

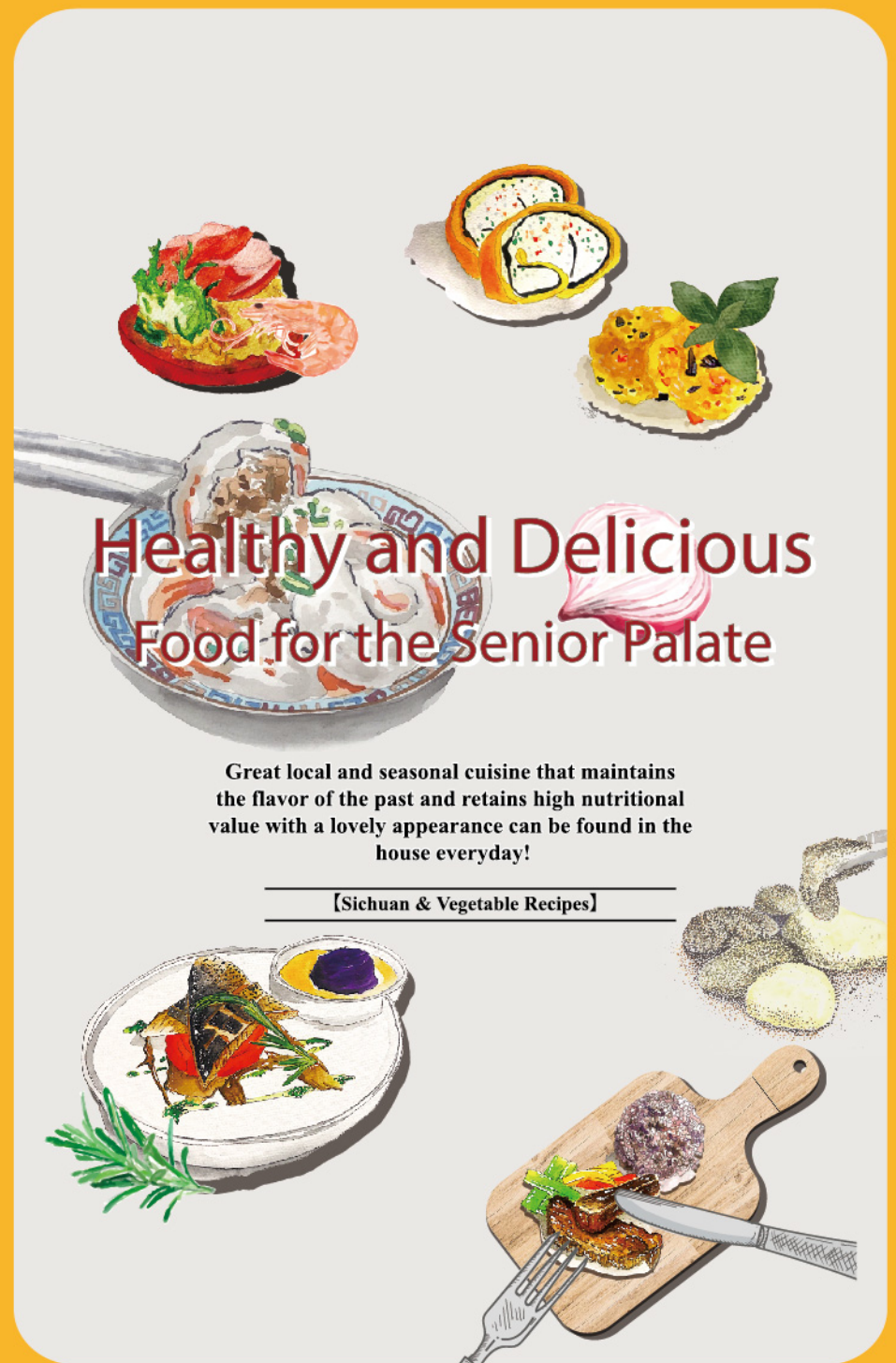


Health Promotion Administration,
Ministry of Health and Welfare



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Healthy and Delicious Food for the Senior Palate

Great local and seasonal cuisine that maintains the flavor of the past and retains high nutritional value with a lovely appearance can be found in the house everyday!

【Sichuan & Vegetable Recipes】

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Director-General
Chao-Chun Wu, M.D.

Words from the Director-General

Happiness is to eat together with family and friends at the same table. Let's make mealtime more enjoyable for the elderly.

A handwritten signature in black ink, which reads "吳昭軍" (Wu Zhaojun).

