

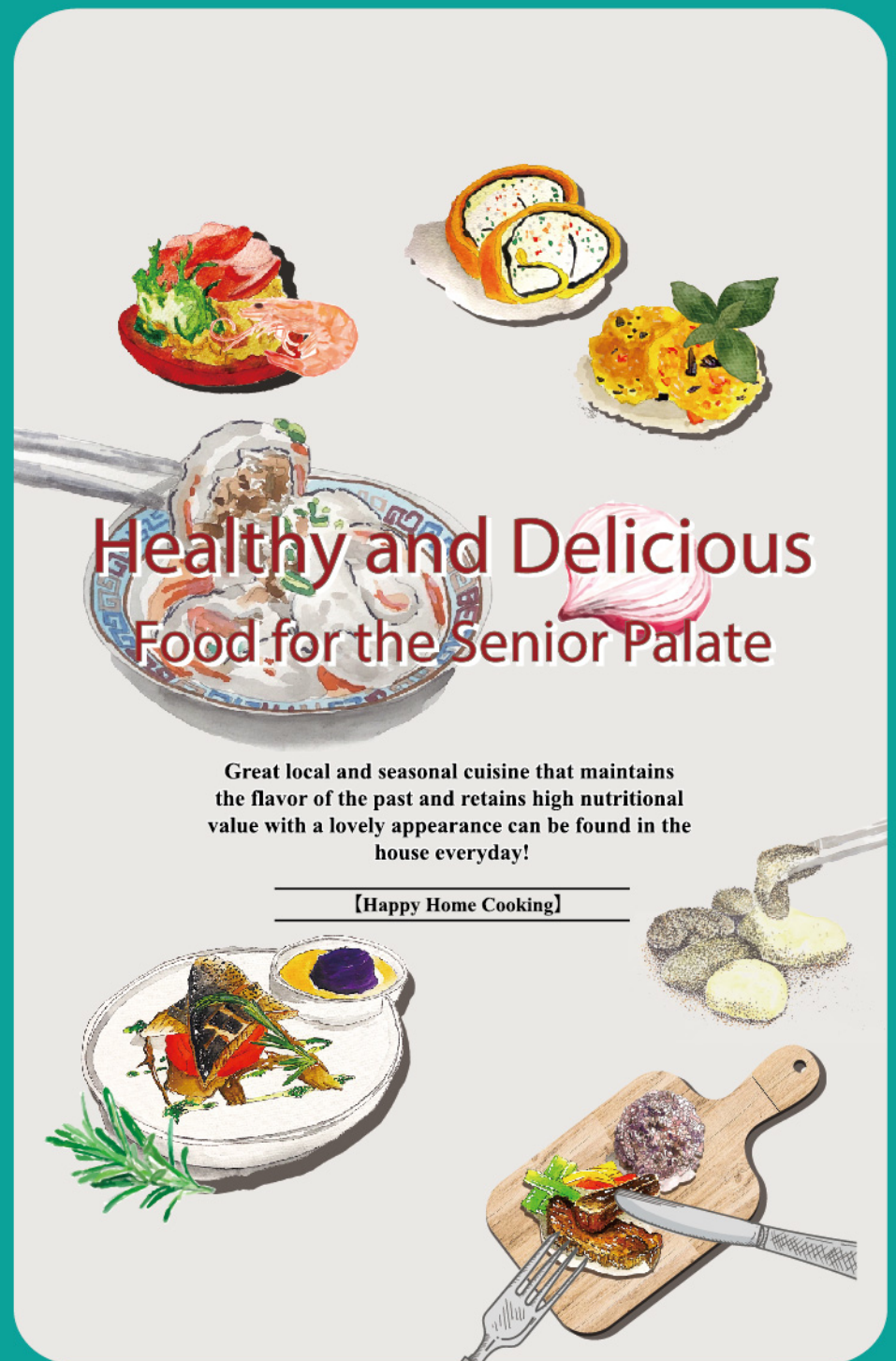


Health Promotion Administration,  
Ministry of Health and Welfare



Price NT\$80  
Advertisements

This report is funded by the Tobacco Health and Welfare Taxation



# 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!

**[Happy Home Cooking]**

Words from the Director-General 01

New, Healthy Recipes for Seniors 03

Happy Cuisine 07

Pumpkin with Shrimp and Egg White -  
Shin Fong Food Co., Ltd 11

(Hong Kong-style) Taro Braised Chicken -  
Golden Tulip Fab Hotel 15

Herb Flavor Pork Shoulder Stew with Cassava -  
Yi Jia Cun Healthy Restaurant 19

Tieguanyin Apple Tea Stewed Chicken -  
Ah Yi Shi Teapot Restaurant 23

Lychee Chicken Roll - Traditional Chicken Rice Dishes 25

The Best Places to Eat 29

(Nutrition) Knowledge Collection 33





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.

吳昭軍

“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.

