



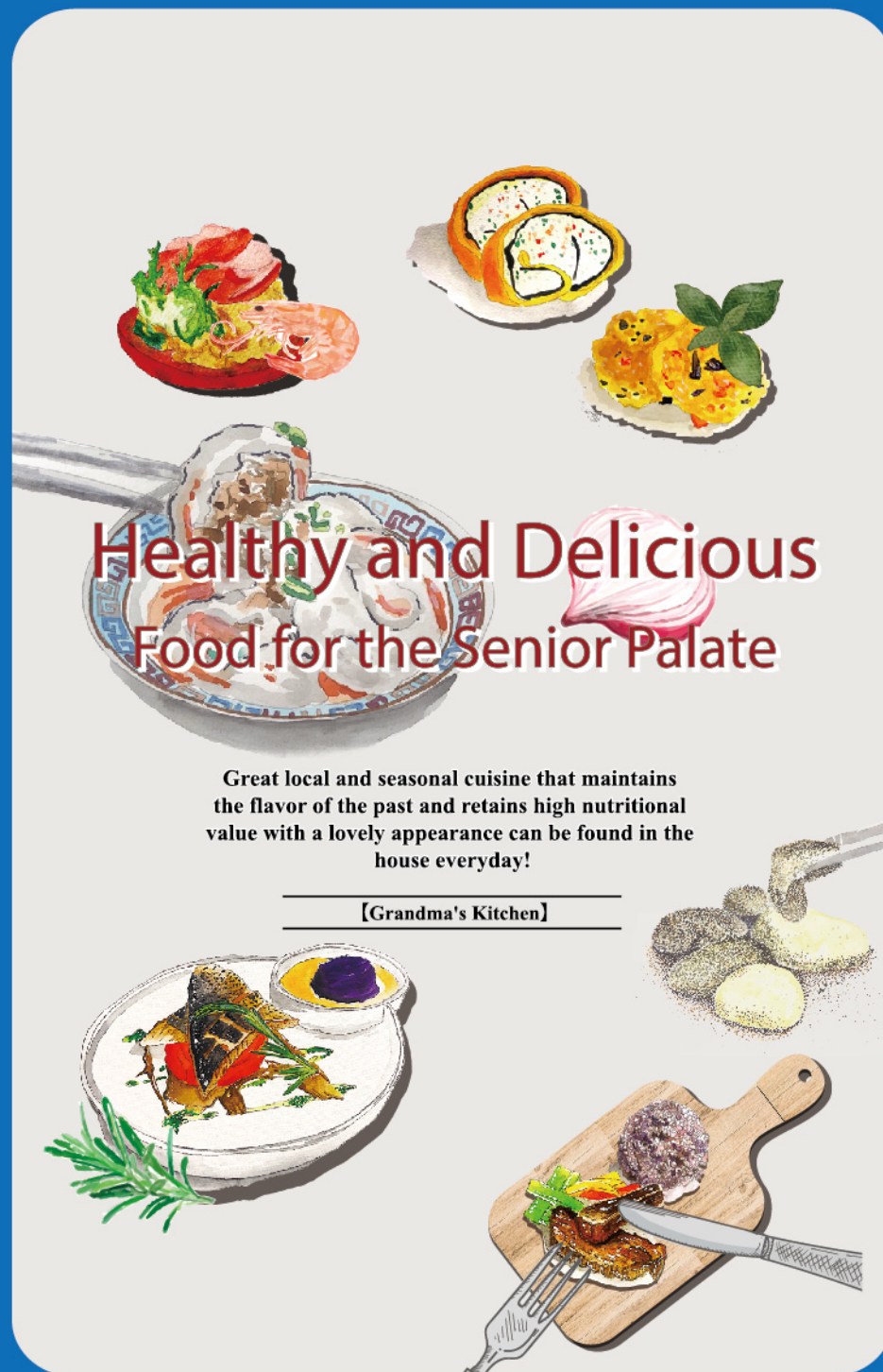
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Director-General
Chao-Chun Wu, M.D.

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.