“Having an elderly at home is like having a treasure.” With the coming of an aged society in Taiwan, senior health has been held in high regard. It is common to hear from elders “I’m not hungry” or “I’m full ” after just a few bites. However, a few bites of food is far less than a typical amount of a meal.

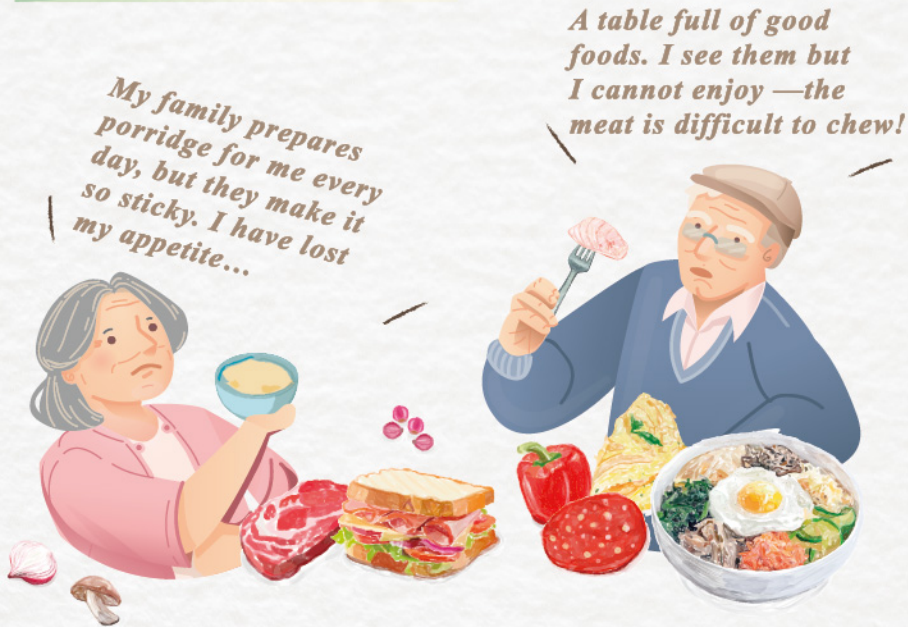


Due to dental, chewing, and swallowing problems, seniors have fewer food choices, which increases the risk of malnutrition. So, it is utmost important to strengthen university-industry-government partnership, promoting the knowledge and usages of the texture-modified diets to help elders eat easily.

To take care of elders with chewing difficulties, Health Promotion Administration (HPA) developed a set of nutrition strategies and a classification system based on evidence-based practice and Taiwanese eating habits for texture-modified foods. Moreover, we released "The Senior Nutrition and Food Texture Health Education Manual." Through promoting the concept of "eat easily, eat enough, eat right and eat well," people can learn to make food that is suitable for seniors. All we need to accommodate the firmness of food is using correct ingredients and cooking skills. The use of the texture modified foods, in conjunction with "My Meal Plate" guidelines, can solve the problem that a large number of senior citizens can see foods on their plate but cannot eat them. This new cooking method will help our seniors eat more and become healthier. Besides, HPA actively work together with other organizations to offer training courses. These courses will help dining centers, diners, restaurants, and hotels to provide a wider variety of foods to the elderly and their caregivers. Additionally, we hope this campaign can boost domestic food industry value, and simultaneously build a senior friendly environment with business opportunities. Cooking and having meals with family not only improve family relationships, but they also increase the elderly's appetite. We invite you to use common kitchen utensils to understand the hardness of food, protecting your love ones by making super nutritious meals yourself. For more friendly and more nutritious senior food, let's start from "eating healthy" and move to "enjoying being healthy."

New, Healthy Recipes for Seniors

Understanding Texture Modified Diets



Our odds of weak teeth go up as we get older. When the food is hard to chew or swallow, we begin eating rice porridge with salted eggs and pickles. We will not get the nutrition we need if the problem remains unsolved.

A texture modified diet is needed in senior citizens with chewing difficulty. Texture modification is when food is prepared to make it easier and safer for seniors to eat, by taking properties of food (hardness or fluidity) and seniors' eating abilities (chewing and swallowing) into account.

*If you have a health problem, please go and see a doctor for professional help. Do not make a decision all by yourself.

Fill my Plate with Texture Modified Food
Help Seniors to Eat Smart for Better Nutrition









Senior-Friendly Diet Tips- able to eat, eating enough, eating right, and eating smart

Adequate nutritional intake is very important for the elderly, so it is important to establish the new concept of "able to eat", "eating enough", "eating right" and "eating smart". One of the most important (pillars) is for the elderly to be "able to eat". By adjusting the hardness, size and cooking method of food, we can help seniors eat happily and easily.

