dimakan. Galakkan si kecil anda mengamalkan perkara ini di dapur:

- Membasuh tangan dengan sabun sebelum menyediakan makanan.
- Memastikan kuku dipotong pendek dan bersih.
- Tidak menjamah makanan menggunakan tangan semasa menyediakan makanan.
- Tidak mengendalikan makanan dengan tangan jika terdapat luka pada tangan, melainkan jika luka tersebut telah dibalut dengan baik.
- Tidak bersin atau batuk ke dalam makanan. Tutup hidung dan mulut dengan tangan apabila batuk atau bersin, dan basuh tangan sebelum meneruskan kerja penyediaan makanan.
- Tidak bermain dengan rambut atau hidung semasa menyediakan makanan. Basuh tangan selepas menyentuh rambut atau hidung dengan sabun.

# Meal Planning for Your Preschooler

## Pelan Hidangan untuk Si Kecil Prasekolah Anda

Planning your preschooler's meals ahead of time is the best way to ensure he is provided with proper nutrition all the time. And it gives you control of what he eats. Here's a simple 2-day meal planner (for weekend and weekday) to help you get started.

Merancang lebih awal sajian untuk si kecil dalam usia prasekolah adalah cara terbaik untuk memastikan anak anda mendapat pemakanan yang baik sepanjang masa. Hal ini juga membolehkan anda mengawal makanan yang dimakannya. Berikut adalah contoh pelan sajian untuk 2 hari (untuk hujung minggu dan hari persekolahan) yang mudah bagi membantu anda mula membuat perancangan anda sendiri.

**Example of a 2-day meal planner for preschoolers / Contoh pelan sajian makan untuk si kecil prasekolah**

*Weekends / Hujung Minggu*

<p><b>Breakfast / Sarapan</b> Chicken Cheesy Bruschetta* Bruschetta Ayam Berkeju*</p>	<p><b>Afternoon Snack / Snek Petang</b> Banana Cream Puff* Puf Pisang Berkrim Kastard*</p>
<p><b>Morning Snack / Snek Pagi</b> Apple + Milk / Epal + Susu Segar</p>	<p><b>Dinner / Makan Malam</b> Spicy Roasted Chicken* + Mashed Potato + Water / Ayam Panggang Berempah* + Kentang Putar + Air</p>
<p><b>Lunch / Makan Tengahari</b> Rice + Black Pepper Beef* + Loofah Sponge Gourd with Fuchok* + Water Nasi + Daging Masak Lada Hitam* + Sayur Petola bersama Fucuk* + Air</p>	

*Weekdays / Hari Minggu*

<p><b>Breakfast / Sarapan</b> Egg Frittata with Spinach* + Papaya Fritata Telur bersama Bayam* + Betik</p>	<p><b>Afternoon Snack / Snek Petang</b> Fruit Skewers* Kebab Buah-Buahan*</p>
<p><b>Morning Snack / Snek Pagi</b> Egg Sandwich + Milk Sandwich Telur + Susu Segar</p>	<p><b>Dinner / Makan Malam</b> Seafood Fried Noodles* + Water Mi Goreng Makanan Laut* + Air</p>
<p><b>Lunch / Makan Tengahari</b> Claypot Chicken Rice* + Fruit Juice Nasi Ayam Periuk Tanah* + Jus Buah-buahan</p>	

*\*Refer to recipe pages /  
\*Sila rujuk muka surat resipi*

### What does your child eat in his kindergarten?

You can still have some control of what your preschooler eats when he is in the kindergarten.

- Talk to your child's teacher to find out what your child has been eating or whether he eats at all.
- If your child doesn't like foods served in the kindergarten, prepare a snack box so his teacher can serve it during break time.
- Your child may get sweaty and dehydrated after playing with his friends. So, don't forget to provide a bottle of plain water for him to bring to class.

### Apa yang anak anda makan di tadika?

Anda masih boleh mengawal makanan yang dimakan oleh anak anda apabila dia ke tadika.

- Tanya gurunya untuk mengetahui hidangan yang dimakan oleh si kecil anda atau sama ada dia makan makanan yang disediakan oleh tadika.
- Jika anak anda tidak suka makanan yang disediakan di tadika, bekalkan snek supaya boleh dihidangkan oleh gurunya pada waktu rehat.
- Si kecil anda mungkin berpeluh dan kehausan selepas bermain dengan kawan-kawan. Jadi, jangan lupa untuk membekalkan sebotol air masak untuk dibawa ke dalam kelas.



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Amalan Sihat, Membesar dengan Baik Bersama MAGGI®

Pemakanan yang baik dan tabiat makan yang sihat adalah komponen penting dalam kesihatan anak anda. Dengan memberikan makanan yang betul dalam kuantiti yang betul, anda dapat memastikan mereka memperoleh khasiat yang optimum untuk membesar dan berkembang dengan baik secara fizikal dan mental. Amalan ini dapat melindungi mereka daripada masalah berlebihan atau kekurangan nutrien. Jadi, utamakan kesihatan, makan secara sihat serta pastikan anak anda membesar dengan baik.

## Asas Pemakanan yang Baik

Anak anda mempunyai banyak keperluan dan memerlukan pelbagai jenis nutrien. Cara terbaik untuk memenuhi keperluan pemakanan adalah dengan memberikan diet seimbang yang terdiri daripada pelbagai jenis makanan dalam kuantiti sederhana setiap hari. Piramid Makanan Malaysia adalah rujukan mudah untuk merancang penyediaan makanan anak anda. Anak anda perlu makan makanan daripada setiap aras dalam jumlah tertentu seperti yang disarankan dalam Piramid. Makanan yang paling banyak dimakan setiap hari seharusnya daripada aras bawah Piramid dan paling sedikit daripada bahagian teratas Piramid.

## Mencapai Keseimbangan, Kesederhanaan dan Kepelbagaian

Menyediakan diet yang pelbagai dan seimbang dalam kuantiti yang betul akan memberi anak anda nutrien penting yang diperlukan untuk menjalani aktiviti harian. Berikut merupakan cara anda boleh mencapai keseimbangan, kesederhanaan dan kepelbagaian berdasarkan Piramid Makanan Malaysia.



### • Seimbang

Diet anak anda perlu terdiri daripada kombinasi bijirin dan produk bijirin, buah-buahan dan sayuran, ikan, ayam, daging atau telur dan susu serta produk tenusu. Gunakan Piramid sebagai rujukan untuk memastikan anak anda mendapat kuantiti yang betul daripada setiap kumpulan makanan.

### • Sederhana

Keperluan pemakanan anak anda akan meningkat apabila dia membesar. Makan terlalu banyak atau terlalu sedikit boleh mengakibatkan masalah kesihatan. Oleh itu, patuhi bilangan sajian yang disarankan untuk setiap kumpulan makanan di dalam Piramid. Ini akan memastikan anak anda mendapat jumlah tenaga dan nutrien yang betul setiap hari.

### • Pelbagai

Pilih pelbagai makanan daripada setiap kumpulan makanan kerana makanan berlainan memberikan kombinasi tenaga dan nutrien berbeza. Anda boleh memenuhi keperluan ini dengan memberi pelbagai makanan dalam warna, perisa, tekstur dan aroma berbeza, seperti yang dicadangkan Piramid Makanan. Kepelbagaian makanan juga mengelakkan anak anda daripada bosan makan.

# MAGGI® mempersembahkan sajian lazat semudah 1-2-3.



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**BICARA PEMAKANAN™**

**Maklumat Pemakanan** Setiap Hidangan

Tenaga	47kcal
Protein	2.2g
Lemak	1.6g
Karbohidrat	7.6g
Sajian Hidangan : 6 orang	

**Petua Berguna**  
Makan sekarang kurangnya 3 sajian sayur setiap hari dan ingat 5 warna ini semasa memilih sayur – merah, kuning/jingga, biru/ungu, putih dan hijau.

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## Sayur Campur Goreng

Masa penyediaan dan masak : 15 minit  
Setiap hidangan : 6 orang

### RAMUAN

1 canca besar Minyak jagung

<b>A</b>	
200g	Kubis bunga, dipotong floret
100g	Jagung muda, dihiris
100g	Lobak merah, dihiris
200g	Kacang panjang, dihiris
1 pek	Tempe, dipotong kiub dan digoreng
50ml	Air
10g	<b>MAGGI® CUKUPRASA™</b>

1. Panaskan minyak jagung, masukkan **ramuan A**.
2. Kacau goreng selama 1 minit.
3. Masukkan air dan **MAGGI® CUKUPRASA™**. Masak selama 2 minit.
4. Hidangkan ketika panas.



### Karbohidrat

Makanan yang kaya dengan karbohidrat seperti nasi, mi, ubi kentang dan jagung merupakan sumber tenaga yang baik untuk badan.



### Protein

Badan kita memerlukan protein untuk membina dan membaiki tisu badan.



### Sayur-sayuran

Makan sekurang-kurangnya 3 sajian sayur-sayuran sehari. Warna sayur-sayuran yang berlainan mengandungi set vitamin dan fonutrien yang berbeza-beza.



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# MAGGI® mempersembahkan sajian lezat semudah 1-2-3.