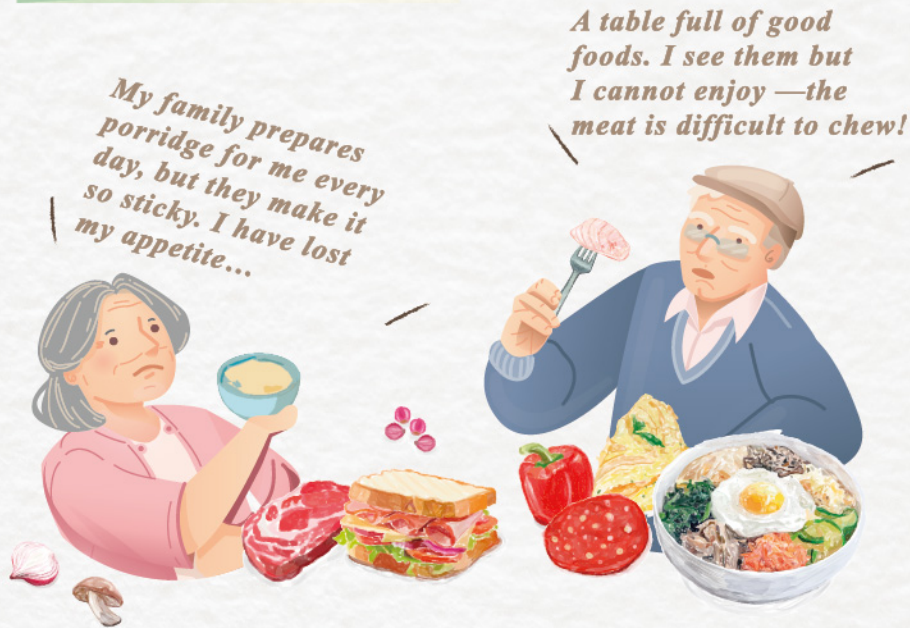


Due to dental, chewing, and swallowing problems, seniors have fewer food choices, which increases the risk of malnutrition. So, it is utmost important to strengthen university-industry-government partnership, promoting the knowledge and usages of the texture-modified diets to help elders eat easily.

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

## Happy Cuisine

Dishes you'll never get tired of eating.

A must-order dish at a restaurant.

Dishes that evoke memories of childhood and youthful taste buds.

Share the happiness of sweet, sour and spicy  
food with your family.

Eat to your heart's content, but also to the blissful happiness of love.



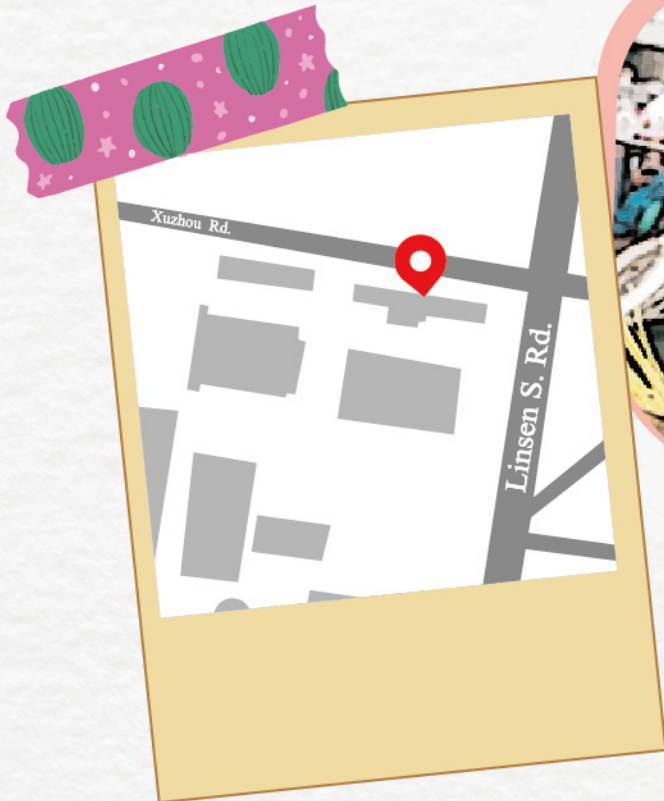
# Shin Fong Food Co., Ltd. Shin Fong

Address : 1F., No. 2-3, Xuzhou Rd., Zhongzheng Dist.,  
Taipei City 100 , Taiwan (R.O.C.)  
Telephone : 02-2396-6871

欣豐  
SHIN FONG

Located in the Wanhua District of Taipei City, the restaurant was established by the Chairman and General Manager, Mr. Rong- Huang Chen. It has been in operation for over 14 years. In the highly competitive catering business in Taiwan, the restaurant has won the recognition and satisfaction of customers for its sincere service, courteous attitude, hygienic and nutritious ingredients, and good quality at a fair price.

**Chef**  
HSU, HUAI-MEI





# Pumpkin with Shrimp and Egg White

Enjoyed pumpkin all year round.

Senior-friendly creative cuisine, watch as the master chef creates a unique pumpkin dish!