1. Eat easily :
Use cooking tips to make chewing and swallowing be easier.
2. Eat enough :
Have frequent small meals and try to eat enough.
3. Eat right :
Have enough six groups of food to keep a balanced diet every day.
4. Eat well :
Use natural seasoning and share food with others.

My meal plate- eating smart for a nutritious lifestyle

 <p>A glass of milk twice a day</p>	<p>Fist-sized amount of fruits for every meal</p> 	<p>Palm-sized amount of protein foods</p> 
<p>One teaspoon of nuts and seeds</p> 	<p>Slightly larger amount of vegetables than fruits</p> 	<p>Same amount of rice as vegetables</p> 

Small Tips for Texture Modified Diet

We prepare food that is suitable and easy for our seniors to eat, so they can get the nutrients they need every day!



Selection and processing of food ingredients

- ◆ Remove kernels, seeds, coarse peels, bones, fish bones, etc.
- ◆ Use ural local natural ingredients



Simple test with commonly used cutlery

Material: Stainless steel
(304 or 316 is better)



Cutting and cooking techniques

- ◆ Whole grain ingredients can be washed under running water and then be soaked in water
- ◆ Meat can be tenderized with domestically produced fresh pineapple juice (pineapple enzyme)
- ◆ Vegetables with more fiber and harder texture can be frozen before processing
- ◆ Cut the ingredients to the desired size (about 3cm or less)
- ◆ Cut off the tendons and tissues of meat to change the thickness





Chefs' Secret Recipes Revealed Nostalgic Sichuan and Hakka Cuisine

Eating grandmother's fish in sour soup and rice cakes, every bite is a resonating taste of "home"...

Integrating ideas and stories into cuisines to create aesthetic beauty in the kitchen.

Change the texture of the food and recreate the good taste of nostalgic

Sichuan cuisine through simple cooking techniques.



Sichuan - Hakka Cuisine Restaurant

Address : No. 15, Aly. 22, Ln. 513, Ruiguang Rd., Neihu Dist.,
Taipei City 114, Taiwan (R.O.C.)
Telephone : 02-8752-5382



Located in Neihu District, Taipei, the chef has more than 30 years of experience in Sichuan cuisine and 20 years of experience in Hakka cuisine.

The dishes are a blend of Sichuan, Hakka and creative cuisine, which makes Sichuan and Hakka cuisine, noted for being intense, delicate with mild tasting, and each new dish is presented as a work of art.



**Chef
LIN, YEN-YIN**



Sichuan Tofu and Fish in Sour Soup

Eating with grandparents is the most anticipated warm moment during the weekends.

The dish "Fish in Sour Soup" is a must order dish every time we go to a restaurant.

Now, without going to restaurants, the dish can be made at home and a must-have for the dining table.

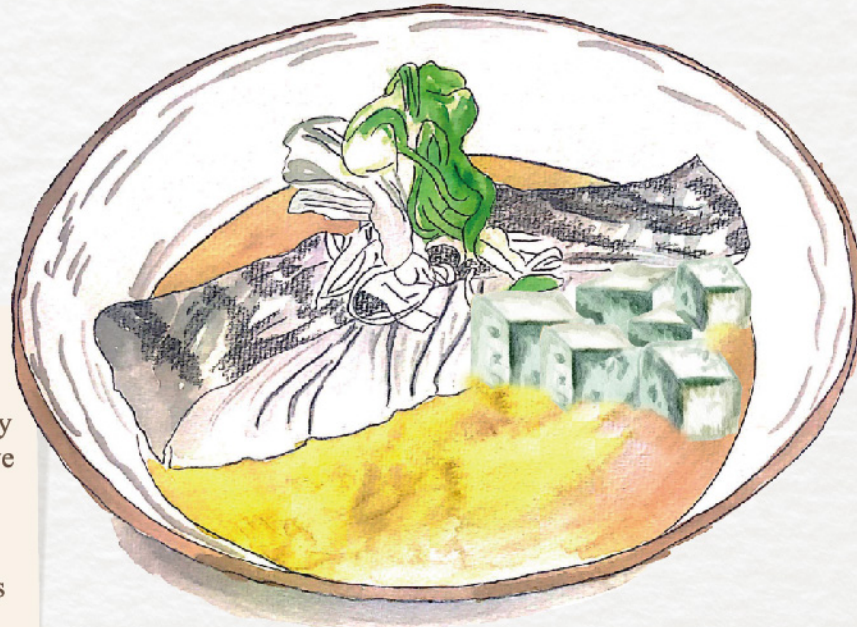
The perch is de-boned and cut into pieces, the tofu is but and tasty. Pickled mustards and peppers stimulate the taste buds and appetite. The original taste of Sichuan cuisine is recreated, making it a memorable dish.