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 loved 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

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

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)



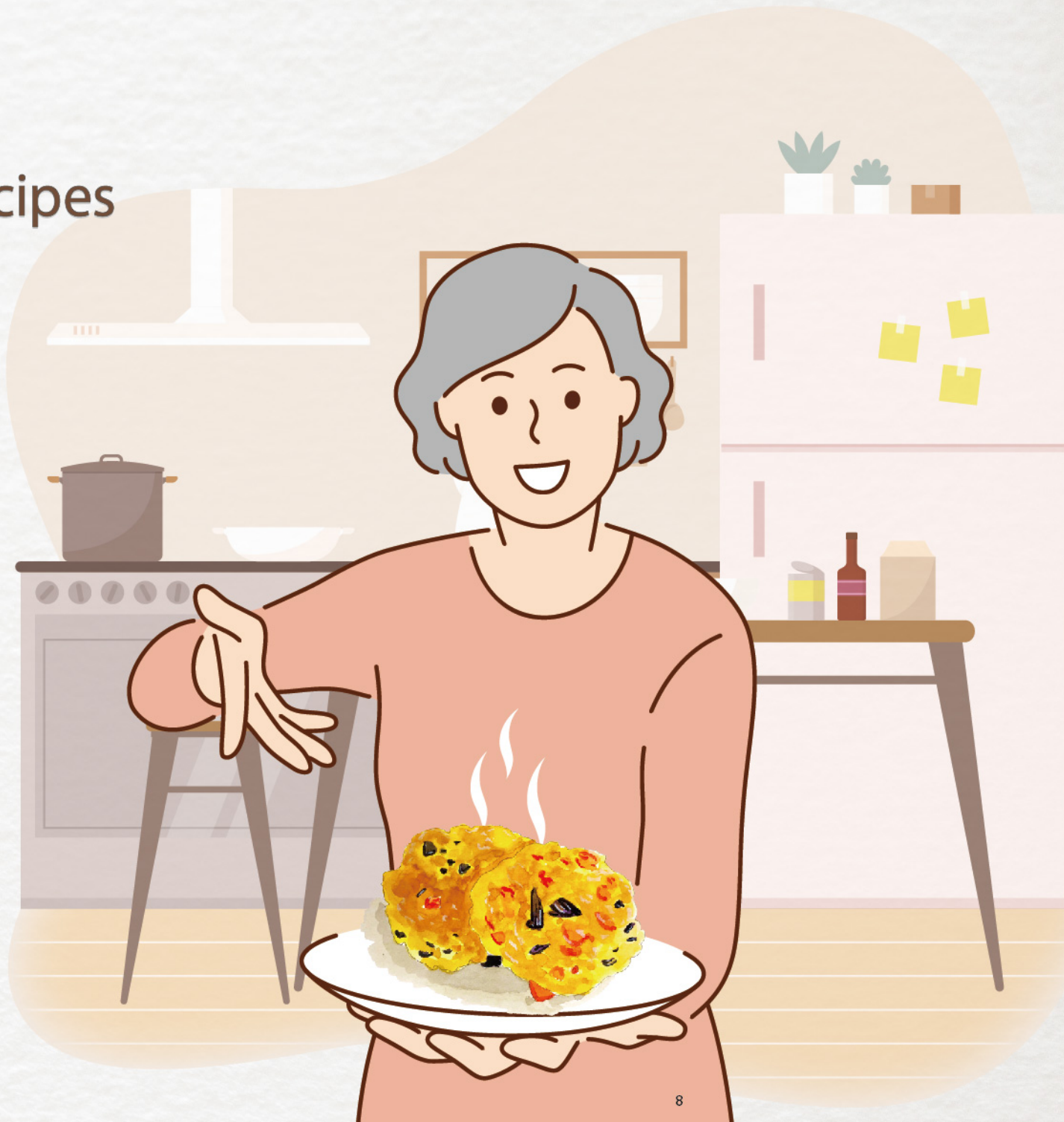
Cutting and cooking techniques

- ◆ 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



Community cooks Grandma's family recipes

It is clear that
we use the same ingredints to make the same dish
but the taste is different from our grandma's?
Let's dive into the kitchen and find out the
secret recipes and tips!
Walk into the community food stations.
From everyday meals to traditional snacks,
bring out every family's old time flavors.



Lin Cheng Hui Social Welfare Charity Foundation

Address : No. 232, Sec. 3, Miquan Rd., West Central Dist.,
Tainan City 700 , Taiwan (R.O.C.)
Telephone : 06-2221-880#27

Chef
WU, MING-LUNG



Love. Care. Hope

財團法人林澄輝社福基金會

Located in the Central West District of Tainan City, the association aims at promoting healthy aging by providing localized community care services for the elderly. The services include community care visits, telephone check-ins, health promotion courses, activities to delay disabilities, and community meal volunteer services.