**BICARA PEMAKANAN™**

**Maklumat Pemakanan**

Tenaga 117kcal  
Protein 15g  
Lemak 17g  
Karbohidrat 5.1g  
Jumlah Hidangan: 6 orang

**Petua Berguna**

Makan sekurang-kurangnya 3 sajian sayur setiap hari dan ingat 5 warna ini semasa memilih sayur – merah, kuning/jingga, biru/ungu, putih dan hijau.

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## Ayam Stew Sos KREATIF™

Masa penyediaan dan masak : 20 minit  
Setiap hidangan : 4 orang

### RAMUAN

- |               |                                   |
|---------------|-----------------------------------|
| 250g          | Daging ayam, dipotong ketul       |
| 1 camca besar | Halia, dihiris                    |
| 1 camca besar | Minyak masak                      |
| <b>A</b>      |                                   |
| 4 keping      | Cendawan butang, dipotong separuh |
| 20g           | Ubi kentang, dipotong baji        |
| 20g           | Lobak merak, dihiris              |
| 20g           | Batang saderi, dihiris            |
| 1 camca kecil | Serbuk lada                       |
| 1 pek         | Sos KREATIF™ MAGGI®               |
| 400ml         | Air                               |

1. Panaskan minyak, goreng ayam hingga empuk.
2. Masukkan halia dan goreng hingga wangi.
3. Masukkan **ramuan A** dan masak hingga mendidih.
4. Renih selama 10 minit atau hingga kuahnya mulai pekat.

Nestlé Products Sdn. Bhd. (40225-H)



**Karbohidrat**  
Makanan yang kaya dengan karbohidrat seperti nasi, mi, ubi kentang dan jagung merupakan sumber tenaga yang baik untuk badan.



**Protein**  
Badan kita memerlukan protein untuk membina dan memperbaiki tisu badan.



**Sayur-sayuran**  
Makan sekurang-kurangnya 3 sajian sayur-sayuran sehari. Warna sayur-sayuran yang berlainan mengandungi set vitamin dan serat/nutrien yang berbeza-beza.



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*Healthy Recipes for Your Preschoolers*  
*Resipi Sihat untuk Si Kecil Prasekolah Anda*

## Chicken Cheesy Bruschetta

(Serves 5-6)

1 loaf of 6 inch French bread (baguette)  
250 ml (1 cup) spaghetti sauce  
120 g (1 cup) Mozzarella cheese  
400 g (1½ cups) cooked chicken breast, shredded  
100 g (1 cup) cooked button mushrooms, sliced  
60 g (½ cup) carrots, shredded  
30 g (½ medium-sized) green capsicum, diced  
Aluminium foil to line baking tray

### Method

- 1 Preheat oven to 200°C.
- 2 Use a sharp knife to slice the baguette or cut into half, about 6 inches length to be the base (1 loaf can give 4 to 6 parts depending on its length).
- 3 Line a baking tray with foil and place your slices of baguette on top.
- 4 Layer with a spoonful of sauce first, spreading it over the surface of the bread.
- 5 Top with shredded chicken breast, mushroom, capsicum and carrots.
- 6 Sprinkle on mozzarella cheese.
- 7 Bake for 15 minutes in the preheated oven.
- 8 Serve hot and crispy.

### Suggestion

- 1 Add other toppings (such as minced beef) that your child likes to make them unique.

## Bruschetta Ayam Berkeju

(Hidangan untuk 5-6 orang)

1 buku 6 inci Roti Perancis (baguette)  
250 ml (1 cawan) sos pasta  
120 g (1 cawan) Keju Mozzarella  
400 g (1½ cawan) dada ayam, dimasak dan dicarik-carik.  
100 g (1 cawan) cendawan butang, dimasak dan dihiris  
60 g (½ cup) lobak merah, diparut  
30 g (½ biji sederhana) lada benggala hijau, dipotong dadu kecil  
Foil aluminium untuk melapisi dulang pembakar

### Cara memasak

- 1 Panaskan ketuhar pada suhu 200°C.
- 2 Dengan menggunakan pisau tajam yang berjeriji, hiris atau belah *baguette* di bahagian tengah, kepada 6 inci panjang, (1 buku boleh dibahagikan kepada 4 – 6 bahagian, bergantung kepada kepanjangannya.)
- 3 Lapsi kertas aluminium di atas dulang pembakar dan letakkan potongan *baguette* di atas dulang pembakar tersebut.
- 4 Mulakan lapisan dengan meletakkan 1 sudu sos pasta di atas permukaan roti.
- 5 Kemudian, letakkan carikan daging ayam, cendawan butang, lada benggala dan lobak merah.
- 6 Taburkan keju *mozzarella* di atas roti.
- 7 Bakar selama 15 minit di dalam ketuhar yang telah dipanaskan.
- 8 Hidangkan panas dan rangup.

### Cadangan

- 1 Anda boleh menambah bahan yang lain (seperti daging cincang) yang anak anda suka untuk membuatnya kelihatan unik.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 275 kcal	Carbohydrate / Karbohidrat 16.6 g
Protein / Protein 29.5 g	Fat / Lemak 10.1 g



*Chicken Cheesy  
Bruschetta  
Bruschetta Ayam Berkeju*

## Egg Fritata with Spinach

(Serves 5)

3 eggs  
250 g (1 cup) cooked chicken meat, chopped  
125 ml (½ cup) milk  
60 g (½ cup) Mozzarella cheese, shredded  
30 g (½) red capsicum, sliced thinly  
30 g (½ cup) onion, chopped  
30 ml (2 tbsp) vegetable oil  
30 g (½ cup) spinach, chopped  
Salt and pepper to taste

### Method

- 1 In a pan, sauté the red pepper and onion in oil until soft.
- 2 In a bowl, beat eggs and milk. Stir in chicken, spinach, Mozzarella cheese, salt and pepper.
- 3 Pour mixture to pan. Cover and cook over medium heat for 7-10 minutes or until completely set. Cut into wedges and serve with toasted bread.

## Fritata Telur bersama Bayam

(Hidangan untuk 5 orang)

3 biji telur  
250 g (1 cawan) daging ayam dimasak dan dicincang  
125 ml (½ cawan) susu  
60 g (½ cawan) keju Mozzarella, diparut  
30 g (½) lada benggala merah, dihiris nipis  
30 g (½ cawan) bawang besar, dicincang  
30 ml (2 sudu makan) minyak sayuran  
30 g (½ cawan) bayam, dicincang  
Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Tumiskan lada benggala dan bawang besar di dalam kuali sehingga lembut.
- 2 Di dalam mangkuk, pukul telur dan susu. Masukkan ayam, bayam, keju Mozzarella, serta garam dan lada sulah.
- 3 Tuangkan campuran ke dalam kuali. Tutup dan biarkan masak dengan api sederhana selama 7-10 minit atau sehingga masak sepenuhnya. Potong kepada beberapa bahagian dan hidangkan bersama roti bakar.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 180 kcal	Carbohydrate / Karbohidrat 1.4 g
Protein / Protein 16.2 g	Fat / Lemak 12.2 g



Egg Fritata with Spinach  
Fritata Telur bersama Bayam

## Baked Rolled Fish with Vegetables

(Serves 5)

400 g (2 pieces) sole fish fillets (about 200g each)  
50 g (5 whole) fresh prawns, deveined and cut into small pieces  
2 slices white bread, buttered, toasted and finely chopped  
45 ml (3 tbsp) vegetable oil  
30 g (½ cup) onions, finely chopped  
10 g (1) shallots, finely chopped  
5 g (1 clove) garlic, finely chopped  
30 g (½) red capsicum, finely chopped  
63 g (1 rib) celery, finely chopped  
8 g (2 springs) parsley leaves, chopped  
2 g (¼ tsp) thyme, ground  
Juice of ½ lemon  
Salt and pepper to taste  
Aluminum foil, to cover baking tray

### Method

- 1 Preheat oven to 200°C.
- 2 Heat up oil in a wok over medium-high heat. Fry the onions, shallots, garlic, celery, red pepper and parsley for about 4-5 minutes or until soft.
- 3 Scoop out half of the cooked vegetables and set aside. Add the bread, salt, pepper and thyme to the remaining vegetables left in the wok. Mix all the ingredients thoroughly.
- 4 Stir in the prawns and continue to cook until prawns are well-cooked.
- 5 Rinse and pat dry the sole fillets. Squeeze some fresh lemon juice on the fillets. Spread the stuffing on the fillet and roll the fillet up.
- 6 Place reserved cooked vegetables in the bottom of a lightly-oiled baking dish. Place the rolled up fillets, seam side down on top of the vegetables.
- 7 Bake covered with foil for 15 minutes. Remove the foil and bake for another 5 minutes, uncovered.
- 8 Serve with warm rice.