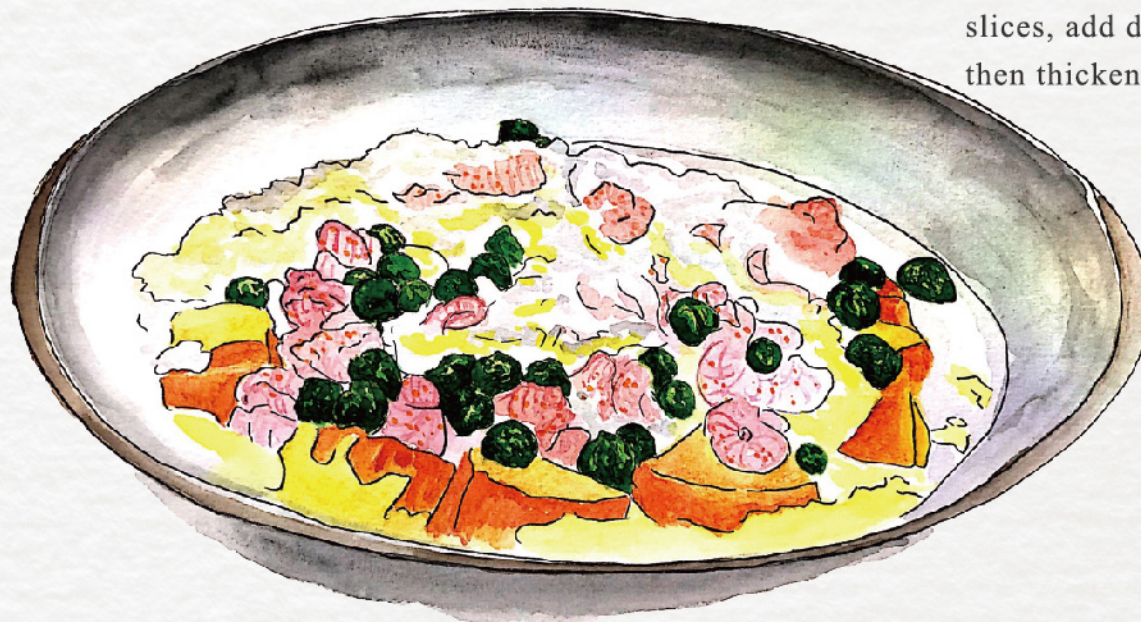
Peeled pumpkin with protein-rich egg, shrimp and cheese.

The variety of ingredients enhances the taste, making it more nutritious and delicious!

Simple texture adjustment diet techniques, easy to prepare with an electric cooker.

You can make a good dish enjoyed by both young and old.

It is tempting and appetite-boosting, good to bite and delicious to eat!



## Ingredients (3 servings)

Pumpkin 330g

Shrimp 45g

2 egg whites

Green beans 45g

Water 500 c.c.

Salt, corn starch, cheese powder to taste



## Directions

1. Peel and cut the pumpkin into an appropriate size (about 3 cm), spread an appropriate amount of cheese over the pumpkin, and steam it in an electric cooker (2 cups of water in the outer pot) for use.
2. Remove the intestines from the shrimp, wash and dice, blanch in boiling water for about 10 seconds, then remove and set aside.
3. Stir the egg whites well, pour into boiling water, stir into fine slices, add diced shrimp and frozen green beans, season with salt, then thicken with tahini powder and pour over the pumpkin.

### Tips

#### modifying texture

- Green beans can be replaced by carrots and bell peppers
- Carrots and bell peppers have thicker and harder skin, so freeze them for 1-3 days to make them softer.

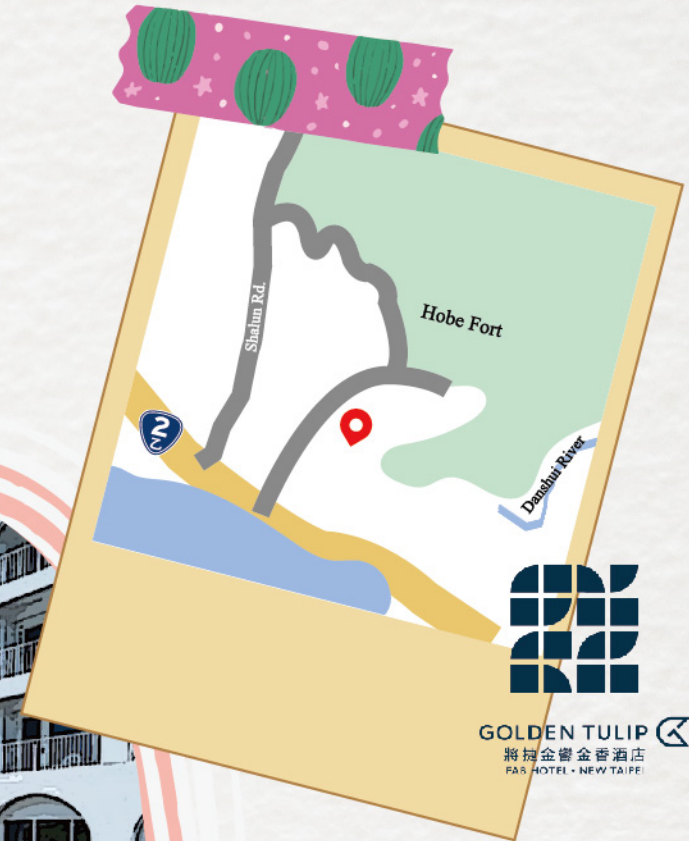


# Golden Tulip Fab Hotel Golden Tulip

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.

