

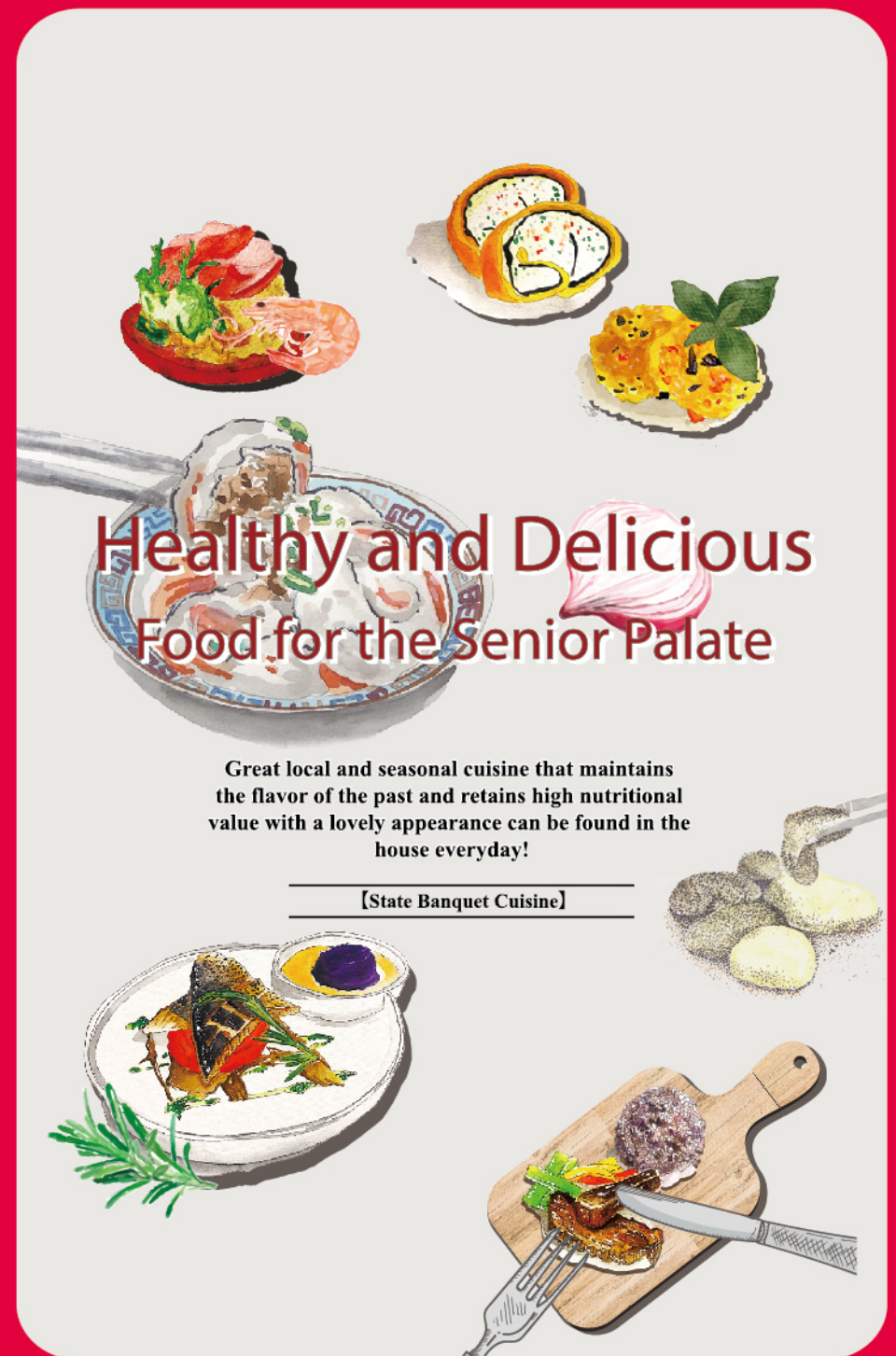


Health Promotion Administration,
Ministry of Health and Welfare



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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 Chinese characters, 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.