Tips

modifying texture

The perch will have many tiny fish bones, so remove the bones carefully.

- The fish can be replaced with tilapia or dory fillets with fewer bones.



Ingredients

(3 servings)

1 spring water perch

1 box of firm tofu

Hakka-style pickled mustard 30g

Pickled wild pepper 45g

Water 210 c.c.

1 egg

Vegetable oil, corn starch, sugar, salt, rice wine, pepper, cilantro, scallion, garlic, garlic sprout, ginger, sesame oil to taste

Directions

1. Remove the scales, intestines and gills from the fish and clean the head and tail, remove the bones and spines from the fish, cut the fish flesh into 3cm thick slices, marinate with salt, pepper ,egg white, corn starch and rice wine, set aside for use. Cut the fish head and fish chin in half.
2. Cut the scallion and garlic sprout into 3cm pieces, Hakka pickled mustards and pickled wild pepper into powder, and break the tofu into small pieces (3cm) for use.
3. Add vegetable oil, perch head and chin to the pot.
4. Boil the fish slightly for 5 minutes and set aside.
5. Add vegetable oil to the pot, sauté garlic, scallion, and minced ginger, add Hakka pickled mustards and pickled wild pepper and stir-fry, add water, perch head and chin, and tofu, salt, sugar, pepper, rice wine, and fish, cook for 2-3 minutes. Add garlic sprout and sesame oil. Finely chop the cilantro and finish the dish.



Nuannuan Bistro

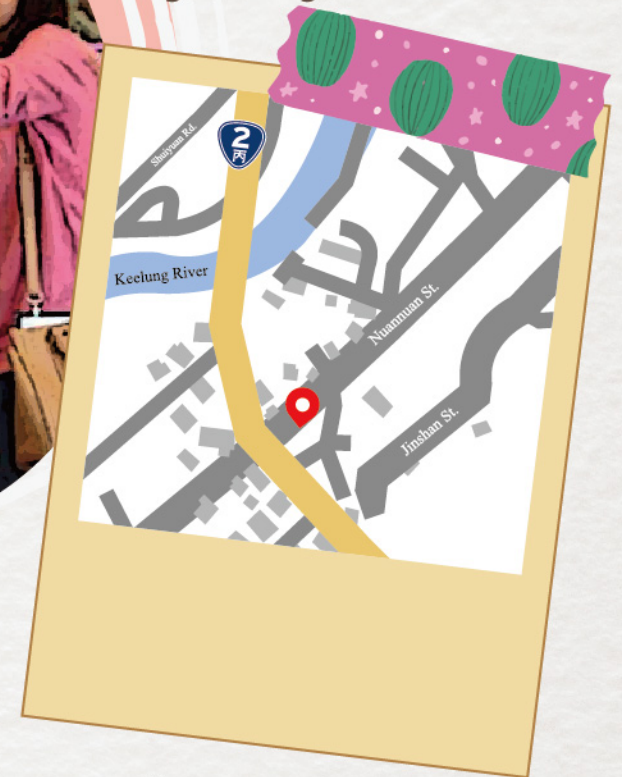
Address : 1F., No. 159, Nuannuan St., Nuannuan Dist.,
Keelung City 205 , Taiwan (R.O.C.)
Telephone : 02-2458-8106



Located in a colorful small town in Keelung City, the restaurant is famous for its Hunan cuisine, including customer favorites Nuannuan Fisherman's Hot Pot and General Tso's Chicken. The restaurant is always the first choice for family and friends gatherings.



Chef
WU, CHUNG-HSIN





General Tso's Chicken

Caregivers are troubled by the fact that many seniors always refuse to eat meat.

This classic new Hunan dish recipe shows you how to make chicken breast tender and tasty without losing its Hunan flavor.

It's a perfect dinner recipe for the whole family to enjoy.

It's easy to prepare, super appetizing and easy to digest.

Now, let's make this dish with love, so our elders can eat food easily and get the nutrition they need for a long and healthy life!