recipe  
02

## (Hong Kong-style) Taro Braised Chicken

Taro, suitable in both sweet and salty dishes, is an ingredient of choice for many traditional Taiwanese dishes.

Chicken thighs and taro are cut into suitable sizes, fried and then braised until soft and tender.

So this dish is a good choice for people who have weak teeth. It satisfies the appetite of the elderly and brings the family together.

Enjoy a dish brimming with taro aroma, and that can be easily prepared at home!

### Tips

#### modifying texture

- Suitable size (3cm), about 2 knuckles of the little finger
- Braise with milk to increase smoothness



## Ingredients

(3 servings)

- Boneless chicken thighs 180g
- Taro 90g
- Milk 60cc
- Coconut milk 45cc
- Vegetable oil, garlic, water, sugar and salt to taste



## Directions

1. Cut boneless chicken thigh meat and taro to suitable size (about 3 cm)
2. Heat an empty pan, add a few tablespoons of vegetable oil, and allow the oil to heat. Put taro into the pan and fry until golden brown, then add chicken, garlic and water simmer until soft (about 15 minutes).
3. Season with appropriate amount of milk, sugar, salt and coconut milk to taste.

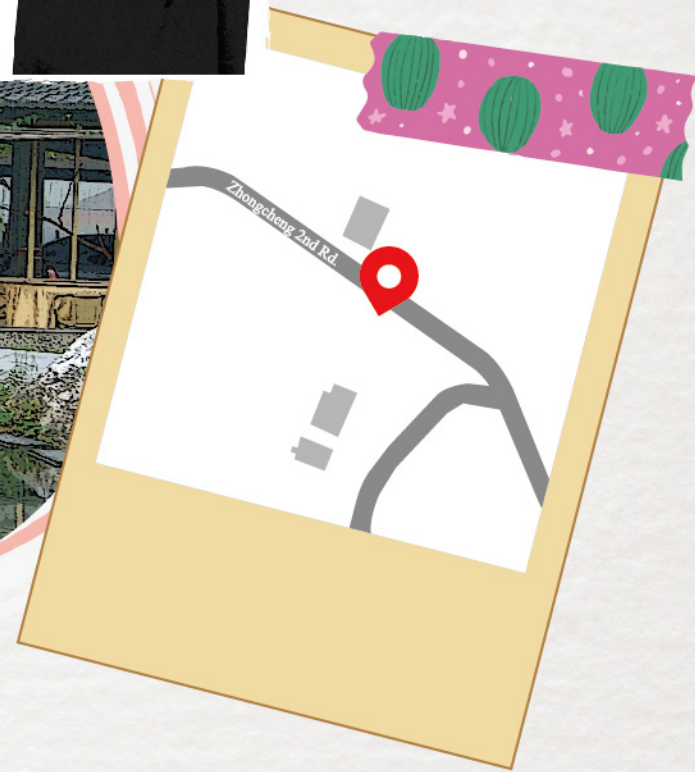


# Yi Jia Cun Healthy Restaurant

Address : No. 11, Ln. 58, Zhongcheng 2nd Rd., Dongshan Township,  
Yilan County 269 , Taiwan (R.O.C.)  
Telephone : 0935-289-449



Chef  
LAN, CHEN-CHUNG



Located in Dongshan Township, Yilan County, the restaurant stands in Jhongsan Agriculture Leisure Area on the upper reaches of the Dongshan River, where the ecology and landforms are intact with complete recreational resources. Every dish, tea, and snack in the restaurant is handmade without artificial preservatives or artificial colors. All the ingredients of in our healthy food are produced by nature, keeping their original colors and flavors.



## Herb Flavor Pork Shoulder Stew with Cassava

A touching taste, a creative dish reminding one of mom's cooking. Each process represents the respect and affection to the elderly. This soup, handed down from generation to generation is made with boneless meat, herbs and potatoes, and is full of aroma and flavor.

Just prepare the ingredients, put it into the electric cooker, and a warm, nutritious soup with a light aroma of herbs is ready to serve. It's so warming and tasty that the young and old alike will love it! Let's cook this tonight!