### Suggestion

- 1 The prawns can be replaced with crabmeat or cuttlefish.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 189 kcal	Carbohydrate / Karbohidrat 7.0 g
Protein / Protein 17.9 g	Fat / Lemak 9.9 g

## Ikan Bakar Bergulung Sayuran

(Hidangan untuk 5 orang)

400 g (2 keping) kepingan filet ikan (lebih kurang 200 g setiap satu)  
50 g (5 ekor) udang segar, dibuang kulit, dan dipotong kecil  
2 keping roti putih, disapu mentega, dibakar dan dipotong kecil  
45 ml (3 sudu makan) minyak sayuran  
30 g (½ cawan) bawang besar, dicincang halus  
10 g (1 biji) bawang merah, dicincang halus  
5 g (1 ulas) bawang putih, dipotong halus  
30 g (½ biji) lada benggala merah, dipotong halus  
63 g (1 batang) saderi, dicincang halus  
8 g (2 helai) daun pasli, dicincang  
2 g (¼ sudu teh) *thyme*, dikisar halus  
Jus daripada ½ biji lemon  
Garam dan lada sulah secukup rasa  
Foil aluminum, cukup untuk menutup mangkuk pembakar

### Cara Memasak

- 1 Panaskan ketuhar kepada 200°C.
- 2 Panaskan minyak dengan api sederhana. Tumis bawang besar, bawang merah, bawang putih, saderi, lada benggala, dan daun pasli selama 4-5 minit atau sehingga lembut.
- 3 Asingkan separuh daripada sayuran yang telah dimasak ke dalam mangkuk yang lain. Masukkan roti, garam, lada sulah dan *thyme* ke dalam sayuran di dalam kualiti. Gaulkan semuanya sehingga sebati untuk menjadi inti sayuran.
- 4 Masukkan udang dan biarkan sehingga udang masak.
- 5 Basuh dan keringkan kepingan filet ikan. Perahkan sedikit jus lemon ke atas kepingan filet. Letakkan inti sayuran, sapukan rata di atas kepingan filet dan gulungkan kepingan ikan tersebut.
- 6 Ratakan sayuran yang telah diasingkan tadi ke dasar mangkuk pembakar yang telah disapukan dengan sedikit minyak. Kemudian letakkan gulungan filet ikan tadi di atas sayuran dengan meletakkan bahagian lipatan ke bawah.
- 7 Bakar dengan menutup mangkuk pembakar menggunakan foil aluminum selama 15 minit. Alihkan foil aluminum dan bakar lagi selama 5 minit tanpa penutup.
- 8 Hidangkan bersama nasi panas.

### Cadangan

- 1 Udang boleh juga digantikan dengan daging ketam atau sotong.





*Baked Rolled Fish with Vegetables  
Ikan Bakar Bergulung Sayur*

## Black Pepper Beef

(Serves 5)

300 g (1¼ cups) lean beef, thinly sliced  
50 g (3 tbsp) black pepper sauce  
10 g (1 cm) ginger  
10 g (2 clove) garlic } ground  
40 g (4) shallots  
2 g (½ tsp) sugar  
125 ml (½ cup) water  
15 ml (1 tbsp) vegetable oil  
Salt to taste

### Method

- 1 Stir fry ground ingredients with vegetable oil until fragrant and slightly brown.
- 2 Add beef and continue cooking until tender. Add water so that it would not brown and dry quickly.
- 3 Add black pepper sauce, sugar and salt to taste. Mix well.
- 4 Serve with warm rice.

## Daging Masak Lada Hitam

(Hidangan untuk 5 orang)

300 g (1¼ cawan) daging tanpa lemak, dihiris nipis  
50 g (3 sudu makan) sos lada hitam  
10 g (1 cm) halia  
10 g (2 ulas) bawang putih } dikisar  
40 g (4) bawang merah  
2 g (½ sudu teh) gula  
125 ml (½ cawan) air  
15 ml (1 sudu makan) minyak sayuran  
Garam secukup rasa

### Cara memasak

- 1 Tumis bahan yang dikisar dengan minyak sayuran sehingga wangi dan keperangan.
- 2 Masukkan daging dan teruskan memasak sehingga lembut. Tambah air supaya tidak hangus dan kering dengan cepat.
- 3 Masukkan sos lada hitam gula dan garam secukup rasa. Gaul sehati.
- 4 Hidangkan bersama nasi.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 122 kcal	Carbohydrate / Karbohidrat 6.3 g
Protein / Protein 14.5 g	Fat / Lemak 4.3 g



*Black Pepper Beef  
Daging Masak Lada Hitam*

## Spicy Roasted Chicken

(Serves 4-6)

600 g (½ medium sized) chicken  
14 g (2 tbsp) curry powder  
20 g (2 tbsp) honey  
10 g (1 cm) ginger, ground  
2 g (1 tsp) cumin seeds  
15 ml (1 tbsp) vegetable oil  
Juice of ½ lemon  
Salt and pepper to season  
Honey and soya sauce to glaze when roasting

} Seasoning

### Other Seasoning Option: Mixed Herb Chicken

15 ml (1 tbsp) lemon juice  
35 g (5 tbsp) dried rosemary leaves  
20 g (3 tbsp) dried thyme leaves  
20 g (3 tbsp) dried basil leaves  
8 g (2 springs) parsley leaves, chopped  
Salt and pepper to taste

} ground

### Method

- 1 Wash the chicken and pat dry. Rub inside and out with salt and pepper. Place the chicken on a rack in a foil-lined roasting pan.
- 2 Combine the curry powder, honey, lemon juice, ginger, cumin, and vegetable oil (or the mixed herb seasoning). Rub the mixture all over the chicken and under the skin. Marinate the chicken for about 30 minutes to 1 hour.
- 3 Roast at 180-200 °C for about 45 minutes to 1 hour.
- 4 About 10 to 15 minutes before the chicken is done, brush chicken with honey and soya sauce generously over the chicken. Continue roasting until done.
- 5 Serve warm with rice or potatoes.

## Ayam Panggang Berempah

(Hidangan untuk 4-6 orang)

600 g (½ ekor sederhana) ayam  
14 g (2 sudu makan) serbuk kari  
20 g (2 sudu makan) madu  
10 g (1 cm) halia, ditumbuk  
2 g (1 sudu teh) jintan manis  
15 ml (1 sudu makan) minyak sayuran  
Jus ½ biji lemon  
Garam dan lada sulah secukup rasa  
Madu dan kicap cair untuk disapu semasa membakar

} Perencah

### Pilihan Perencah lain: Ayam Campuran Herba

15 ml (1 sudu makan) jus lemon  
35 g (5 sudu makan) daun *rosemary* kering  
20 g (3 sudu makan) daun *thyme* kering  
20 g (3 sudu makan) daun *basil* kering  
8 g (2 helai) daun pasli, dicincang  
Garam dan lada sulah secukup rasa

} dikisar

### Cara memasak

- 1 Basuh ayam dan keringkan. Sapukan garam dan lada sulah dengan rata di dalam dan luar ayam. Letakkan ayam di atas dulang pembakar yang dilapis dengan foil aluminium.
- 2 Campurkan serbuk kari, madu, jus lemon, halia, jintan manis dan minyak sayuran (atau pilihan perencah campuran herba). Sapukan campuran ke seluruh bahagian ayam dan di bawah kulit. Perap ayam selama 30 minit sehingga 1 jam.
- 3 Bakar pada suhu 180-200°C selama 45 minit sehingga 1 jam.
- 4 Lebih kurang 5-10 minit sebelum ayam siap dibakar, sapukan madu dan kicap cair di atas ayam. Terusakan membakar sehingga masak.
- 5 Hidang semasa panas bersama nasi atau kentang.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 191 kcal	Carbohydrate / Karbohidrat 8.8 g
Protein / Protein 19.7 g	Fat / Lemak 8.5 g



Spicy Roasted Chicken  
Ayam Panggang Berempah

## Tofu with Shrimps

(Serves 5)

300 g (2 pieces) tofu, cut and diced  
100 g (10 whole) prawns, shell removed  
45 g (3 tbsp) green peas  
60 g (½ cup) carrots, sliced  
10 g (2 cloves) garlic  
15 ml (1 tbsp) vegetable oil  
8 g (1 tbsp) corn flour, mixed with 4 tbsp water  
500 ml (2 cups) water  
Salt and pepper to taste  
Garnishing: Coriander leaves and spring onions

### Method

- 1 Heat oil and fry garlic until golden brown.
- 2 Add in prawns and stir fry for about 2 minutes.
- 3 Add in water, carrots and allow to simmer until half cooked.
- 4 Lastly, add in peas, tofu and salt. Slowly pour in corn flour mixture and stir well.
- 5 Garnish with spring onions and coriander leaves.