Tainan shrimp Ba-Wan

While up in Taipei working in my career, I often think of the good taste of meatballs from my hometown in the south.

The meatballs are the taste of home, and every bite is satisfying!

The of traditional meatballs are not easy good for the elderly with weak teeth to bite.

The food preparation staff perform the magic of texture modification, making this chewy snack easier to bite and take in.

Use a combination of different ingredients for a balanced nutrition.

It is easy to make this classic Tainan local snack at home.

Together we can taste the unchanging

flavor of memory
and make appy and
nutritious meals that
the elders can "eat"!

Tips

modifying texture

- Adjust the ratio of starch in the outer skin, and replace the inner filling with tofu and carrots.

- Replace traditional meat chunks with finely minced meat.



Ingredients

(3 servings)

Rice flour 180g

Cassava flour 25g

Minced pork 60g

Jicama 30g

Water 500 c.c.

Shrimp 50g

Celery 20g

1 stick of cilantro

Scallion, scallion crisp , tofu, snow fungus, carrot, garlic paste, tomato sauce, salt , sugar, soy sauce, vegetable oil to taste

Directions

1. Make the skin:

Mix rice flour, potato flour, water and oil together, and heat to a thick consistency, and stir to make a dough.

2. Make the filling:

(1) Dice pork, tofu, shrimp

(2) Mix scallion, jicama, carrot and celery, add salt and sugar and stir well.

3. Make the sauce:

Cook and puree snow fungus for use, add water, sugar, and soy sauce, and boil to make a paste. (garlic paste and tomato sauce can be added to enhance the flavor)

4. Make the shrimp pork dumplings:

Take the outer dough and wrap the inner filling into a meat ball (about 5cm in size), add 1.5-2 cups of water to the outer pot, steam and set aside, steam the meat dumplings and pour the sauce over them, add some cilantro before serving.

Kalori
1234 KAL





Tainan Mixed Thick Soup



This is a braised noodle dish that I like very much, and is only available in Tainan.

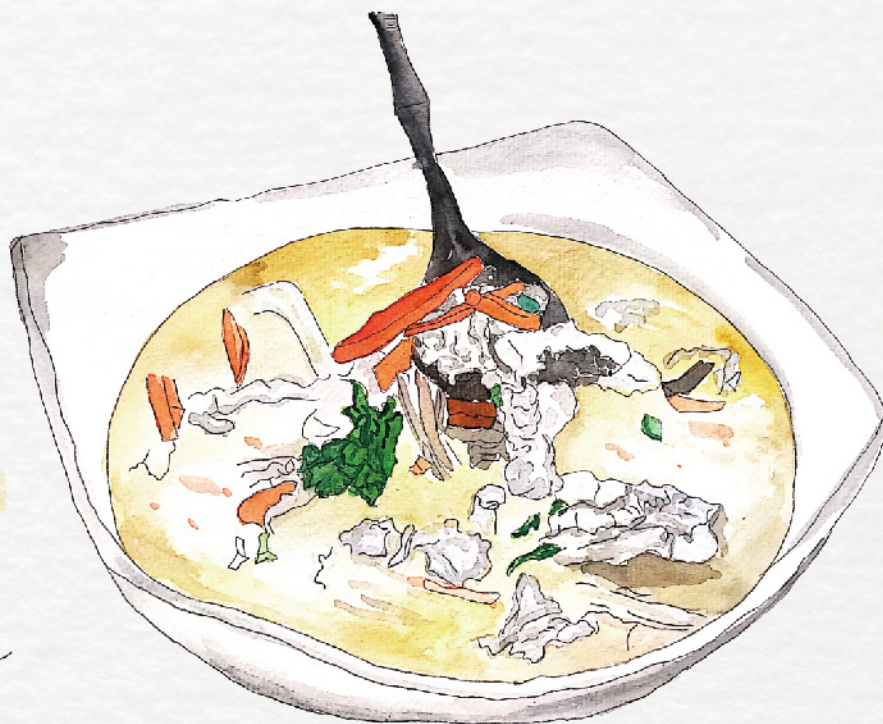
During my vacation I learned from my grandmother how to make this dish, simply to say, first I choose ingredients that are suitable for the elderly, and then use natural ingredients like snow fungus to thicken the soup.

It is full of family warmth, an irreplaceable taste in fond memories, very simple yet very evocative!