Tips

modifying texture

- Marinate the meat with fresh pineapple juice for more tenderness



Ingredients

(3 servings)

Boneless chicken breast 300g

1 egg

1 green onion

1 pepper

Cucumber (garnish), garlic, ketchup, ginger, vinegar, corn starch, soybean oil, soy sauce, sugar, pineapple juice to taste

Directions



1. Cut boneless chicken breast into a suitable size (3 cm), add pineapple juice, eggs, corn starch, a little oil and marinate. Deep fry chicken in a pan until golden-brown and set aside.
2. Chop the onion, deseeded chili pepper into pieces, add minced ginger, minced garlic and stirfry, season with soy sauce, tomato sauce, pepper, sugar, vinegar, then pour the chicken breast to the pot, finally thicken, drizzle with sesame oil to increase the aroma.
3. After blanching the cucumber, slice into thin pieces and place on a plate, then place the chicken on top before serving.



Heng Wei Restaurant

Address : No. 25, Ln. 87, Minzhi 16th St., Longtan Dist.,
Taoyuan City 325 , Taiwan (R.O.C.)
Telephone : 03-411-1000



Chef
FAN, TE-CHUNG



Located in Longtan, Taoyuan, the chef has more than 30 years of cooking experience, serving traditional and innovative Hakka cuisine using "home-grown seasonal vegetables" and home-made ingredients". The family matriarch has a large farmland, supplying vegetables to restaurants throughout the year, so the restaurant can provide all kinds of vegetables in season. The restaurant also insists on using its own 20-year-old preserved vegetables in the kitchen, and the aroma of "black gold" often draws foodies to this restaurant.



Braised Taiwanese Beef



The rich aroma of the beef stewed by my father is the authentic taste of Taiwan beef.

It's a great taste that you can never get enough of!

This classic secret braised Taiwan beef dish can be made by adjusting the texture and cooking technique. The beef can be cooked to the right amount of tenderness.

The elderly can feel the happiness and care in every bite.

Re-experience the love of your family and the taste of home.



Tips

modifying texture

- For beef brisket, select the middle chuck for more tender meat.

Ingredients

(3 servings)

Beef brisket 190g

Beef tendon 190g

Beef tripe 190g

1 carrot (about 150g)

1 white radish (about 200g)

Baby Chinese cabbage 1 package

Braised spice packet 1 packet

Vegetable oil, garlic sprout, bean paste, green onion, garlic, ginger, celery, corn starch, soy sauce, water, sugar, soy paste, rice wine, stock and sesame oil to taste

Directions



1. Cut carrot, white radish and baby cabbage into pieces (about 3 cm), chop garlic and ginger, and dice celery and garlic and set aside for use.
2. Wash the beef brisket, beef tendon and tripe, then cut them into an appropriate size (about 3cm) and add to the boiling water for about 2 minutes, then take out and set aside.
3. Minced ginger, garlic and green onion fried until golden brown, add beef and stir-fry until the surface is slightly charred, add bean paste, soy sauce paste, sugar, rice wine, braise spice packets, stock (cover the ingredients), cover the pot and cook for about 10 minutes, then put the mixing into the electric cooker and steam 2 times (1 cup of water each time)
4. Carrots, white radish, baby cabbages, celery, garlic into boiling water for about 1 minute and remove. Simmer in stock for about 10 minutes until soft and tender, first place on plate.
5. Put beef into the wok again, add chopped celery, chopped garlic and corn starch powder to thicken the sauce with sesame oil, and pour it over on a plate with vegetables.

Xin Can Hakka Restaurant

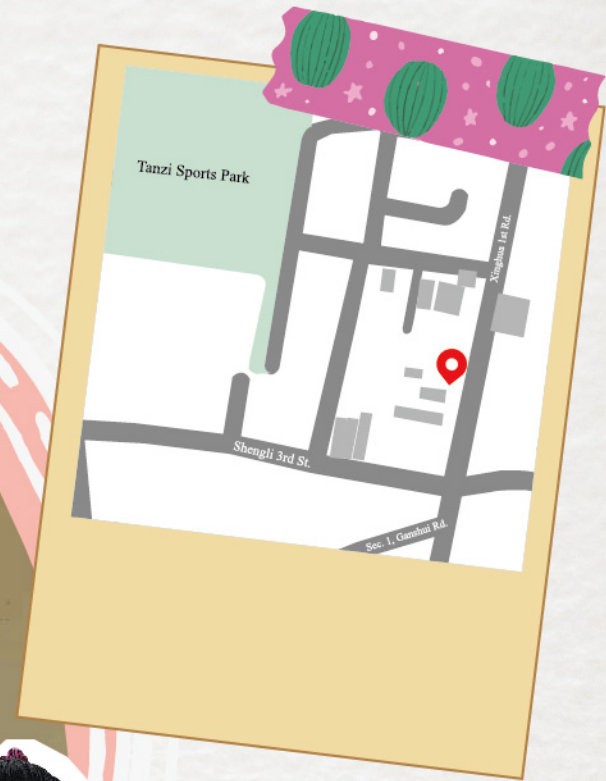
Address : No. 219, Xinghua 1st Rd., Tanzi Dist.,
Taichung City 427, Taiwan (R.O.C.)