## Ingredients (3 servings)

- Plum meat (scapular meat) 120g
- Cassava 60g
- Fish mint herb (Houttuynia cordata) 3g
- Water 1200cc
- Red dates, wolfberries, rice wine, salt to taste

## Directions

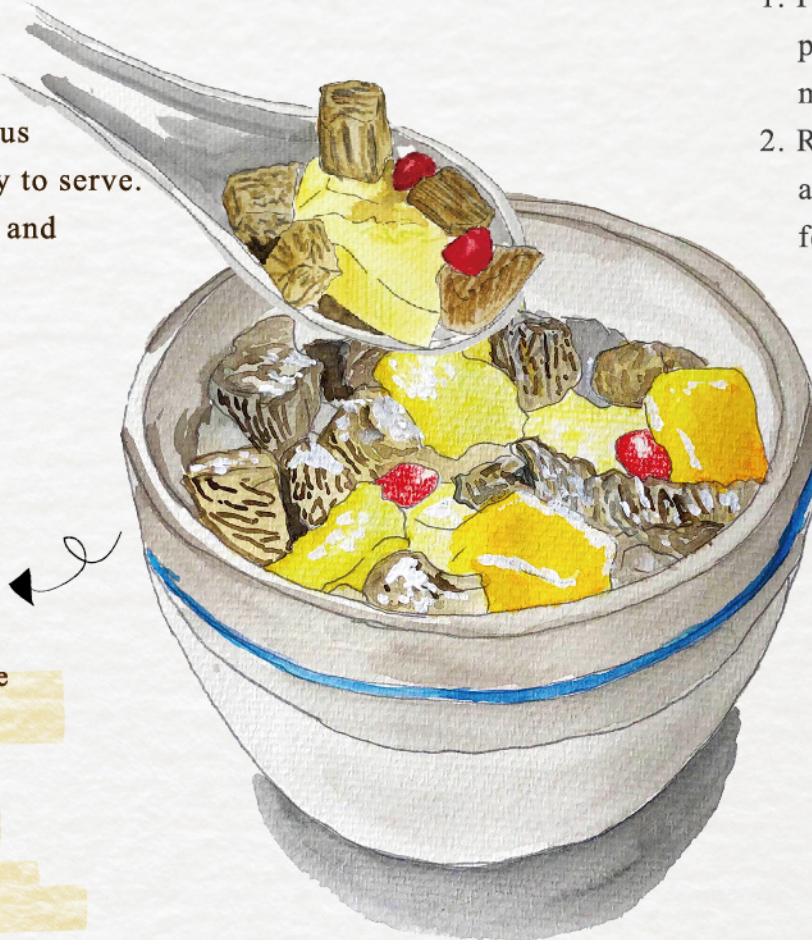


1. Put dried fish mint herb and water 1200c.c. into a pot and simmer for about 8-10 hours (about 20-30 minutes for home cooking)
2. Red dates, peel and cut plum meat (scapular meat) and potatoes into appropriate size (about 3cm), boil for about 30 seconds.
3. Add ingredients to the boiled herb soup, season with salt and steam in an electric cooker (put 2 cups of water in the outer pot).
4. Add wolf berries and a little rice wine to increase the aroma before serving.

## Tips

### modifying texture

- The ingredients are cut into suitable size (about 3cm) for easy bite and chew.
- Plum meat can also be replaced with boneless chicken thigh meat



# Ah Yi Shi Teapot Restaurant

Address : 1F., No. 37-1, Ln. 38, Sec. 3, Zhinan Rd., Wenshan Dist.,  
Taipei City 116, Taiwan (R.O.C.)  
Telephone : 02-2939-5615



Located in Taipei's largest Tieguan-yin tea producing area, Maokong Leisure Farm Area has been operated for more than 35 years, specializing in creative theme cuisine and is the only restaurant featured in a special food program on the internationally renowned Discovery Channel. The restaurant uses flowers, fruits and tea leaves to create an assortment of creative themed cuisine that satisfies the discerning taste buds of many foodies.



**Chef**  
**CHANG, YU-SEN**



recipe  
04

## Tieguanyin Apple Tea Stewed Chicken

“Tea” is not only a beverage, but also a great ingredient for cooking! This nutritious chicken stew soup is designed exclusively for seniors to enjoy.

It has the unexpected pleasant aroma of tea and a variety of ingredients such as mushrooms, apples, and more.

Just like abundant love, it warms the stomach, the spleen, and the heart!

Let's learn and perform the happy magic of "texture-modified diet" in the kitchen!

### Tips

#### modifying texture

- The ingredients are cut into suitable size (about 3cm) for easy bite and chew.



## Ingredients

(3 servings)

Chicken thigh 450g

Apple 240g

Milk-white brittlegill mushroom 90g

Beech mushroom 90g

Bamboo mushroom 60g

Tieguanyin tea 30g

Chinese yam 200g

Water 1000c.c.

Sliced almonds (sweet and bitter almonds), wolfberries, ginger slices, salt and rice wine to taste.