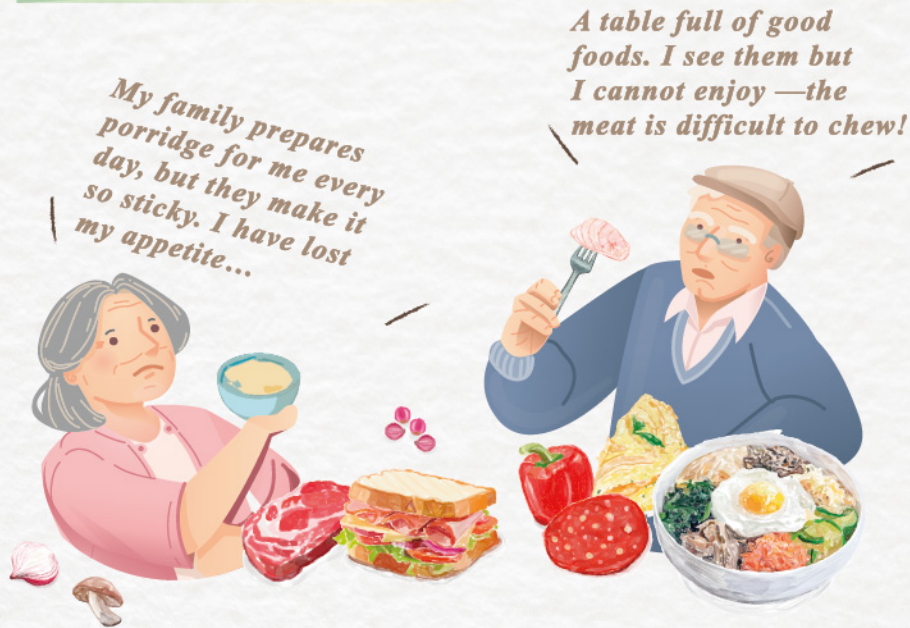


Due to dental, chewing, and swallowing problems, seniors have fewer food choices, which increases the risk of malnutrition. So, it is utmost important to strengthen university-industry-government partnership, promoting the knowledge and usages of the texture-modified diets to help elders eat easily.

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)



Chopsticks

Spoon

Fork

Cutting and cooking techniques

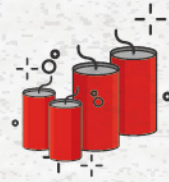
- ◆ Whole grain ingredients can be washed under running water and then be soaked in water
- ◆ Meat can be tenderized with domestically produced fresh pineapple juice (pineapple enzyme)
- ◆ Vegetables with more fiber and harder texture can be frozen before processing
- ◆ Cut the ingredients to the desired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





Chefs' Secret Recipes Revealed

State Banquet Cuisine



Festivities. At every dinner gatherings, there is always a dish on the table that will leave a pleasant lingering sensation on your taste buds.

Is it a marvelous banquet dish?

Or is it a time-honored dish that has been passed down from generation to generation?

Follow the chefs as they use local ingredients to create delicious meals with local ingredients.

They've created delicious dishes that will be enjoyed by young and old alike.

Host your own VIP dinner at home.



The Howard Plaza Hotel Taipei Howard

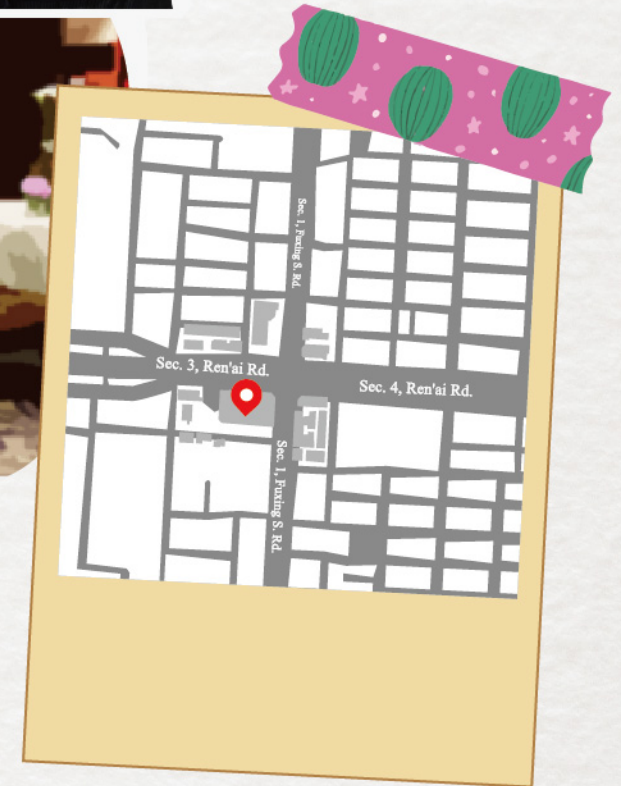
Address : No. 160, Sec. 3, Ren'ai Rd., Da'an Dist.,
Taipei City 106, Taiwan (R.O.C.)
Telephone : 02-2700-2323