Telephone : 04 2534-5178



欣燦

客家小館



Located in Taichung City, the owner Ms. Mei-lan Lo knows that modern-day people are more health conscious, so she adds many healthy ingredients to her dishes, combining traditional and innovative flavor, hoping to provide customers delicious and healthy Hakka cuisine, and to show creativity and innovation in Hakka cuisine.



Chef
LO, MEI-LAN



Hakka Shui Ban (savory rice pudding)

“Shui Ban” is a snack popular in many Hakka households. When you go home and have a bowl of rice cakes, you will feel very satisfied!

We have created a new way of eating the Hakka rice cakes for seniors.

The use of home-made ingredients in place of the traditional dried radish makes the food easy to chew and taste.

The soft texture and rich flavor ingredients make every bite a delight.

It also meets the protein needs of the elderly and brings to them a new taste experience!



Tips

modifying texture

- Replace the traditional dried radish with dried beans, egg skin and minced pork.



Ingredients (3 servings)

- Minced pork 100g
- 2 tbsp of spring onion crisp
- Dried beans 20g
- 2 eggs
- Rice 300g
- Water 1000 cc
- Chives, wolfberries, vegetable oil, soy sauce, oyster sauce, green onions to taste

Directions



1. Wash the rice, soak it for 3-4 hours and strain the water, after soaking and filtering the water, add 1000cc of cold water to the rice and stir it into a fine, grain-free rice milk. Pour the rice milk into a container and steam it in an electric pot, adding 1.5 cups of water to the outer pot and steaming until the switch turns off.
2. Scramble the eggs, fry and chop into pieces and set aside.
3. Dice the chives, dried beans, green onions (about 1.5cm) and set aside for use.
4. Heat the oil in a wok, stir-fry the minced meat, add the seasoning (oyster sauce, soy sauce and scallion crisp), mix slightly and add the leeks or green onions and dried beans, mix well and set aside.
5. Place the steamed rice cake on top of the stirfry, diced wolfberries, and the dish is ready to serve.

Chefs' Secret Recipes Revealed

Healthy Vegetable Dishes

Keep up with the world's trend of healthy vegetable dishes and try a different way of eating, with vegetable dishes from the culinary masters!

Presenting to you the original taste of natural food!

Enjoy meat-free premierprotein!

Eat with peace of mind and happiness!



Hotel Royal Chiao Hsi

Address : No. 69, Wufeng Rd., Jiaoxi Township,
Yilan County 262 , Taiwan (R.O.C.)

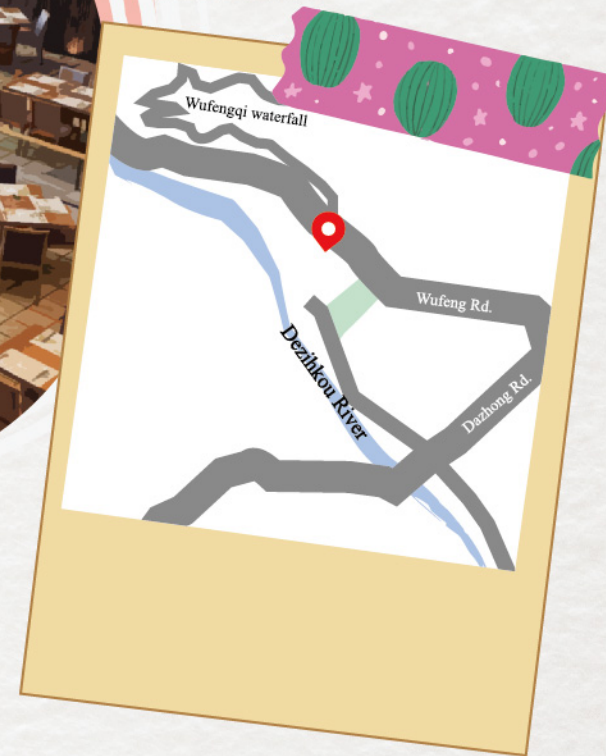
Telephone : 03-988-6288



Located in the Wufengqi Scenic Area, the hotel has a beautiful setting that feels like a Shangri-la. The buffet restaurant is designed with a spacious high ceiling, with soft light gracing each table. With floor-to-ceiling windows and a sweeping view of the Lanyang Plain, guests can enjoy a gourmet meal while healing their bodies and minds.