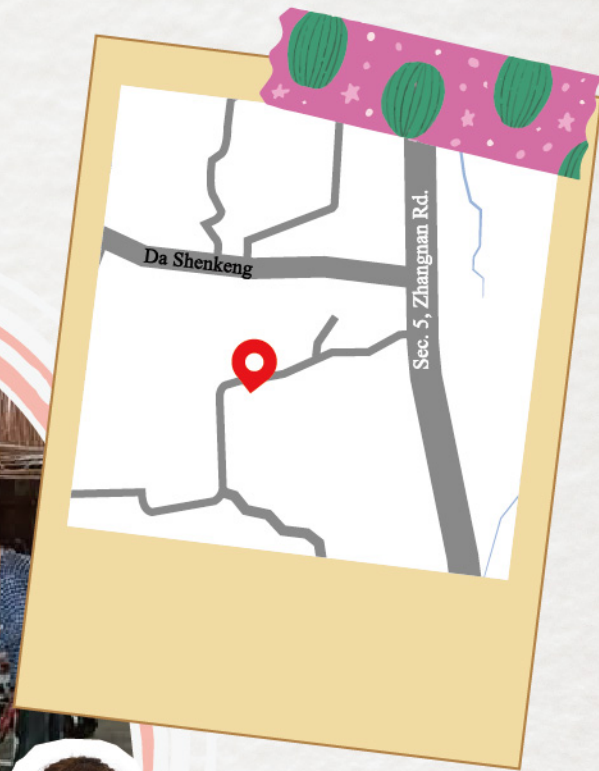
## Directions



1. Cut chicken, apple, mushroom, peeled yam and bamboo mushroom into appropriate size (about 3cm). Chop sliced almonds
2. Boil chicken, remove and rinse in cool water for use.
3. Put all ingredients into the soup pot, bring the soup to a boil over high heat, remove the foam, turn to low heat and simmer for about 40 minutes until the apples are soft and tender.
4. Add a little wolfberries, salt and rice wines to increase the aroma before serving.

# 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



In Fenyuan Township, Changhua County, Ms. Yang Huang, Mei Chun, a business owner, has been raising chickens under lychee trees for more than 45 years. Her chickens are kept in the lychee garden to find insects to eat, which can reduce the use of pesticides and turn chicken manure into natural compost. The meat of the free-range chicken is tender and the lychee is sweet. The restaurant has developed dried lychee. This makes , lychees, which has only one month of harvest, available throughout the year. Creative dishes have also been developed using dried lychees.



**Chef**  
**YANG, YU-HSIN**

recipe  
05

# Lychee Chicken Roll

“Lychee” is sweet and delicious, so it has a name—Guifei Xiang. This sweet dish uses local produce - lychee to make culinary variations.

Dried lychee fruit with vinegar, sweet and sour, causes an appetite for more.

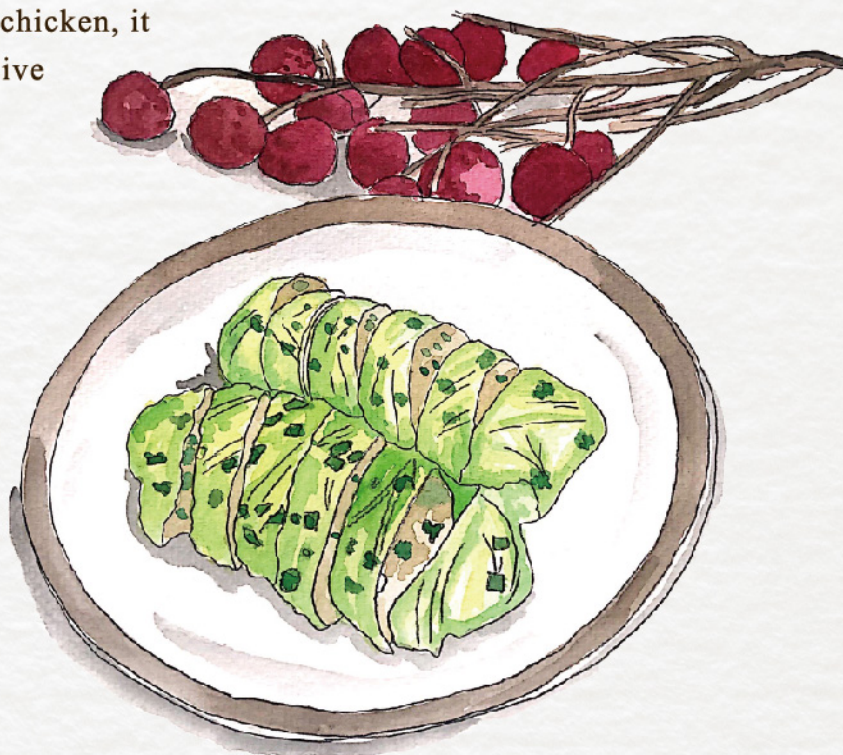
A little fresh pineapple juice makes the chicken tender and not dry and tough.

The stuffing of vegetables is rich in taste, filling and delicious. Not only does it allow the elderly to increase their fiber intake with the high quality protein of chicken, it provides even more comprehensive nutrition!