## Tauhu bersama Udang

(Hidangan untuk 5 orang)

300 g (2 keping) tauhu, dipotong dadu  
100 g (10 ekor) udang, dibuang kulit  
45 g (3 sudu makan) kacang pis  
60 g (½ cawan) lobak merah, dihiris  
10 g (2 ulas) bawang putih  
15 ml (1 sudu makan) minyak sayuran  
8 g (1 sudu makan) tepung jagung, campurkan dengan 60 ml (4 sudu makan) air  
500 ml (2 cawan) air  
Garam dan lada sulah secukup rasa  
Hiasan: Daun ketumbar dan daun bawang

### Cara memasak

- 1 Panaskan minyak dan tumis bawang putih sehingga perang keemasan.
- 2 Masukkan udang dan tumis selama 2 minit.
- 3 Masukkan air, lobak merah, dan biarkan sehingga setengah masak.
- 4 Akhirnya, masukkan kacang pis, tauhu, dan garam. Masukkan larutan tepung jagung perlahan-lahan dan kacau sehingga sebati.
- 5 Hiaskan dengan daun bawang dan daun ketumbar.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 108 kcal	Carbohydrate / Karbohidrat 5.5 g
Protein / Protein 9.0 g	Fat / Lemak 5.6 g



Tofu with Shrimps  
Tauhu bersama Udang

## Loofah Sponge Gourd with Fuchok

(Serves 5)

100 g loofah sponge gourd, hard skin removed and sliced round  
50 g (5 whole) prawns, shell removed  
10 g fuchok, soaked in water  
10 g soo hoon (glass noodle), soaked in water  
250 ml (1 cup) water  
8 g (1) red chilli, sliced thinly  
20 g (2) shallots } chopped  
5 g (1 clove) garlic }  
Salt and pepper to taste

### Method

- 1 Stir fry shallots and garlic in oil until fragrant.
- 2 Add water into pan and bring to boil. Stir in prawns, chilli and loofah sponge gourd. Continue to simmer until the loofah sponge gourd is tender.
- 3 Add soo hoon and fuchok and continue to boil until tender.
- 4 Add salt and pepper to taste.
- 5 Serve with warm rice.

## Sup Petola bersama Fucuk

(Hidangan untuk 5 orang)

100 g petola, kulit keras dibuang dan dipotong bulat  
50 g (5 ekor) udang, dibuang kulit  
10 g fucuk, direndam dalam air  
10 g soo hoon, direndam dalam air  
250 ml (1 cawan) air  
8 g (1 biji) cili merah, dihiris halus  
20 g (2 biji) bawang merah } dicincang  
5 g (1 ulas) bawang putih }  
Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Tumis bawang dan bawang putih sehingga wangi.
- 2 Masukkan air ke dalam periuk dan biarkan mendidih. Masukkan udang, cili dan petola. Rebus sehingga petola lembut.
- 3 Masukkan soo hoon dan fuchok dan teruskan rebus sehingga lembut.
- 4 Tambah garam dan lada sulah secukup rasa.
- 5 Hidangkan bersama nasi panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 33 kcal	Carbohydrate / Karbohidrat 3.7 g
Protein / Protein 3.1 g	Fat / Lemak 0.6 g





*Loofah Sponge Gourd with Fuchok  
Sup Petola bersama Fucuk*

## Claypot Chicken Rice

(Serves 5)

250 g (2 cups) uncooked rice, washed and drained well  
750 ml (3 cups) or sufficient water to cook rice  
350 g (2 medium sized) chicken drumsticks, skinned and cut into bite-size pieces  
10 g (5 pieces) shitake mushrooms, well soaked till soft and cut into thin slices  
100 g (1 small) carrots, diced  
10 g (2 clove) garlic, chopped finely  
10 g (½ cm) ginger, cut into fine strips  
15 ml (1 tbsp) cooking oil  
Garnishing: Spring onions and coriander leaves, finely chopped

### Sauce (A)

15 ml (1 tbsp) light soya sauce  
15 ml (1 tbsp) dark soya sauce  
20 g (1 tbsp) oyster sauce  
5 g (1 tsp) black pepper  
15 ml (1 tbsp) fresh ginger juice  
15 ml (1 tbsp) sesame oil  
20 g (2 tbsp) corn flour

### Seasoning (mix together)

5 ml (1 tsp) light soya sauce  
5 g (1 tsp) pepper  
5 ml (1 tsp) sesame oil

### Method

- 1 Marinate chicken with (A) for 30 minutes.
- 2 Heat oil in a wok and fry garlic and ginger until fragrant. Add and stir fry marinated chicken meat, mushroom slices, diced carrots and seasoning. Dish out and set aside.
- 3 Mix rice with water and cook rice as usual in a rice cooker. After seven minutes, or when rice is nearly cooked, add stir fried chicken meat and continue to cook until rice is dry and fluffy.
- 4 Dish rice into a serving bowl or claypot and garnish with chopped spring onions and coriander leaves.
- 5 Serve hot.

## Nasi Ayam Periuk Tanah

(Hidangan untuk 5 orang)

250 g (2 cawan) beras, dibasuh dan dikeringkan  
750 ml (3 cawan) atau air yang secukupnya untuk memasak nasi  
350 g (2 ketul bersaiz sederhana) peha ayam, dibuang kulitnya dan dipotong kecil  
10 g (5 keping) cendawan shitake, direndam sehingga lembut dan dihiris nipis  
100 g (1 kecil) lobak merah, dipotong dadu  
10 g (2 ulas) bawang putih, dicincang halus  
10 g (½ cm) halia, dihiris halus  
15 ml (1 sudu makan) minyak masak  
Hiasan: Daun bawang dan daun ketumbar, dipotong halus

### Sos (A)

15 ml (1 sudu makan) kicap cair  
15 ml (1 sudu makan) kicap pekat  
20 g (1 sudu makan) sos tiram  
5 g (1 sudu teh) lada hitam  
15 ml (1 sudu makan) jus halia  
15 ml (1 sudu makan) minyak bijan  
20 g (2 sudu makan) tepung jagung

### Perencah (dicampur sekali)

5 ml (1 sudu teh) kicap cair  
5 g (1 sudu teh) lada sulah  
5 ml (1 sudu teh) minyak bijan

### Cara memasak

- 1 Perapkan ayam dengan sos (A) selama 30 minit.
- 2 Panaskan minyak di dalam kualiti dan tumiskan halia bersama bawang putih sehingga wangi. Masukkan daging ayam diperap, hirisan cendawan, lobak merah dan perencah dan tumiskan. Setelah masak, angkat dan asingkan.
- 3 Basuh beras dan masak nasi dengan menggunakan periuk nasi. Selepas 7 minit, atau apabila nasi kelihatan hampir masak, masukkan ayam yang telah digoreng tadi dan tunggu sehingga nasi mengering dan empuk.
- 4 Hidangkan nasi di dalam mangkuk atau mangkuk tanah dan hiaskan dengan hirisan daun bawang dan daun ketumbar.
- 5 Hidangkan panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 353 kcal	Carbohydrate / Karbohidrat 50 g
Protein / Protein 19.2 g	Fat / Lemak 8.5 g



Claypot Chicken Rice  
Nasi Ayam Perik Tanah

## Baked Pasta Pie

(Serves 5)

200 g (¾ packet) spiral pasta cooked and drained  
250 g (1 cups) chicken meat, chopped  
220 g (1 cup) mixed vegetables  
60 g (1 cup) spinach, chopped  
250 ml (1 cup) pasta sauce  
120 g (1 cup) Mozzarella cheese, grated  
10 g (2 clove) garlic, chopped  
30 ml (2 tbsp) vegetable oil  
Salt to taste  
Fresh chopped oregano to taste

### Method

- 1 Sauté garlic in oil until fragrant.
- 2 Add pasta sauce and chicken. Stir fry until the chicken is tender. Add mixed vegetables and stir fry until slightly cooked. Add spinach and stir fry slightly. Finally add cooked pasta. Mix ingredients well. Turn off the heat.
- 3 Pour ½ of the cooked ingredients into a heat-proof dish and cover with grated mozzarella cheese.
- 4 Pour remaining ingredients and followed by top layer of grated cheese.
- 5 Bake in a preheated oven at 200°C for 25-30 minutes or until the cheese is melted and turns golden brown.

## Pai Pasta Bakar

(Hidangan untuk 5 orang)

200 g (¾ paket) pasta *spiral* dimasak dan ditos  
250 g (1 cawan) daging ayam, dicincang  
220 g (1 cawan) sayur campur  
60 g (1 cawan) bayam, dicincang  
250 ml (1 cawan) sos pasta  
120 g (1 cawan) keju *Mozzarella*, diparut  
10 g (2 ulas) bawang putih, dicincang  
30 ml (2 sudu makan) minyak sayuran  
Garam secukup rasa  
Daun oregano segar yang dicincang secukup rasa

### Cara memasak

- 1 Tumis bawang putih dengan minyak sayuran sehingga wangi.
- 2 Masukkan sos pasta dan ayam. Tumis sehingga ayam menjadi lembut. Masukkan sayur campur dan tumis sehingga ia hampir masak. Akhir sekali, masukkan bayam, tumis sehingga hampir masak dan masukkan pasta. Gaulkan sehati kesemua bahan. Tutupkan api.
- 3 Tuangkan ½ daripada bahan tumisan tadi ke dalam bekas tahan panas dan lapiaskan dengan keju *mozzarella* yang diparut.
- 4 Letakkan bakinya di lapisan teratas dan parutan keju.
- 5 Bakar di dalam ketuhar dengan suhu 200°C selama 25-30 minit atau sehingga keju menjadi cair dan menjadi keperangan.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 371 kcal	Carbohydrate / Karbohidrat 41.2 g
Protein / Protein 23.4 g	Fat / Lemak 12.5 g



Baked Pasta Pie  
Pai Pasta Bakar

## Seafood Fried Noodles

(Serves 5)