Located in Daan District, Taipei City, this restaurant is in a famous Taiwanese chain hotel. The Formosa restaurant specializes in time-honored classic Taiwanese cuisine, combined with exquisite presentation, transcending roadside snack food to become a decent banquet cuisine.



**Chef
WANG, YUNG-TSUNG**



recipe
01

Steamed Fish Puree with Spinach Puree

The New Year's Day is a time of abundant feasts and joyful family reunions, and is the happiest time of the year for many seniors! But many seniors find it difficult to enjoy good food because of their dental problems, which is really a great pity!

This classic Taiwanese roadside banquet dish seeks to flip the elderly's impression of gooey mashed meals!~

The steamed fish gizzards are soft and delicate, and perfect when paired with the smooth texture of the spinach.

The dish is like a poem and like a painting that we enjoy, and it is delicious and smooth!

Not only can the elderly see the original shape of the food, but they can also enjoy the meal with their children and grandchildren!

Tips

modifying texture

- ◆ Replace grouper with salmon or tilapia that has fewer bones.
- ◆ If you don't like to deep fry the jade (spinach), you can use boiling method instead.



Ingredients

(3 servings)

Domestically farmed giant grouper 105g

Tofu 135g

Spinach 150g

3 egg whites

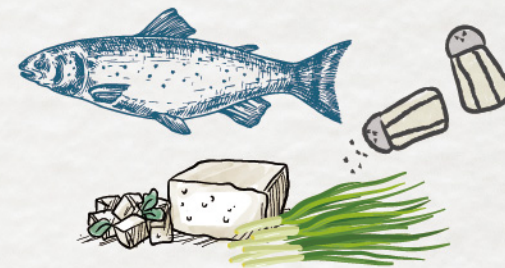
1 egg

Crab meat 45g

Minced pork 15g

Water 1000 c.c.

Water chestnut (water chestnut), fish paste, corn starch, shiitake mushrooms, soy sauce, salt, sugar, chopped scallions, rice wine, pepper, fried garlic, and sesame oil to taste



Directions

1. Chop the water chestnut, scallions, shiitake mushrooms, tofu, crab meat. Set aside for use.
2. Remove fish bones. Add chopped tofu, scallions, minced pork, water chestnut, fish paste, 1 eggs, salt, sugar, soy sauce, fried garlic, pepper, rice wine and sesame oil and stir well. Put the mixture into a mold and steam the mold in an electric cooker/steamer (put about 1.5 cups of water in the outer pot).
3. Blanch the previously removed fish bones for 30 seconds, put them in 1000 c.c. hot water, and boil the bones for stock and reserve it for later use.
4. Grate spinach, strain and extract juice, add egg white and corn starch powder, stir and deep fry in oil for 1 minute, remove and set aside.
5. Use the soup from the blanched grouper (step 3), thicken the soup with salt, sugar and corn starch powder, then add "spinach mix" and diced crab meat (step 4), finally pour the fish gizzard to serve.

Zhuanyan Health Kitchen

ZHUANYAN

Address : 2F., No. 101, Sec. 4, Jiaoxi Rd., Jiaoxi Township, Yilan
County 262, Taiwan (R.O.C.)
Telephone : 03-988-8117#2

Chef
LI, CHIA-HSING



Located in Jiaoxi, Yilan, it is directed by a team of professional chefs, nutritionists, and doctors, who work together to develop healthy and diverse delicious meals, allowing customers to enjoy not only good food but also balanced nutrition.

recipe
02

Hometown Flavor (Grilled) Mackerel with Seasonal Vegetables



Tips

modifying texture

- Mackerel has many fine bones, so be sure to double-check all are removed before cooking.
- Mushrooms are versatile and can be used as a natural sauce and are easy to eat.