**Chef
CHIANG, SHOU-TE**





Cabbage roll with mushrooms

Kalori
532 KAL

Ingredients

(3 servings)

- Cabbage leaves 240g
- Tomatoes 20g
- 60g fresh shiitake mushrooms
- Brown swordbelt mushrooms 30g
- King oyster mushrooms 45g
- Cauliflower 90g
- Tofu 60g
- Cashew nuts, walnuts, coconut milk, salt, sugar, soybean oil, and cream to taste

When eating with the elderly, have you ever noticed that they don't eat mushrooms that are tougher and harder to chew?

Don't worry~

This recipe challenges your perceptions and taste of cabbage and mushrooms.

Let mushrooms no longer be a problem for the elderly ~

In this dish, they're delicious and easy to chew, and will definitely amaze your taste buds!

A vegetable dish that the whole family will love to eat.

Make your own healthy and safe dish, cook and enjoy with your family!

Tips

modifying texture

- When frying cabbage rolls, they tend to scorch and become hard, so fry them slowly and lightly.



Directions



1. Dice brown swordbelt mushrooms, shiitake mushrooms, king oyster mushrooms, tofu (about 1 cm in size), and set aside.
2. Immerse cabbage in the boiling water for 10 minutes, then into iced water and set aside.
3. Heat oil in a wok, add the brown swordbelt mushrooms, shiitake mushrooms, king oyster mushrooms and tofu, stir fry and add butter to taste.
4. Add the cooked stuffing to the cooked cabbage wrap and fry the cabbage wrap on low heat until the surface is golden brown.
5. Wash the cauliflower and cut it into pieces (about 3cm), mash the walnuts and cashews, wash and dice the tomatoes, then garnish the plate. Season the dish with coconut milk to taste.

Golden Tulip Fab Hotel Gorden Tulip

Address : No. 2-1, Sec. 1, Zhongzheng Rd., Tamsui Dist.,
New Taipei City 251 , Taiwan (R.O.C.)
Telephone : 02-2621-0333

**Chef
CHIU, YU-TE**



Located in Tamsui, the hotel is an international resort hotel in Northern Taiwan. Great scenery needs to be paired with great food. The hotel offers a wide variety of multi-cuisine buffet, a lobby bar for relaxation and for escaping from the hustle and bustle, a lounge with a panoramic view and new Fujian cuisine. In an era of health consciousness, new Fujian cuisine is cooked in a combination of frying, steaming, stir-frying, simmering and stewing techniques, combining fresh locally caught seafood and seasonal ingredients.



Tea Seed Oil Fried Seasonal Vegetables



Kalori
322 KAL

I always remember my grandmother's signature dishes served on the dining table, using ingredients from her own garden. Now, when I want to make it for my grandmother, I realize that there are tips and tricks behind the preparation of every delicious dish~

Follow the chef's footsteps and recreate the delicious tastes from your fond memory.

The sweet loofah with the aroma of tea oil is a refreshing homemade dish.

Through the controlling of heat, the selection of ingredients, cutting to the proper size and other cooking skills, not only can we enhance our food's presentation but also make it easier to chew, swallow, and digest.

Tips

modifying texture

- Suitable size (3cm), about 2 knuckles of the little finger

Ingredients (3 servings)

- 1 loofah (about 270g)
- 30g of bitter tea seed oil
- Golden cordyceps (*Cordyceps militaris*), wolfberries, salt, and sugar to taste

Directions



1. Wash and peel the loofah, then slice it into pieces for use (about 3cm in size).
2. Add bitter tea seed oil, gold cordyceps and loofah into the pot and stir-fry, add some water and stew until soft.
3. Season with salt and add sugar and wolfberries to garnish

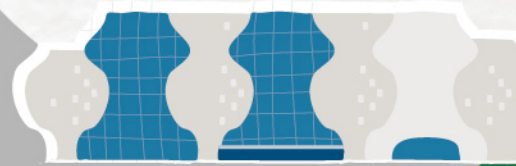
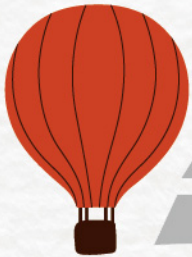