80 g (2 round piece) yee mi	2 eggs, well beaten
150 g (2 medium) fresh squid, sliced into strips	500 ml (2 cups) chicken stock
90 g (½ cup) shrimp, shell removed	16 g (2 tbsp) cornstarch } mix
60 g (½ cup) carrots, sliced	125 ml (½ cup) water } mix
170 g (2 cups) mustard leaves, chopped coarsely	10 g (2 clove) garlic, minced
14 g (6) dried or fresh shitake mushrooms (if using dried mushrooms, soak in hot water for 30 minutes) and sliced thinly	10 g (2 cm) fresh ginger, sliced thinly
	30 ml (2 tbsp) oil
	15 ml (1 tbsp) light soya sauce
	Salt and pepper to taste

### Method

- 1 Boil a pan of water. When water is boiling, put the yee mee in the pan and scald for one minute. Remove immediately and place onto a colander to drain the water.
- 2 Heat 1 tablespoon oil in saucepan and sauté the garlic and ginger till fragrant. Add prawns and squid, stir-frying quickly for about 2 minutes. Remove prawns and squid from pan and set aside.
- 3 Add 1 tbsp oil in pan. Add sliced carrots, and stir fry for about 2 minutes. Pour in chicken stock and bring to boil for about 10 minutes.
- 4 Season with soya sauce and salt. Thicken gravy with cornstarch mixture. Slowly pour in beaten eggs, cooked prawns, squids and mustard leaves. Stir gently.
- 5 Let the gravy cook for another 3 minutes. Remove from heat.
- 6 To serve, divide the noodles into five portions, placing them in individual plates or bowls.
- 7 Scoop a generous portion of gravy over the noodles and serve immediately.

### Suggestion

- 1 Yee mee (noodles) are widely sold in wet markets, sundry shops or supermarkets.
- 2 You can replace the Yee mee with flat rice noodles (*chi cheong fun*) or any fresh noodles.

## Mi Goreng Makanan Laut

(Hidangan untuk 5 orang)

80 g (2 keping) yee mee	2 biji telur, dipukul sebati
150 g (2 ekor bersaiz sederhana) sotong segar, dihiris memanjang	500 ml (2 cawan) pati ayam
90 g (½ cawan) udang, dibuang kulit	16 g (2 sudu makan) tepung jagung } dicampurkan
60 g (½ cawan) lobak merah, dihiris	125 ml (½ cawan) air } dicampurkan
170 g (2 cawan) daun sawi, dipotong kasar	10 g (2 ulas) bawang putih, dicincang halus
14 g (6) cendawan shitake, kering atau yang segar (jika menggunakan cendawan kering, rendam di dalam air panas selama 30 minit) dan dihiris nipis	10 g (2 cm) halia, dihiris nipis
	30 ml (2 sudu makan) minyak
	15 ml (1 sudu makan) kicap cair
	Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Jerangkan seperiuk air. Apabila air mendidih, masukkan yee mi ke dalam periuk dan biarkan selama 1 minit. Angkat dan toskan air.
- 2 Panaskan 1 sudu makan minyak di dalam kualiti dan tumiskan bawang putih serta halia sehingga wangi. Masukkan udang dan sotong, tumis selama 2 minit. Angkat udang dan sotong tadi dan asingkan.
- 3 Masukkan 1 sudu makan minyak ke dalam kualiti. Masukkan lobak merah dan tumiskan selama 2 minit. Tuangkan pati ayam dan biarkan ia mendidih selama 10 minit.
- 4 Sebagai penambah perasa, masukkan kicap dan juga garam. Untuk memekatkan kuah, masukkan campuran tepung jagung. Kemudian, masukkan telur yang telah dipukul secara perlahan-lahan, udang dan sotong yang telah dimasak tadi serta daun sawi. Gaulkan secara perlahan.
- 5 Biarkan kuah masak selama 3 minit lagi dan tutupkan api.
- 6 Untuk menghidang, bahagikan mi kepada lima bahagian dan letakkan ia di dalam pinggan atau mangkuk berasingan.
- 7 Cedokkan kuah secukupnya dan letakkan ke atas mi dan hidangkan segera.

### Cadangan

- 1 Yee mee (mi) boleh didapati di pasar, kedai runcit atau pasaraya.
- 2 Yee mee juga boleh digantikan dengan mi beras leper (*chi cheong fun*) atau lain-lain jenis mi.



*Seafood Fried Noodle*  
*Mie Goreng Makanan Laut*

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 214 kcal	Carbohydrate / Karbohidrat 19.5 g
Protein / Protein 13.7 g	Fat / Lemak 9.0 g

## Banana Cream Puff

(16 puffs)

### Puff:

3 eggs (large)  
200 g (1½ cup) wheat flour  
250 ml (1 cup) water  
100 g (¾ cup) butter  
Cooking chocolates for garnishing

### Fillings:

200 g (2 medium-sized) bananas, sliced  
80 g (½ cup) sugar  
45 g (3 tbsp) butter  
100 ml (½ cup) evaporated milk  
45 g (3 tbsp) custard flour, mix with 50 ml (3 tbsp) water  
125 ml (½ cup) water

### Method

#### To make puff

- 1 Boil water with butter for 1 minute.
- 2 Add wheat flour and mix thoroughly to form dough. Turn off the heat and allow the dough to cool.
- 3 Beat the dough using a beater/hand mixer and add beaten eggs gradually a bit at a time. Beat until the mixture is smooth.
- 4 Put the mixture into piping bag with round nozzle.
- 5 Pipe the mixture with desirable size on the baking tray.
- 6 Bake 180°C, about double in size. Let cool for a while.
- 7 Cut in the middle, crosswise, using sharp serrated end knife. Pipe some cream filling and arrange the sliced bananas on top before placing back the other half of the puff.
- 8 Garnish with some cooking chocolate on top.

#### To make the cream filling

- 1 Add sugar, butter, evaporated milk and custard mixed with water in a pot. Stir until well blended.
- 2 On a slow fire, heat up the mixture, stirring regularly with a wire whisk until thickened.

## Puf Pisang Berkrim Kastard

(16 puf)

### Puf:

3 biji telur (besar)  
200 g (1½ cawan) tepung gandum  
250 ml (1 cawan) air  
100 g (¾ cawan) mentega  
Sedikit coklat masakan untuk hiasan

### Inti:

200 g (2 biji sederhana) pisang, dipotong bulat  
80 g (½ cawan) gula  
45 g (3 tbsp) mentega  
100 ml (½ cawan) susu sejat  
45 g (3 sudu makan) tepung kastard, dicampurkan dengan  
50 ml (3 sudu makan) air  
125 ml (½ cawan) air

### Cara memasak

#### Cara membuat puf

- 1 Didihkan air bersama mentega dan biarkan selama 1 minit.
- 2 Tambahkan tepung gandum dan campurkan sehingga sehati untuk membentuk doh. Tutup api dan biarkan adunan suam.
- 3 Kacau adunan menggunakan mesin pemutar dan masukkan telur sedikit demi sedikit. Kacau adunan sehingga sehati.
- 4 Masukkan campuran ke dalam beg piping dengan nozel bukaan bulat.
- 5 Paipkan campuran puf dengan saiz yang disukai di atas dulang pembakar.
- 6 Bakar dalam 180°C sehingga saiznya menjadi 2 kali ganda. Biarkan sejuk seketika.
- 7 Potong di bahagian tengah secara melintang menggunakan pisau berjeriji tajam. Paipkan sedikit inti krim dan susun pisang yang dipotong bulat di atas krim sebelum meletakkan semula separuh bahagian puf yang dipotong di bahagian atas.
- 8 Hiaskan dengan sedikit coklat hiasan di bahagian atas puf.

#### Cara membuat inti krim puf

- 1 Campurkan gula, mentega, susu sejat dan larutan kastard dengan air di dalam mangkuk. Gaul sehingga sehati.
- 2 Di atas api perlahan, panaskan sebatian dan sentiasa kacau dengan menggunakan penggaul wayar sehingga menjadi pekat.



*Banana Cream Puff  
Puf Pisang Berkrim Kastard*

Nutrient Content Per Puff / Kandungan Nutrien Setiap Satu Puf	
Calorie / Kalori 151 kcal	Carbohydrate / Karbohidrat 15.1 g
Protein / Protein 2.7 g	Fat / Lemak 8.9 g

## Loaded Beef-Baked Potatoes

(Serves 5)

450 g (5 medium sized) Russet potatoes, scrubbed clean  
250 g (1 cup) lean beef, ground  
95 g (1 cup) broccoli florets, steamed and finely chopped  
150 g (1 cup) reduced-fat Cheddar cheese, shredded  
3 spring onions, sliced  
120 g (½ cup) reduced-fat sour cream  
250 ml (1 cup) water  
Salt and pepper to taste

Method

### Preparation of Potato

- 1 Pierce potatoes all over with a fork. Cook in microwave on medium heat for about 20 minutes. Turn once or twice or until potatoes are soft.
- 2 Cut off top part (¼) of the cooked potatoes and set aside.