Every autumn, do you see various kinds of mackerel dishes on the dining table?

The fresh, fatty, and pure taste is really great!

We offer a variety of dishes that take advantage of the freshness of the ingredients and add to the richness of flavor.

We are also making creative use of soft textured ingredients that are commonly eaten by seniors.

The restaurant is a blend of Taiwanese cuisine and Western cooking techniques.

We invigorate the taste buds of seniors with diversified and varied flavors for refreshing tastes, so that fish dishes become a regular favorite on the dining table!

Ingredients

(3 servings)

Main dish:
Mackerel 330g
1 Hot spring tomato

Side dish:
Lilies 60g
Purple sweet potatoes
330g
ngu



Saus jamur:

Jamur segar dipotong setengah segar, merica, daun bawang, jahe, bawang putih, saus tomat, air, kecap, minyak sayur secukupnya

Loofah sauce:

Loofah 100g
Water 200cc
Onion 10g
Vegetable oil to taste

Scallion Sauce:

Scallion 10g
Garlic, ginger, salt, vegetable
oil to taste



Directions

Sauce:

- Scallion Sauce
Chop scallions, then put it into the juicer with 1 garlic, ginger, vegetable oil and salt.
- Mushroom Sauce
Add fresh sliced mushrooms, scallions, ginger, garlic, pepper, soy sauce, ketchup, and stir fry half cooked, add water and boil, pour into the juicer and puree.
- Loofah Sauce
Add a little olive oil to the pot, peel and slice loofah, dice onion, add water and stir fry, bring to boil, then put into the juicer and puree, pour into a container for later use.

Main dish:

1. Clean and de-bone the mackerel, clean and slice the tomatoes to mouthful sizes (about 3 cm) and set aside. Preheat oven to 220 degrees and bake mackerel and tomatoes for 5 to 6 minutes.
2. Place the baked mackerel on top of the tomatoes and garnish with scallion sauce and shiita ke mushroom sauce.

Menu sayur:

1. Peel and cut purple sweet potatoes, rinse lilies and soak in water.
2. Put the ingredients together with water into an electric cooker (2 cups of water in the outer pot), steam and pound them into a puree. Then garnish with loofah sauce.

Chi Jhen Shun Siang Lai Restaurant Howard

Address : No. 298, Zhongshan Rd., Linkou Dist.,
New Taipei City 244 , Taiwan (R.O.C.)

Telephone : 02-2601-5986



Located in Linkou, the restaurant is spacious and comfortable for family gatherings.

Whether it's seafood hot pots or classic Taiwanese dishes, the restaurant serves the finest masterpieces by its well-known state banquet chef, Ho-Ching Chang. The restaurant provides customers with a diverse range of culinary choices.



Chef
CHANG, CHE-YAO

recipe
03

Taiwanese Hotpot with Smooth Ingredients

In the cold winter, it is customary to have a smoky and warming hot pot.

Not only are there fancy ingredients, but also a variety of happy laughs and memories of reunion among family and friends.

This hot pot dish is made with fresh local ingredients and cut to size.

The shrimps are shelled and the fish bones are removed so that the elders can taste the natural flavor of the ingredients with peace of mind!

Bring your elders and friends to have a hot and wonderful meal!

Tips

modifying texture

- ◆ The ingredients should be free of bones and shells



Ingredients

(3 servings)

Soup base:

Celery 20g

Onion outer layer 20g

White radish 20g

Water 2000c.c.

Dried king oyster

Mushrooms 5g

Pumpkin 30g

Cabbage core 20g

Red dates, Goji berries

(appropriate amount)

Golden Cordyceps 30g

Beef Tomato 20g

Carrot 20g

Hot pot ingredients:

Cabbage leaves 140g

Purple onion 120g

Pumpkin 30g

Tilapia fillets 60g

Boneless chicken thigh 50g

Tiger shrimp 45g

Beef Tomato 20g

Tofu 1 box

White shrimp 30g

Scallops 3pcs

Brown beech mushroom 15g

Chinese cabbage

(Bok choy)100g

Directions

1. Dried king oyster mushrooms, celery, onion outer layer, white radish, carrot, pumpkin peeled and deseeded, beef tomatoes washed and cut into appropriate size (about 3 cm), add to pot with cabbage core, boil and simmer for about 30 minutes, strain and set the soup aside for use.
2. Wash cabbage leaves, purple onions, boneless chicken thighs, Chinese cabbage (bok choy) and brown beech mushrooms (remove roots), and cut them into pieces (about 3 cm); dice tofu, beef tomatoes, pumpkin, white shrimp and tiger shrimp, remove shells and devein; slice dried scallops and tilapia fillet for use.
3. Put cabbage leaves and diced pumpkin in the bottom of the pot. Add step 1 vegetable soup stock and cook for 3 minutes. Add brown beech mushrooms, tofu, beef tomatoes, purple onions, red dates, goji berries, golden cordyceps, boneless chicken thighs, and continue to simmer for 3 minutes. Then add shrimp, scallops, tilapia fillet and cabbage, bring to a boil, then turn down the heat and cook on low heat for 10 minutes.

Kuan Fu Ren Garden Restaurant

Address : No. 3, Wuhan Rd., Zhuangwei Township,
Yilan County 263 , Taiwan (R.O.C.)

Telephone : 03-925-3517



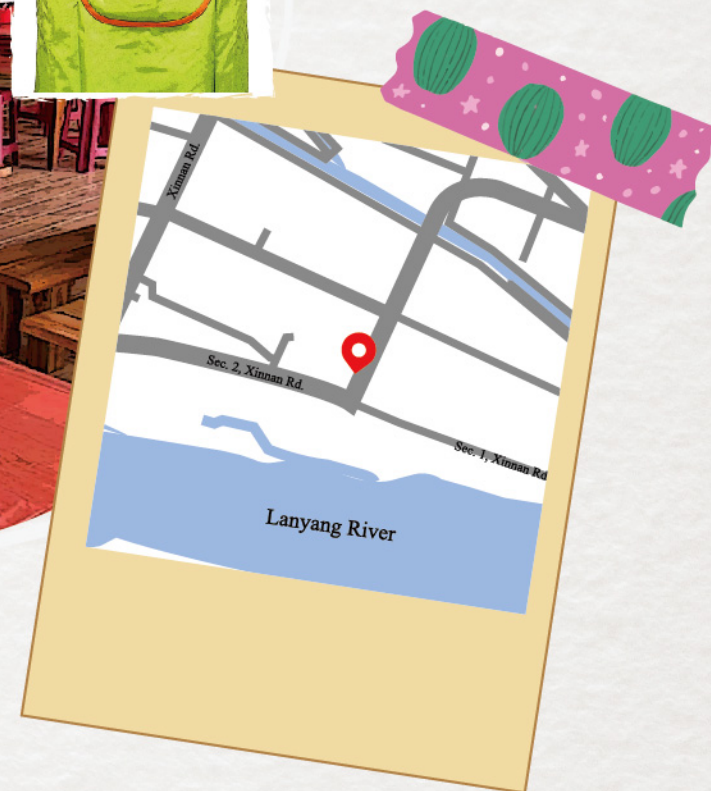
Chef
CHANG, CHIN-HSIA



Xinnan Village, located in Zhuangwei Township, Yilan County, is known as the hometown of cantaloupe melon because of its abundant production there.

The melon-based meals here are developed by combining local ingredients.

For example, the "cantaloupe chicken soup" is made from homemade cantaloupe sauce with fresh chicken. When you eat here, you feel like you are in a melon field or a rice field. Surrounded by greenery and a panoramic view, the restaurant offers a comfortable dining environment and a wide selection of specialty dishes.