Welcome to Taiwan

Jaunt in Taiwan



The Best Places to Eat



13

Taichung City



14

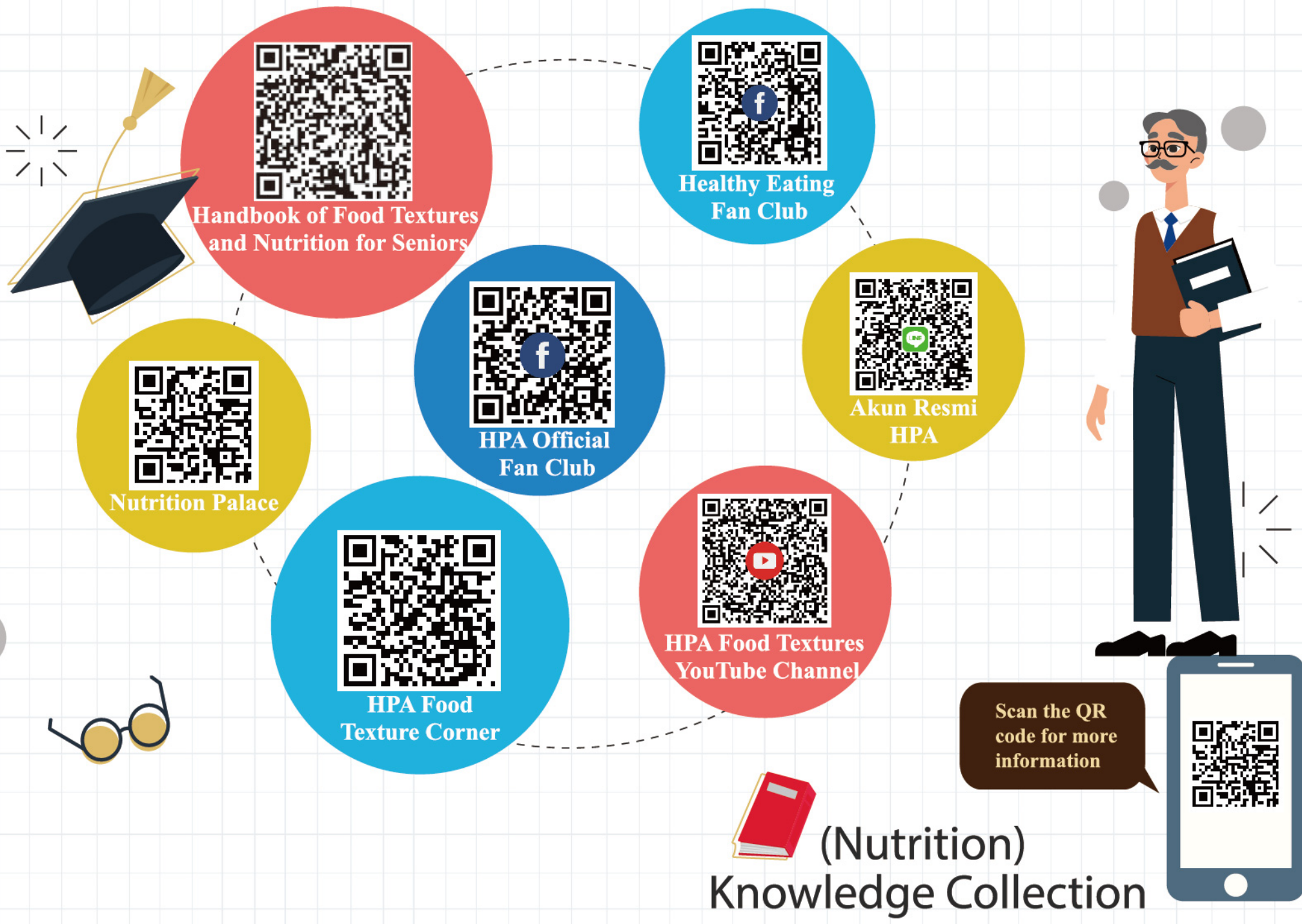
Changhua County



13 Restoran Hakka XinCan
Address : No. 219, Xinghua 1st Rd., Tanzi Dist., Taichung City 427, Taiwan (R.O.C.)
Telephone : 04-2534-5178

14 Traditional Chicken Rice Dishes
Address : No. 36, Ln. 451, Sec. 5, Zhangnan Rd., Fenyuan Township, Changhua County 502, Taiwan (R.O.C.)
Telephone : 04-9252-2215





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