### Preparation of filling

- 1 Scoop out the insides of potatoes into a medium-sized bowl. Place the potato shells in a baking dish and set aside.
- 2 Stir in 1 cup Cheddar cheese, sour cream, salt and pepper together with the potato that has been scooped out. Mash all ingredients together with a fork or potato masher. When well mixed, set the mixture aside.
- 3 Separately, brown meat in a wok over medium-high heat. Stir continuously for about 3 minutes. Increase heat to high. Add water to the wok. Cover and cook for about 4 to 5 minutes. Add in steamed broccoli and stir fry until well-mixed.
- 4 Finally stir in spring onions and the potato mixture to the wok. Stir well to combine.
- 5 Evenly divide the beef and potato mixture and scoop into the potato shells. Top the beef mixture with the balance cheese.
- 6 Microwave on high until the filling is hot and the cheese is melted, about 2 to 4 minutes.
- 7 Serve warm.

## Ubi Kentang Bakar Berinti Daging

(Hidangan untuk 5 orang)

450 g (5 saiz sederhana) ubi kentang Russet, dibersihkan  
250 g (1 cawan) daging tanpa lemak, dikisar  
95 g (1 cawan) broccoli, distim dan dicincang halus  
150 g (1 cawan) keju Cheddar kurang lemak, diparut  
3 helai daun bawang, dihiris  
120 g (½ cawan) krim masam rendah lemak  
250 ml (1 cawan) air  
Garam dan lada sulah secukup rasa

Cara memasak

### Penyediaan Ubi kentang

- 1 Cucuk ubi kentang menggunakan garpu. Masukkan ke dalam ketuhar dengan suhu sederhana sehingga 20 minit. Pusingkan ubi kentang sekali atau dua kali sehingga ubi kentang masak lembut.
- 2 Potong bahagian atas (¼) kentang, dan asingkan ke tepi.

### Penyediaan Inti

- 1 Korek isi kentang dan masukkan ke dalam mangkuk bersaiz sederhana. Letakkan kulit ubi kentang yang tertinggal di atas dulang pembakar.
- 2 Masukkan 1 cawan keju *Cheddar*, krim masam, garam dan lada sulah kepada isi kentang yang dikeluarkan tadi dan lenyapkan menggunakan garpu. Apabila telah sehati, letakkan ke tepi.
- 3 Tumis daging di atas kualiti dengan api sederhana. Kacau selalu selama 3 minit. Besarkan api. Tambah air ke dalam kualiti. Tutup kualiti dan masak sehingga 4-5 minit. Masukkan brokoli dan kacau sehingga sehati.
- 4 Masukkan daun bawang dan campuran kentang ke dalam inti daging dan gaul sehati.
- 5 Bahagikan campuran daging dengan sama rata dan isikan ke dalam semua mangkuk ubi kentang dan tutup inti daging tersebut dengan lebihan 1 cawan keju yang tinggal.
- 6 Panaskan di dalam ketuhar gelombang mikro dengan kepanasan tinggi sehingga inti daging panas dan keju mencair, kira-kira 2 hingga 4 minit.
- 7 Hidangkan semasa panas.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan

Calorie / Kalori 234 kcal	Carbohydrate / Karbohidrat 23.7 g
Protein / Protein 19.6 g	Fat / Lemak 6.8 g



*Loaded Beef-Baked Potatoes  
Ubi Kentang Bakar Berinti Daging*

## Meat Patties

(10 pieces)

60 g (¼ cup) lean beef, ground and half steamed  
90 g (1 medium-sized) potatoes, boiled and mashed  
1 egg, slightly beaten  
1 stalk spring onion, chopped  
Oil for shallow frying  
Salt and pepper to taste

### Method

- 1 Mix beef and potatoes together. Add salt, pepper and spring onion.
- 2 Shape into firm patties.
- 3 Dip patties into egg mixture.
- 4 Immediately place patties into a pre-heated pan and pan fry with low heat until golden brown. This is to ensure the patties do not burn before they are well cooked.
- 5 Place cooked patties on kitchen paper to absorb excess oil.
- 6 Serve warm.

### Suggestion

- 1 The beef patties can be served with Soto.
- 2 Beef can be replaced with ground chicken meat.

## Begecil Daging

(10 keping)

60 g (¼ cawan) daging tanpa lemak, dikisar dan distim separuh masak  
90 g (1 biji sederhana) ubi kentang, direbus dan dihancurkan  
1 biji telur, dipukul  
1 batang daun bawang, dicincang  
Minyak untuk gorengan ringan  
Garam dan lada sulah secukup rasa

### Cara memasak

- 1 Campurkan daging dan ubi kentang bersama. Masukkan garam, lada sulah dan daun bawang.
- 2 Bentukkan kepada ketulan padat menjadi begecil.
- 3 Celupkan begecil ke dalam telur yang dipukul.
- 4 Masukkan begecil ke dalam kualiti yang panas dengan segera dan goreng dengan api sederhana sehingga perang keemasan. Ia dapat memastikan begecil tidak hangus sebelum ia cukup masak.
- 5 Letakkan begecil yang sudah masak di atas tisu dapur untuk menyerap lebih minyak.
- 6 Hidangkan semasa panas.

### Cadangan

- 1 Begecil daging boleh dihidangkan bersama Soto.
- 2 Daging lembu boleh diganti dengan daging ayam kisar.

Nutrient Content Per Piece / Kandungan Nutrien Setiap Satu Keping	
Calorie / Kalori 34 kcal	Carbohydrate / Karbohidrat 2.0 g
Protein / Protein 1.6 g	Fat / Lemak 2.2 g



Meat Patties  
Begecil Daging

## Cheese Ring Biscuits

(30 pieces)

250 g (2 cups) wheat flour, sieved  
125 g (½ cup) margarine  
1 egg  
75 g (5 tbsp) icing sugar  
15 g (3 tsp) baking powder  
160 g (1 cup) finely grated Cheddar cheese

### Method

- 1 Preheat oven to 190°C. Grease a baking tray.
- 2 Cream margarine and icing sugar until light and fluffy. Add egg and cream well.
- 3 Fold in flour, baking powder and grated cheese. Mix gently until dough is formed.
- 4 Roll out dough to about 3 mm thick. Use a 6-cm diameter serrated cutter, cut out into circles. Place a 2-cm serrated cutter in the middle of pastry circle and cut out to form a ring. Place rings onto trays.
- 5 Bake for about 15 minutes in the pre-heated oven.
- 6 Serve hot.

## Biskut Cincin Keju

(30 keping)

250 g (2 cawan) tepung gandum, diayak  
125 g (½ cawan) marjerin  
1 biji telur  
75 g (5 sudu makan) gula aising  
15 g (3 sudu teh) serbuk penaik  
160 g (1 cawan) keju Cheddar diparut halus

### Cara memasak

- 1 Panaskan ketuhar kepada 190°C. Sapukan dulang pembakar dengan sedikit mentega.
- 2 Putarkan marjerin dan gula aising sehingga lembut dan ringan. Tambah telur dan kacau sehingga sebat.
- 3 Masukkan tepung, serbuk penaik dan keju yang diparut. Gaul sebat sehingga menjadi doh.
- 4 Canaikan doh dengan rata menjadi setebal 3 mm. Tekap menggunakan acuan jeriji bulat berdiameter 6 cm dan keluarkan. Kemudian tekap dengan acuan bulat berdiameter 2 cm di tengah-tengah pastr. dan keluarkan bahagian tengah untuk membentuk cincin. Letakkan pastr. cincin di atas dulang pembakar.
- 5 Bakar selama 15 minit di dalam ketuhar yang sudah dipanaskan.
- 6 Hidang semasa panas.



Cheese Ring Biscuits  
Biskut Cincin Keju

Nutrient Content Per Piece / Kandungan Nutrien Setiap Satu Keping	
Calorie / Kalori 80 kcal	Carbohydrate / Karbohidrat 8.6 g
Protein / Protein 1.9 g	Fat / Lemak 4.2 g

## Fruit Skewers

(Serves 5)

10 wooden skewers, soaked for 2-3 minutes  
200 g (1 whole) ripe mango, peeled  
200 g (2 whole) oranges, peeled  
200 g (2 large) red apples, peeled  
70 g (10 small) strawberries  
20 g (1 ½ tbsp) margarine  
3 ml (½ tsp) lemon juice  
80 g (½ cup) honey  
250 ml (1 cup) yoghurt or vanilla ice-cream

### Method

- 1 Cut mango, oranges and apples into 3 cm cubes.
- 2 Thread the cut fruits (mango, oranges, red apples, strawberries) on to the skewers and place on the oven tray.
- 3 Blend margarine, lemon juice and honey in a saucepan and stir until mixture is smooth.
- 4 Coat the fruit well with mixture.
- 5 Place skewers on a lightly-greased grill, and grill until warm.
- 6 Cool and serve with yoghurt or ice-cream.

## Kebab Buah-buahan

(Hidangan untuk 5 orang)

10 pecucuk lidi, direndam selama 2-3 minit  
200 g (1 biji) mangga masak, dikupas kulit  
200 g (2 biji) oren, dikupas kulit  
200 g (2 biji besar) epal merah, dikupas kulit  
70 g (10 biji kecil) strawberi  
20 g (1 ½ sudu makan) marjerin  
3 ml (½ sudu teh) jus lemon  
80 g (½ cawan) madu  
250 ml (1 cawan) yogurt atau ais krim vanilla

### Cara memasak

- 1 Potong mangga, oren dan epal kepada kiub bersaiz 3 cm.
- 2 Cucukkan buah-buahan yang sudah dipotong (mangga, oren, epal merah, strawberi) ke dalam pencucuk lidi dan letakkan di atas dulang pembakar.
- 3 Campurkan marjerin, jus lemon, dan madu di dalam mangkuk dan gaul sehingga adunan lembut.
- 4 Lumurkan buah-buahan dengan adunan tadi.
- 5 Letakkan pencucuk lidi bersama buah-buahan di atas pemanas yang disapu sedikit minyak dan panaskan sehingga suam.
- 6 Biarkan sejuk dan hidangkan bersama yogurt atau ais krim.