recipe
04

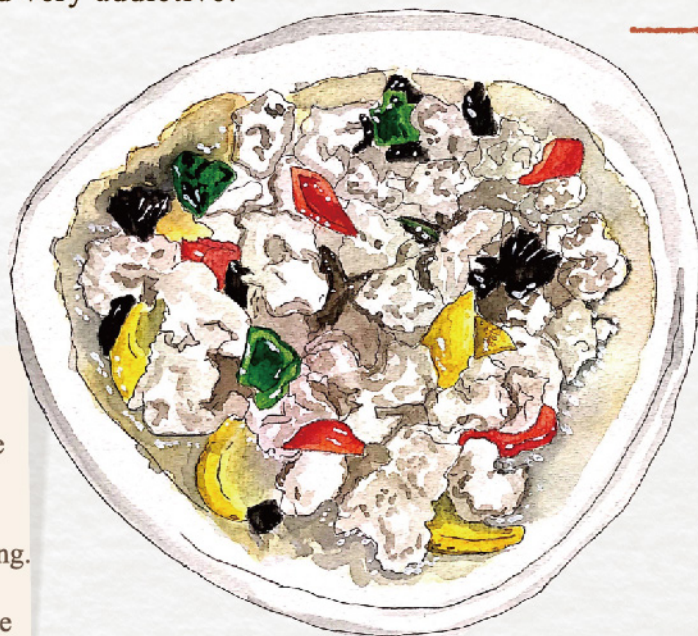
Cantaloupe Melon with Diced Chicken

When I visited the orchard, I saw the round and full-sized cantaloupes in front of my eyes, reminding me of a fruit dish that I had tasted when I was out with my family.

It is a fruit dish that I have tasted before, and its varied and rich flavors are unforgettable to this day.

This dish uses cantaloupe as a surprising twist, paired with fresh pineapple and tender diced chicken, plus crisp bell pepper.

Each bite is just the right size and very addictive!



Tips

modifying texture

- ◆ Marinate the meat with fresh pineapple juice to make it softer and more tender
- ◆ Carrots and bell peppers have rough skins so freeze for 1-3 days for softening.
- ◆ It is recommended to use a variety of colored peppers, which can increase the intake of different nutrients and make the plate look more delicious.

Ingredients

(3 servings)

Boneless chicken breast 180g

Fresh diced cantaloupe 30g

Carrot 30g

Cantaloupe sauce 20g

Egg white 2pcs

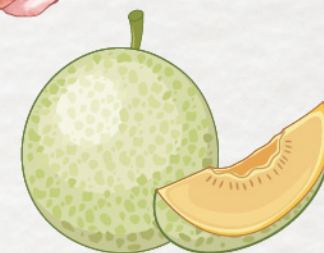
Sweet pepper 15g

Black fungus 5g

Water 300cc

Pineapple juice, garlic, cornstarch powder,

white pepper and vegetable oil to taste



Directions

1. Cut carrots and bell peppers into suitable size (about 3cm) and freeze for 1-3 days.
2. Cut cantaloupe, chicken breast and black fungus into suitable size (about 3 cm)
3. Chicken with fresh pineapple juice grasp marinade, with egg white and a little white pepper mix well to marinate.
4. Heat pot with a little oil, add garlic, cantaloupe, diced melon and slightly sauté, add 300cc of water, bring to a boil, then turn down the heat and cook for 5 minutes
5. Add diced carrot, bell pepper, chicken and fungus and boil for 5 minutes, then thicken and serve.



Welcome to Taiwan

Jaunt in Taiwan



The Best Places to Eat



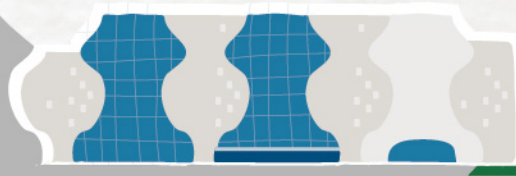
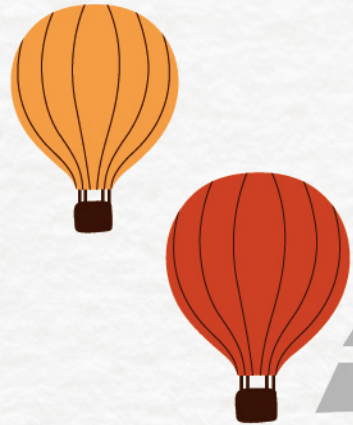
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 Telephone : 03-988-8117 #2
- 11** **Kuan Fu Ren Garden Restaurant**
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 Telephone : 03-925-3517
- 12** **Yi Jia Cun Healthy Restaurant**
 Address : No. 11, Ln. 58, Zhongcheng 2nd Rd., Dongshan Township, Yilan County 269, Taiwan (R.O.C.)
 Telephone : 0935-289-449