Tips

modifying texture

- Marinate the meat with fresh pineapple juice for more tenderness
- Carrot skin is rough, you can freeze carrots for 1-3 days for softening.



Ingredients

(3 servings)

Pork shoulder butt 30g

Fish paste 30g

2 eggs

Chinese cabbage 60g

White radish 30g

Fresh pineapple juice 30g

Wood-ear 30g

Bamboo shoots 30g

Snow fungus puree 60g

Carrot 30g

1 shiitake mushroom

Water 1000 c.c.

Dried long yellow daylilies, garlic puree, green onion, cilantro, dried flat fish, dried shrimp, white vinegar, sugar, black vinegar, salt, white pepper, soy sauce to taste

Directions



1. Dice the fungus, shred the mushroom, carrot, white radish, carrot, chinese cabbage and cut the dried yellow daylilies into small pieces (about 3cm) for use.
2. Shred pork butt, add pineapple juice and marinate, then stir with fish paste, put in the boiling water, cook thoroughly, drain and set aside, saving the soup for stock.
3. Add bamboo shoots, white radish, carrot, chinese cabbage, mushrooms, dried yellow daylilies, dried fish powder, soy sauce, sugar, salt, white pepper to taste, and thicken with snow fungus puree.
4. Add egg white and fungus into the pot, then add egg yolk, white vinegar and black vinegar.
(add garlic puree, cilantro, and green onion to taste.)

Taipei Houshanbei Cultural Development Association

Address : No. 91, Dongxin St., Nangang Dist.,
Taipei City 115 , Taiwan (R.O.C.)

Telephone : 02-2785-1737

Chef
CHEN, FENG-MIN



東新91
健康樂活心聚點

Located in Nangang District of Taipei City, the director, Ms. Tsui-Hua Li, worked as a volunteer at the Taipei Veterans General Hospital for many years. After Ms. Li saw seniors struggling with life problems, she and several of her retired colleagues established the association and organized the Dongxin 91 Volunteer Team. The services include care visits, phone check-ins, meal services, health promotion activities, and day care services.





Steamed Tofu with Pouchong Tea



"Come, come, come, let's eat! " During lunchtime, we often see the elderly in the neighborhood gathering to have a meal together. With good conversations and bonding, the food is especially delicious and fragrant.

The community meal preparation staff adjust dishes with great affection, transforming tofu and combining it with local specialties such as Pouchong tea to make creative dishes.

Let the elderly taste the delicate and delicious dishes, and enjoy a happy meal with friends!

Tips

modifying texture

- Dice the shrimp and mince the chicken into a puree, mix evenly to enhance the taste.



Ingredients (3 servings)

360g of hibiscus tofu
1 teaspoon of Pouchong tea leaves
Shrimp meat 90g
Chicken breast 60g
1 egg white
Water 300 c.c.
Red bell pepper, corn starch powder, cilantro, ginger puree, bonito soy sauce, rice wine to taste

Directions



1. Devein the shrimp, wash and dry them, and cut them into cubes for use; chop the chicken breast and ginger into a puree for use. Mix shrimp, chicken, ginger and egg white with rice wine and set aside.
2. Take out the egg tofu, put the shrimp and chicken puree on top of the hibiscus tofu and drizzle a little bonito soy sauce on top. Steam egg tofu in an electric cooker for about 7 minutes
(1 cup of water in the outer pot)
3. Dice cilantro stalks and red bell pepper for use, add diced cilantro and red pepper and steam for another 2 minutes.
4. Steep the tea in 300cc of hot water. Take the tea broth, then thicken and pour over the steamed hibiscus tofu.

Community cooks Family mealtime with children and grandchildren in the afternoon

Presenting exclusive homemade desserts!