Fruit Skewers  
Kebab Buah-buahan

Nutrient Content Per Serving (2 skewers) / Kandungan Nutrien Setiap Satu Hidangan (2 cucuk)
Calorie / Kalori 187 kcal
Protein / Protein 4.0 g
Carbohydrate / Karbohidrat 32.9 g
Fat / Lemak 4.4 g

## Apple Crumble

(Serves 5)

### Fillings:

210 g (4 medium-sized) green apples, peeled, pitted and cut into thin wedges  
30 g (2 tbsp) sugar  
125 ml (½ cup) water  
40 g (¼ cup) raisins

### Toppings:

40 g (3 tbsp) brown sugar  
3 g (½ tsp) cinnamon powder  
35 g (4 tbsp) wheat flour  
50 g (4 tbsp) cool butter, diced  
Chocolate for garnishing

### Method

- 1 Preheat oven to 180°C.
- 2 Cook the apples with water and sugar until tender and add raisins.
- 3 Arrange them in a heat proof bowl and set aside.
- 4 For Toppings: mix brown sugar, wheat flour, butter, and cinnamon powder. Mix well to form crumbs.
- 5 Pour the crumbs onto the cooked apples until they are fully covered.
- 6 Bake in pre-heated oven for 30 minutes, or until the crumb change into slightly dark brown.
- 7 Garnish with cooking chocolates and serve immediately.

## Pai Epal

(Hidangan untuk 5 orang)

### Inti:

210 g (4 biji sederhana) epal hijau, dikupas, dan dibaji nipis  
30 g (2 sudu makan) gula  
125 ml (½ cawan) air  
40 g (¼ cawan) kismis

### Lapisan Atas:

40 g (3 sudu makan) gula perang  
3 g (½ sudu teh) serbuk kayu manis  
35 g (4 sudu makan) tepung gandum  
50 g (4 sudu makan) mentega, dipotong dadu  
Coklat untuk hiasan

### Cara memasak

- 1 Panaskan ketuhar kepada 180°C.
- 2 Masak epal dengan air dan gula sehingga lembut dan masukkan kismis.
- 3 Susun dalam mangkuk tahan panas dan ketepikan.
- 4 Untuk lapisan atas, campurkan gula perang, tepung gandum, mentega, dan serbuk kayu manis. Campurkan dengan sebati sehingga menjadi serdak seperti serbuk roti.
- 5 Tuangkan serdak ke atas epal yang sudah dimasak sehingga meliputi sepenuhnya.
- 6 Bakar dalam ketuhar selama 30 minit, atau sehingga serdak bertukar menjadi perang gelap.
- 7 Hiaskan dengan coklat masakan dan hidang segera.

Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan	
Calorie / Kalori 179 kcal	Carbohydrate / Karbohidrat 25.0 g
Protein / Protein 1.1 g	Fat / Lemak 8.3 g





Apple Crumble  
Pai Epal

## Cabbage Rolls

(Serves 5)

80 g (5) cabbage leaves  
50 g ( $\frac{2}{3}$  cup) soy bean protein powder, soaked in warm water for 20 minutes, drained  
6 g (2 pieces) mushrooms, sliced thinly  
70 g ( $\frac{1}{2}$  cup) rice  
30 g (2 tbsp) bran  
50 g ( $\frac{1}{2}$  cup) spinach, sliced finely  
15 g (2 tbsp) French beans, sliced thinly  
10 g (1 tbsp) carrots, grated  
250 ml (1 cup) water  
30 g (3 tbsp) low-fat Mozzarella cheese, grated  
40 g (4 tbsp) tomato paste  
15 ml (1 tbsp) vegetable oil  
20 g (2 tbsp) onion, sliced  
10 g (2 cloves) garlic

3 g ( $\frac{1}{2}$  tsp) turmeric powder  
3 g ( $\frac{1}{2}$  tbsp) sugar  
Black pepper  
Margarine for greasing tray

### Ingredients for sauce

2 bay leaves  
80 g ( $\frac{1}{2}$  cup) tomato paste  
15 ml (1 tbsp) vegetable oil  
50 g (5) shallots, sliced  
125 ml ( $\frac{1}{2}$  cup) water

### Method

#### Sauce

- 1 Heat oil and sauté shallots until golden brown.
- 2 Add rest of the ingredients and leave to cook for 5 minutes.
- 3 Remove from heat.

#### Filling

- 1 Blanch cabbage leaves until soft. Drain. Be careful not to tear the leaves.
- 2 Heat oil in a wok. Sauté shallots and garlic. Add water, soy bean protein and turmeric powder. Leave for 15 minutes then turn off the heat.
- 3 Add all the ingredients except for cheese and margarine. Mix well.
- 4 Arrange a cabbage leaf on an even surface. Fill with 3 tablespoons of filling and roll. Repeat this procedure for all the cabbage leaves.
- 5 Place all the cabbage rolls on a tray greased with margarine.
- 6 Pour sauce over the cabbage rolls.
- 7 Bake at 180°C for 35 minutes.
- 8 Remove and sprinkle with cheese. Bake for another 5 to 10 minutes.
- 9 Serve as a main dish with baked bread, naan, chappati or pita, or as a vegetable dish.



Cabbage Rolls  
Kobis Gulung Berinti

# Kobis Gulung Berinti

(Hidangan untuk 5 orang)

80 g (5 helai) daun kobis  
50 g ( $\frac{2}{3}$  cawan) serbuk protein kacang soya, direndam bersama air suam selama 20 minit dan ditapis  
6 g (2 biji) cendawan, dihiris kecil  
70 g (2 cawan) nasi  
30 g (2 sudu makan) bran  
50 g ( $\frac{1}{2}$  cawan) bayam, dipotong halus  
15 g (2 sudu makan) kacang buncis, dipotong halus  
10 g (1 sudu makan) lobak merah, diparut  
250 (1 cawan) air  
30 g (3 sudu makan) keju *Mozzarella* kurang lemak, diparut  
40 g (4 sudu makan) pes tomato  
15 ml (1 sudu makan) minyak sayuran

20 g (2 sudu makan) bawang besar, dipotong  
10 g (2 ulas) bawang putih  
3 g ( $\frac{1}{2}$  sudu teh) serbuk kunyit  
3 g ( $\frac{1}{2}$  sudu teh) gula  
Lada hitam secukup rasa  
Sedikit marjerin (untuk menyapu dulang dapur)

## Bahan untuk sos

2 helai daun *salam*  
80 g ( $\frac{1}{2}$  cawan) pes tomato  
15 ml (1 sudu makan) minyak sayuran  
50 g (5 biji) bawang kecil  
125 ml ( $\frac{1}{2}$  cawan) air

## Cara membuat sos

- 1 Panaskan minyak dan tumiskan bawang hingga warna keemasan.
- 2 Masukkan bahan-bahan sos yang lain dan biarkan mendidih selama 5 minit.
- 2 Padamkan api.

## Cara memasak inti

- 1 Masukkan daun kobis ke dalam air mendidih sehingga lembut dan toskan. Berhati-hati supaya daun tidak koyak.
- 2 Panaskan minyak di dalam kualiti. Tumiskan bawang merah dan bawang putih. Masukkan air, serbuk protein kacang soya, dan serbuk kunyit dan biarkan selama 15 minit. Padamkan api.
- 3 Masukkan semua bahan yang lain kecuali keju dan marjerin. Gaul sehingga sebatu.
- 4 Letakkan satu helai daun kobis dengan rata. Isikan 3 sudu makan inti tadi dan gulungkan. Ulangi langkah ini untuk semua daun kobis.
- 5 Letakkan semua gulungan kobis di atas dulang dapur yang telah disapu dengan marjerin.
- 6 Tuangkan sos yang telah disediakan ke atas gulungan daun kobis.
- 7 Tutupkan dan bakar pada suhu 180°C selama 35 minit.
- 8 Keluarkan dan taburkan keju *Mozzarella* dan bakar lagi selama 5 hingga 10 minit.
- 9 Hidangkan sebagai lauk utama bersama roti bakar, naan, capati dan pita atau sebagai lauk pilihan sayur-sayuran.

### Nutrient Content Per Serving / Kandungan Nutrien Setiap Satu Hidangan

Calorie / Kalori 177 kcal	Carbohydrate / Karbohidrat 18.4 g
Protein / Protein 7.7 g	Fat / Lemak 8.1 g

## Lemon No-Bake Cheesecake

(10 slices)

150 g cream crackers, crushed finely  
125 g (½ cup) butter, melted  
200 g (¾ cup) cream cheese  
80 ml (⅓ cup) whipping cream  
65 g (¼ cup) icing sugar  
10 g (1 tbsp) gelatin powder, dissolve in 2 tbsp hot water  
Juice of 1 lemon

### Method

- 1 Put the crushed crackers into a mixing bowl. Add butter and mix together.
- 2 Pour mixed crumbs into an 8" cake tin and press down with the back of a spoon until compact. Leave in the fridge to set.
- 3 In separate mixing bowl, combine cream cheese with the whipping cream. Whisk until mixture becomes thick and creamy.
- 4 Slowly stir in icing sugar and lemon juice. Mix until smooth and thick.
- 5 Pour mixture on top of the biscuit base from the fridge and spread evenly.
- 6 Leave to set in the fridge for a few hours until the topping has set.