Welcome to Taiwan

Jaunt in Taiwan

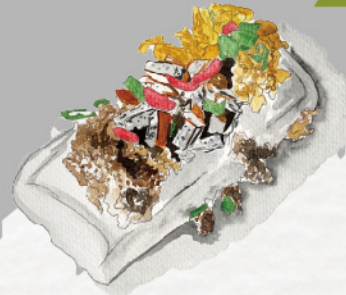


The Best Places to Eat



13

Taichung City



14

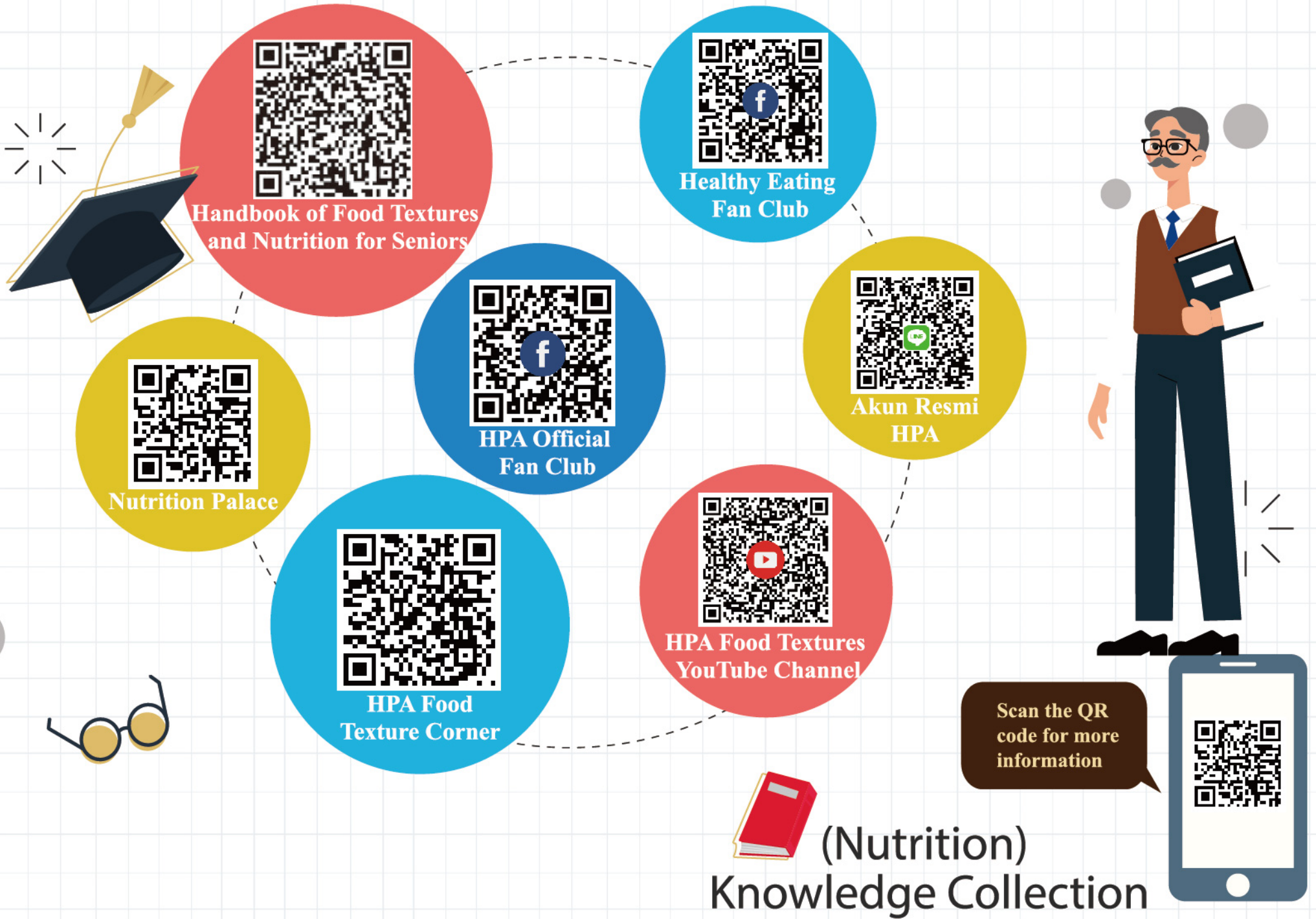
Changhua County



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

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