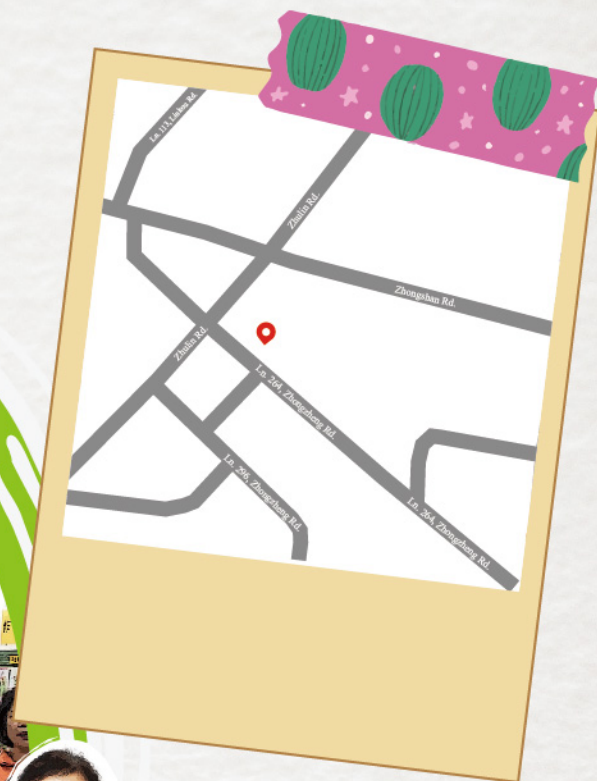
Find your childhood memories Maybe it's a dessert your family loves to make, or a stunning treat you discovered on a family trip, make a variety of desserts together.

Nutritious, soft, and delicious,winning over the taste buds of the whole family.



Shan-An Community Care Center

Address : No. 80-1, Zhulin Rd., Linkou Dist.,
New Taipei City 244 , Taiwan (R.O.C.)
Telephone : 0909-527-330



**Chef
SUN, CHIA-LIANG**

Located in Linkou District, New Taipei City, the services provided include senior meals, health promotion courses, telephone check-ins, and dedicated social worker services, and is committed to providing a friendly environment where seniors feel happy with greater health.



Tahu(Tofu) Mochi

recipe
01

In our childhood, when the sound of “kou-lou-kou-lou” came out the alley entrance, we knew that the mochi vendor was coming with his cart cycling up to sell smooth and delicious mochi. All the siblings were eager to run out and gather around the mocha cart to bring home the mochi covered by peanut powder and sesame powder.

The fond memories we shared mochi with our families ~ I really miss it!

To recreate the unforgettable taste and bring smiles of satisfaction to the elderly, we worked with the community food preparation staff to upgrade this old fashioned snack and we created soft and non-sticky tofu mochi.

The seniors will be able to enjoy the carefully-prepared snack of their childhood.

It's a happy and healthy snack, so let's learn how to make it!

Tips

modifying texture

- Adjust the amount of glutinous rice flour, replace with tofu for softer texture



Ingredients

(3 servings)

Glutinous rice flour 200g

Soft tofu 150g

Soy milk 150g

Vegetable oil 10g

Salt, brown sugar, black sesame powder to taste



Directions



1. Crush tofu, add glutinous rice flour and soy milk and mix until they form a paste, pour into a greased container and steam in an electric cooker (add 1 cups of water to the outer pot)
2. Mix salt, brown sugar and black sesame powder into a dipping powder.
3. Take out the steamed mochi, add some oil, mix it quickly and let it cool. Roll the steamed mochi into a suitable size (3cm) and serve.



Kalori

1263 KAL



Vegetable Pancakes with Eggplant

This dish is about love and family heritage.

In order to keep the elders and children from picking food, a different way of cooking is used- add cabbage, eggplant, onions and so on, mix with flour and eggs.

Each bite is so good that even those who don't love eggplants will immediately fall in love with it, and they can always eat one piece after another.

What you eat is not only the food itself, but the happiness of being loved~

Tips

modifying texture

- Vegetables can be replaced by diced bell peppers, mushrooms, etc.
- Carrots and bell peppers have rougher skins, so freeze for 1-3 days for softening
- Use finely minced meat to add flavor and texture.



Ingredients

(3 servings)

2 eggs
Onion 50g
Carrots 50g
Cabbage 50g
Eggplant 50 g
Cake flour, salt and pepper to taste

Directions



1. Wash and dice onion, carrot, cabbage and eggplant (about 1.5cm). Put the chopped ingredients into boiling water, boil for about 2-3 minutes, drain.
2. Add egg and cake flour and mix well, then season. Fry in a pan over medium low heat until golden brown on both sides.