### Suggestion

- 1 Cream crackers can be replaced with digestive biscuit or any other cracker.
- 2 Reduce the amount of lemon juice to half if you find it too sour.

## Kek Keju Lemon Tanpa Bakar

(10 potongan)

150 g biskut kraker, dihancurkan  
125 g (½ cawan) mentega, dicairkan  
200 g (¾ cawan) krim keju  
80 ml (⅓ cawan) krim putar  
65 g (¼ cawan) gula aising  
10 g (1 sudu makan) serbuk gelatin, dilarutkan dalam 2 sudu makan air suam  
Jus sebiji lemon

### Cara memasak

- 1 Masukkan biskut kraker ke dalam mangkuk adunan. Masukkan mentega dan gaulkan sebati.
- 2 Tuang sebatian ke dalam tin kek 8" dan tekan menggunakan belakang sudu sehingga padat. Masukkan ke dalam peti sejuk dan biarkan sehingga mengeras.
- 3 Di dalam mangkuk adunan lain, campurkan krim keju dan krim putar. Pukul sehingga adunan menjadi pekat dan berkrim.
- 4 Masukkan gula aising dan jus lemon perlahan-lahan. Kacau sehingga menjadi adunan pekat dan lembut.
- 5 Tuang ke atas biskut hancur tadi dan ratakan.
- 6 Masukkan ke dalam peti sejuk dan biarkan beberapa jam sehingga adunan keju di bahagian atas mengeras.

### Cadangan

- 1 Biskut kraker boleh juga diganti dengan biskut mudah hadam atau biskut yang lain.
- 2 Kurangkan kuantiti jus lemon kepada separuh jika rasanya terlalu masam.

Nutrient Content Per Slice / Kandungan Nutrien Setiap Satu Potongan	
Calorie / Kalori 230 kcal	Carbohydrate / Karbohidrat 17.3 g
Protein / Protein 3.4 g	Fat / Lemak 16.3 g



Lemon No-Bake Cheesecake  
Kek Keju Lemon Tanpa Bakar

## What's in a Serving?

Below are examples of 1 serving of cereals and cereal products, fruits, vegetables, meat and legumes as well as milk and dairy products mentioned in Malaysian Food Pyramid (page 67):

### One serving of cereals, cereal products and tubers (30 g carbohydrate per serving)



Bihun, soaked	1½ cups
Biscuits, cream crackers	6 pieces
Bread, white/wholemeal	2 slices
Laksa, soaked	1½ cups
Mi/kuey teow, wet	1 cup
Potato	2 whole
Putu mayam	2 pieces
Rice, white, cooked	2 scoops/1 cup
Rice porridge, plain	2 cups
Sweet potato/yam/tapioca	1 cup

### One serving of fruit

(15 g carbohydrate per serving)



Apple/Chinese pear/mango/ciku	1 whole
Banana, berangan (medium size)	1 whole
Banana, emas	2 whole
Durian	3 ulas
Grapes	8 small
Guava/pear	½ whole
Mandarin orange (small to medium)	1 whole
Papaya/pineapple/watermelon	1 slice
Prunes	4 small
Raisins	1 tablespoon

### One serving of vegetables



Dark green leafy vegetables with edible stem, cooked	½ cup
Fruit vegetables, cooked	½ cup
Ulam, raw	1 cup

### One serving of fish, poultry, meat and egg

(14 g protein per serving)



Anchovies (head removed)	⅔ cup
Beef, lean (7.5 cm x 9 cm x 0.5 cm)	2 pieces
Chicken, drumstick	1 piece
Cockles without shells	1 cup
Eggs, chicken	2 whole
Ikan kembung/selar	1 medium
Ikan tenggiri (14 cm x 8 cm x 1 cm)	1 piece
Chicken liver	2 pieces
Quail's egg	12 whole
Squid	2 medium

### One serving of legumes

(7 g protein per serving)



Chickpea/dhal	1 cup
Green/mung bean/canned baked bean	1½ cups
Tempe/taukua/tauhu	2 pieces
Unsweetened soya bean milk	1½ glasses

### One serving of milk and dairy products

(7 g protein per serving)



Cheese	1 slice
Milk, low fat	1 glass
Milk, evaporated	⅔ cup
Milk, powdered	4 tablespoons
Yoghurt	1 cup

## Apa Maksud Satu Hidangan?

Berikut adalah beberapa contoh 1 sajian bijirin dan produk bijirin, buah-buahan, sayuran, daging dan legum serta susu dan produk tenusu seperti yang dinyatakan dalam Piramid Makanan Malaysia (muka surat 67):

### Satu sajian bijirin, produk bijirin dan ubi-ubian (30 g karbohidrat setiap sajian)



Bihun, direndam	1½ cawan
Biskut krim kraker	6 keping
Roti, putih/mil penuh	2 keping
Laksa, direndam	1½ cawan
Mi/kuey teow, basah	1 cawan
Ubi kentang	2 biji
Putu mayam	2 keping
Nasi putih, dimasak	2 senduk/1 cawan
Bubur, kosong	2 cawan
Ubi keledek/ubi keladi/ubi kayu	1 cawan

### Satu sajian buah-buahan (15 g karbohidrat setiap sajian)



Epal/buah lai/mangga/ciku	1 biji
Pisang berangan (saiz sederhana)	1 biji
Pisang emas	2 biji
Durian	3 ulas
Buah anggur	8 biji kecil
Jambu batu/buah pir	½ biji
Oren (saiz kecil hingga sederhana)	1 biji
Betik/nenas/tembikai	1 potong
Prun	4 biji kecil
Kismis	1 sudu makan

### Satu sajian sayur-sayuran



Sayur-sayuran berdaun hijau dengan batang yang boleh dimakan, dimasak	½ cawan
Sayur berbuah, dimasak	½ cawan
Ulam, mentah	1 cawan

### Satu sajian ikan, ayam, daging dan telur (14 g protein setiap sajian)



Ikan bilis (tanpa kepala)	⅔ cawan
Daging lembu tanpa lemak (7.5 cm x 9 cm x 0.5 cm)	2 keping
Daging ayam, bahagian paha	1 ketul
Isi kerang	1 biji
Telur ayam	2 biji
Ikan kembung/selar	1 ekor (sederhana)
Ikan tenggiri (14 cm x 8 cm x 1 cm)	1 keping
Hati ayam	2 keping
Telur puyuh	12 biji
Sotong	2 ekor (sederhana)

### Satu sajian legum

(7 g protein setiap sajian)



Kacang kuda/kacang dal	1 cawan
Kacang hijau/kacang panggang dalam tin	1½ cawan
Tempeh/taukua/tauhu	2 keping
Susu kacang soya, tanpa gula	1½ gelas

### Satu sajian susu dan produk tenusu (7 g protein setiap sajian)



Keju	1 keping
Susu, rendah lemak	1 gelas
Susu sejat	⅔ cawan
Susu tepung	4 sudu makan
Yogurt	1 cawan

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## *Our* MISSION

is to nourish the world's children for the best start in life.

## *Our* VISION

is to be the world's leading nutrition company for babies and children.

# Billions of Good Bacteria for a Healthy Digestive System

**VITAGEN** helps keep your digestive system healthy and strengthens your immune system. Every bottle of **VITAGEN** contains billions of good bacteria called 'Lactobacillus acidophilus' & 'Lactobacillus casei' that help your body suppress the growth of harmful bacteria to promote good digestion and therefore stimulates a strong immune system.



## VITAGEN Regular

- Contains billions of world-class bacteria from Chr. Hansen's Laboratories, Denmark.
- 0% fat.
- No preservatives.
- Made with wholesome milk.
- Contains real fruit juice (*except LB variant*).
- Choice of 5 different variants (*LB, Grape, Orange, Apple & Pineapple*).



## VITAGEN Less Sugar

- Contains billions of world-class bacteria from Chr. Hansen's Laboratories, Denmark.
- 0% fat.
- No preservatives.
- Made with wholesome milk.
- Contains real fruit juice (*except LB variant*).
- Choice of 3 different variants (*LB, Grape & Orange*).
- Less sugar.



## VITAGEN Collagen Less Sugar

- Contains billions of world-class bacteria from Chr. Hansen's Laboratories, Denmark.
- 0% fat.
- No preservatives.
- Made with wholesome milk.
- Cultured milk drink innovation with 500mg marine collagen peptides (*fish origin*).
- 2 bottles a day help replenish the body's collagen needs, producing a radiant complexion and counteracting wear and tear of bodily joints.
- Enriched with Vitamin C.
- Contains dietary fibre (*Inulin, which helps increase intestinal bifidobacteria to maintain a good intestinal environment*).

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