## Tips

### modifying texture

● Marinate the meat with fresh pineapple juice for more tenderness



## Ingredients

(3 servings)

Cabbage 200g

Chicken breast 100g

Carrot 20g

Potato 60g

Dried lychee, fresh pineapple juice, pineapple pulp, green onion

Lychee vinegar, Japanese dressing, salt, sesame oil to taste

## Directions

1. Dice chicken breast, scallion, carrot (about 1.5cm)
2. Rinse cabbage and cut into leaves, boil for 5 minutes, then remove and set aside.
3. Marinate chicken breast in fresh pineapple juice.
4. Peel and cut potatoes, then steam them in an electric cooker (about 1 cup of water in the outer pot) and mash them into puree.
5. Mix chicken breast, green onion, carrot and mashed potatoes, then roll them in cabbage leaves and steam them in an electric pot (about 0.5 cup of water in the outer pot).
6. Dried lychee chopped and seasoned with lychee vinegar and Japanese dressing to make lychee vinegar dressing.
7. After the cabbage rolls are steamed, cut into appropriate size (about 3cm) and drizzle with lychee vinegar dressing to serve.

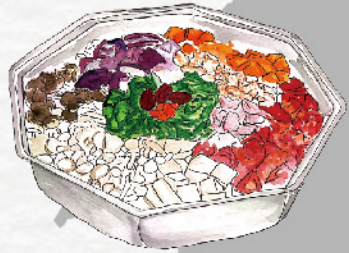


# Welcome to Taiwan

Jaunt in Taiwan



## The Best Places to Eat



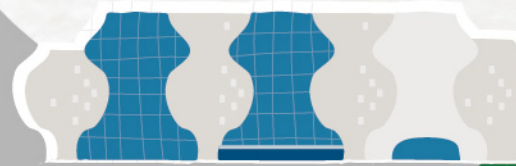
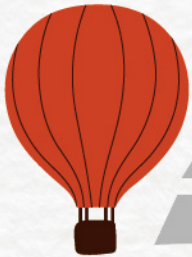
- 1** **The Howard Plaza Hotel Taipei**  
 Address : No. 160, Sec. 3, Ren'ai Rd., Da'an Dist., Taipei City 106, Taiwan (R.O.C.)  
 Telephone : 02-2700-2323
- 2** **Shin Fong Food Co.,Ltd.**  
 Address : 1F., No. 2-3, Xuzhou Rd.,Zhongzheng Dist., Taipei City 100, Taiwan (R.O.C.)  
 Telephone : 02-2396-6871
- 3** **Ah Yi Shi Teapot Restaurant**  
 Address : 1F., No. 37-1, Ln. 38, Sec. 3, Zhinan Rd., Wenshan Dist., Taipei City 116, Taiwan (R.O.C.)  
 Telephone : 02-2939-5615
- 4** **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
- 5** **Chi Jhen Shun Siang Lai Restaurant**  
 Address : No. 298, Zhongshan Rd., Linkou Dist., New Taipei City 244, Taiwan (R.O.C.)  
 Telephone : 02-2601-5986
- 6** **Golden Tulip Fab Hotel**  
 Address : No. 2-1, Sec. 1, Zhongzheng Rd., Tamsui Dist., New Taipei City 251, Taiwan (R.O.C.)  
 Telephone : 02-2621-0333
- 7** **Nuannuan Bistro**  
 Address : 1F., No. 159, Nuannuan St., Nuannuan Dist., Keelung City 205, Taiwan (R.O.C.)  
 Telephone : 02-2458-8106
- 8** **Heng Wei Restaurant**  
 Address : No. 25, Ln. 87, Minzhi 16th St., Longtan Dist., Taoyuan City 325, Taiwan (R.O.C.)  
 Telephone : 03-411-1000
- 9** **Hotel Royal Chiao His**  
 Address : No. 69, Wufeng Rd., Jiaoxi Township, Yilan County 262, Taiwan (R.O.C.)  
 Telephone : 03-988-6288
- 10** **Zhuanyan Health Kitchen**  
 Address : 2F., No. 101, Sec. 4, Jiaoxi Rd., Jiaoxi Township, Yilan County 262, Taiwan (R.O.C.)  
 Telephone : 03-988-8117 #2
- 11** **Kuan Fu Ren Garden Restaurant**  
 Address : No. 3, Wuhan Rd., Zhuangwei Township, Yilan County 263, Taiwan (R.O.C.)  
 Telephone : 03-925-3517
- 12** **Yi Jia Cun Healthy Restaurant**  
 Address : No. 11, Ln. 58, Zhongcheng 2nd Rd., Dongshan Township, Yilan County 269, Taiwan (R.O.C.)  
 Telephone : 0935-289-449