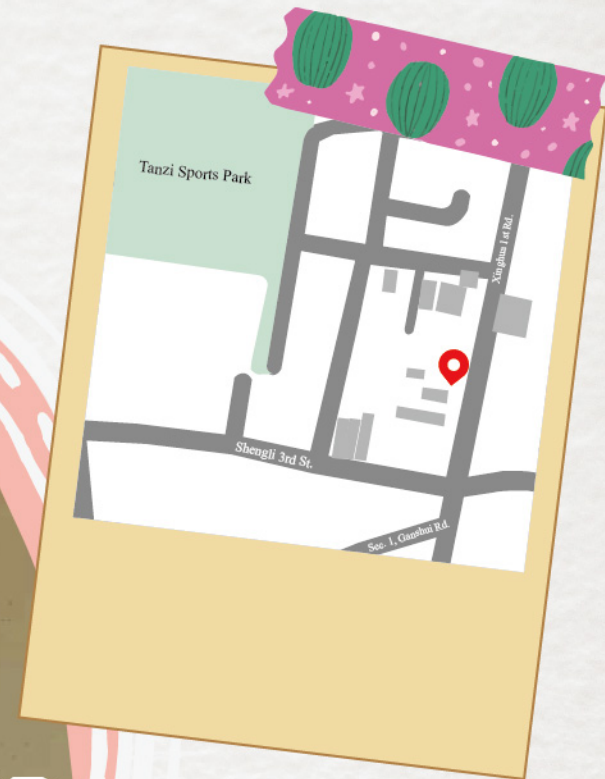


Xin Can Hakka Restaurant

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





recipe

03

Brown Sugar Sesame Shui Ban (steamed sweet rice pudding)

There is a vendor stall selling Hakka sweet rice cake hidden in an alleyways. The sweet cake was the favorite of the elders when they were little.

The flavor is very simple, but you can enjoy the sweetness of brown sugar.

Considering the nutritional needs of the elders, we have created a new method for the preparation of this snack.

We've added sesame powder and sprinkled some crushed nuts for the multi layered deliciousness.

Let the elders easily enjoy each bite, and bring them a new flavorful experience!



Kalori

1162 KAL

Ingredients

(3 servings)

Rice 300g

Brown sugar 50 g

Sesame powder 20g

Water 1000 cc

Sugar, a suitable amount of nuts

Directions



1. Wash the rice, soak it for 3-4 hours and strain the water. Add 1000cc of water to the strained rice and stir it into a fine, chunk-free rice milk.
2. Put the rice milk into a pot, add brown sugar, sand, sesame powder, and steam it in an electric cooker, add 1.5 cups of water to the outer pot and steam until the switch turns off.
3. Scatter crushed nuts on top and the dish is ready to serve.

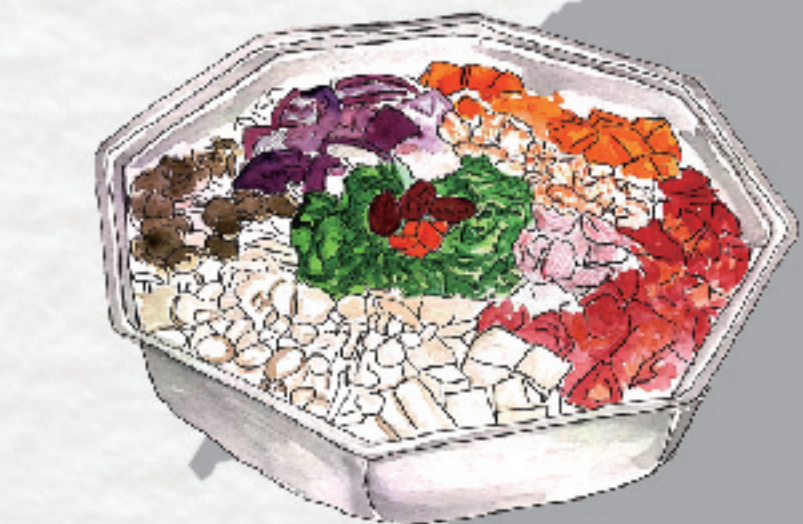


Welcome to Taiwan

Jaunt in Taiwan



The Best Places to Eat



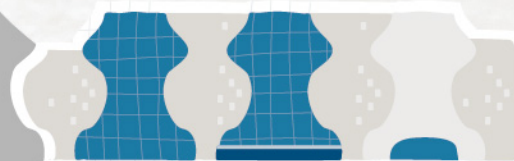
- 1** **The Howard Plaza Hotel Taipei**
Address : No. 160, Sec. 3, Ren'ai Rd., Da'an Dist., Taipei City 106, Taiwan (R.O.C.)
Telephone : 02-2700-2323
- 2** **Shin Fong Food Co.,Ltd.**
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- 4** **Sichuan-Hakka Cuisine Restaurant**
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- 5** **Chi Jhen Shun Siang Lai Restaurant**
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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
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Telephone : 02-2458-8106
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- 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**
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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



Restoran Hakka XinCan

13

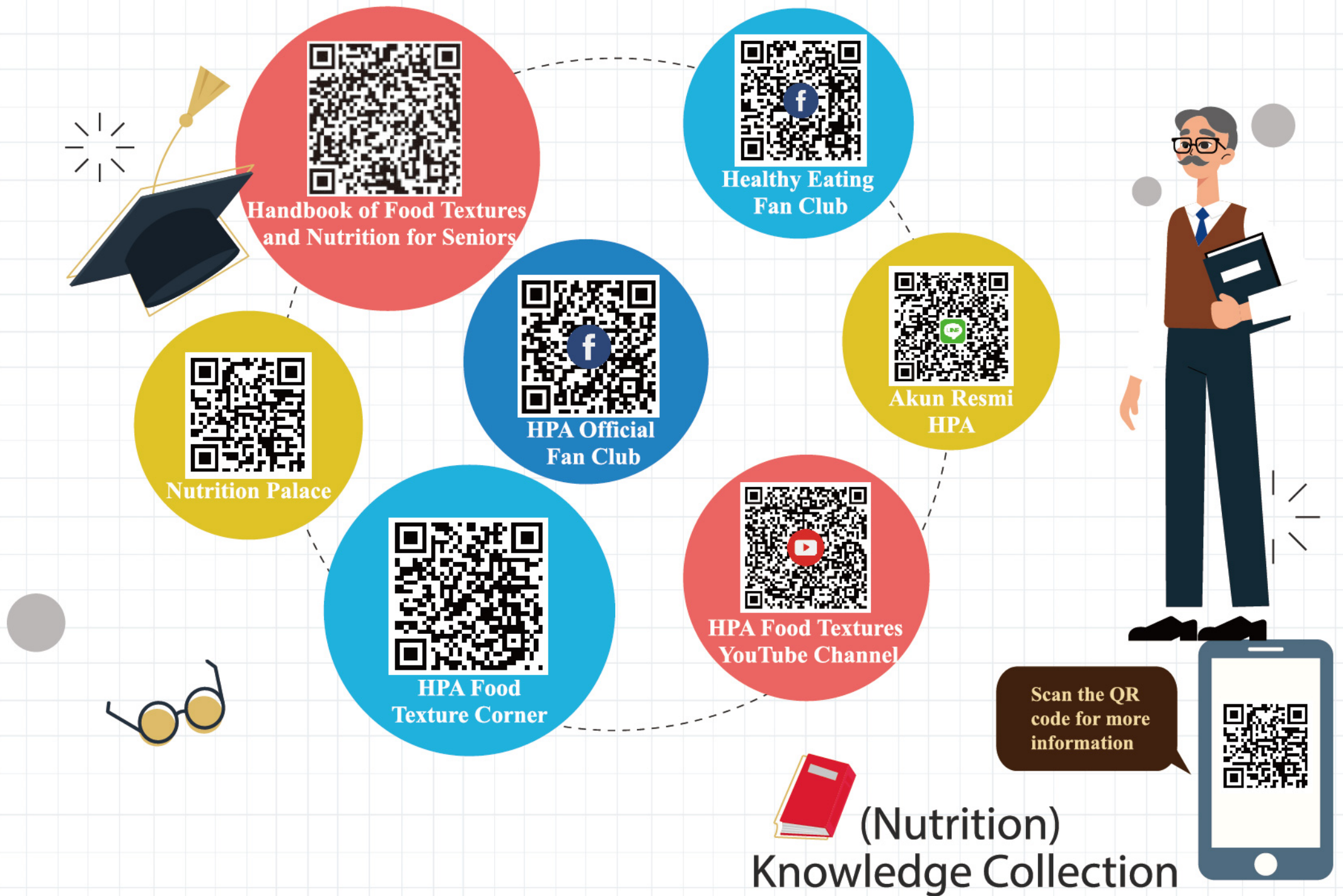
Address : No. 219, Xinghua 1st Rd., Tanzi Dist., Taichung City 427, Taiwan (R.O.C.)
Telephone : 04-2534-5178

Traditional Chicken Rice Dishes

14

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





MEMO



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for additional purpose of this book.