# Welcome to Taiwan

Jaunt in Taiwan



## The Best Places to Eat



13

Taichung City



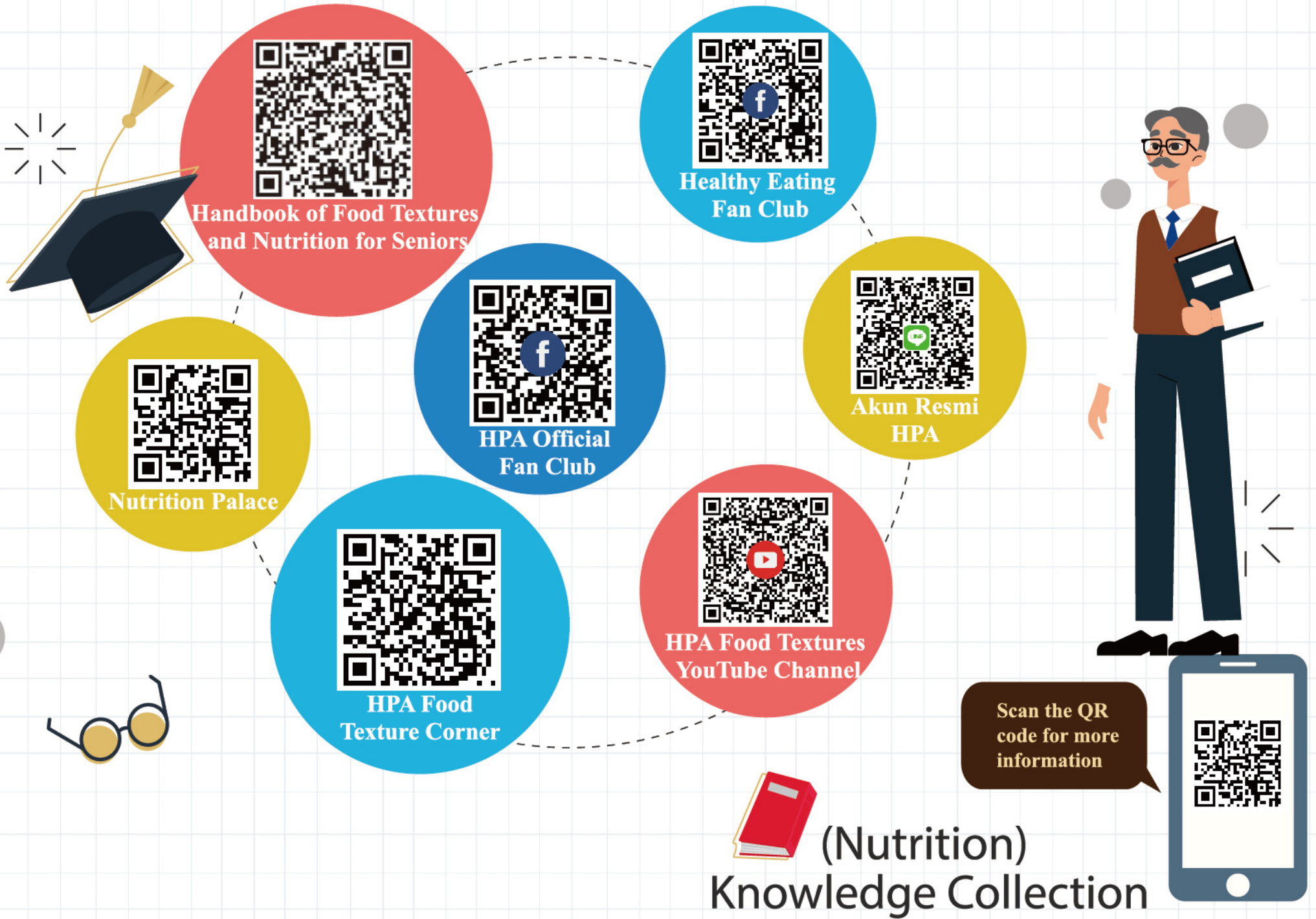
14

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



# Healthy and Delicious Food for the Senior Palate

Book Title : Healthy and Delicious Food for the Senior Palate - Happy Home Cooking

Publishing Agency : Health Promotion Administration, Ministry of Health and Welfare

Address : No. 36, Tacheng St., Datong Dist., Taipei City 103 ,Taiwan (R.O.C.)

URL : <https://www.hpa.gov.tw/Pages/List.aspx?nodeid=4131>

Telephone : (02)2522-0888

Publisher : Chao-Chun Wu

Authors : Health Promotion Administration, Ministry of Health and Welfare

Execution : Kaishin Creative Co, Ltd.

Editorial Staff : Wen-Yu Lin, Tsai-Ling Jing, Jing-Wen Zheng, Shiou-Min Zheng

Shin-Han Huang , Zhao-Yu chen

Editors : Shu-Li Chia , Su-Ying Luo, Zhen-Su Lin , Yi-Hua Chin , Ya-Ting Chang

Edition : The 1st Edition, The 1st Printing

Printed : First edition, first printing

Publication Date : December 2022

Price: NT\$ 80

ISBN : 978-626-7137-86-4

Copyright © 2022 by Health Promotion Administration All rights reserved

All rights reserved, please contact Health Promotion Administration

for additional purpose of this book.