



**Nutrition
Month Malaysia '09**

Easy Nutrition Planner for Caring Mums

Easy Nutrition Planner for Caring Mums • Buku Perancangan Pemakanan Mudah untuk Ibu Penyayang

**Buku Perancangan
Pemakanan Mudah
untuk Ibu Penyayang**



A Guide & Recipe Book by / Buku Panduan & Resipi terbitan:



Nutrition Society of Malaysia

www.nutriweb.org.my



Malaysian Dietitians' Association

www.dietitians.org.my



Malaysian Association for the
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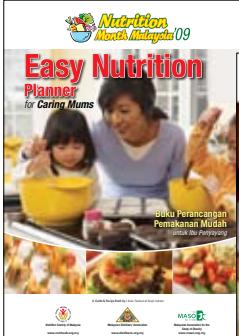
Promoting Healthy Eating Nationwide

Mempromosi Amalan Pemakanan Sihat ke Seluruh Negara

Since its launch in 2002, Nutrition Month Malaysia (NMM) has been observed every April to promote a greater awareness and the practice of healthy eating habits. This year, NMM focuses on the topic of child nutrition under the theme "Healthy Children, Healthier Nation". Our nationwide campaign aims to help parents give their children the head start in life they deserve and communicate that proper nutrition in childhood contributes to a child's overall wellbeing and development.

Sejak pelancarannya pada 2002, Bulan Pemakanan Sihat Malaysia (NMM) telah disambut setiap bulan April untuk menggalakkan kesedaran yang lebih mendalam dan mengamalkan pemakanan yang sihat. Tahun ini, NMM menumpu terhadap topik pemakanan di kalangan kanak-kanak dengan tema "Kanak-Kanak Sihat, Negara Lebih Sihat". Kempen seluruh negara kami bertujuan membantu ibu bapa memberikan permulaan dalam kehidupan yang sejarnya untuk anak-anak dan menyampaikan mesej bahawa amalan pemakanan yang betul dari peringkat kanak-kanak dapat menyumbang ke arah kesejahteraan keseluruhan dan perkembangan anak-anak.

2009 Activities/Aktiviti



Creative & Practical Guide / Panduan Kreatif & Praktikal



Guide Book / Buku Panduan



- Guide to child nutrition, meal planning, smart shopping, meal preparation & healthy cooking / Panduan pemakanan kanak-kanak, perancangan sajian, pembelian & penyediaan makanan dan masakan sihat



Article series in selected newspapers & magazines / Siri artikel dalam akhbar & majalah terpilih

- Radio & television interviews/messages / Temubual/mesej di radio & televisyen
- State-level nutrition promotion activities / Promosi aktiviti-aktiviti amalan pemakanan di peringkat negeri



DVD & worksheets for children / DVD & kertas aktiviti untuk kanak-kanak



Fun-filled carnival / Karnival yang penuh aktiviti

Visit our website to obtain more information on nutrition & other educational materials from the Nutrition Month Malaysia programme. We also welcome feedback/queries from parents across the country. To reach us, please contact:

Untuk mendapatkan bahan bacaan daripada program Bulan Pemakanan Sihat Malaysia dan informasi tentang pemakanan, layarilah laman web kami. Kami juga mengalukan maklum balas/pertanyaan daripada para ibu bapa di seluruh negara.

Hubungi kami di:

The Nutrition Month Malaysia Secretariat

Tel: (03) 5632 3301/5637 3526 Email: nutritionmonth@nutriweb.org.my

www.nutriweb.org.my

A Healthy Nation Begins With Healthy Eaters



It's not easy to raise children today, no thanks to our hectic lifestyles.

There are also the many challenges and changes we have to adapt to as our children grow. As parents who love our children, we have a responsibility to adjust to, and address these concerns. These adjustments are necessary and always worth the effort.

Good nutrition and healthy eating habits are an important component of your children's health. Investing time and money in feeding them right is a win-win situation for both parents and children. Practised daily, it will not only help prevent diseases today, but also later in life.

This is why the Ministry of Health Malaysia has, and will, always support Nutrition Month Malaysia. We believe this programme can only strengthen our national health agenda. Its objective this year of raising a nation of young, healthy eaters is to be highly commended. But we also believe that parents should not only rely on this annual initiative, but make an effort to obtain nutrition-related information and resources from the Ministry and other professional health bodies.

The *Easy Nutrition Planner* is a unique project that provides caring mums with nutrition and dietary information along with practical guidance and tips on planning and preparing meals for their young ones. This publication is a collaboration between the food industry and professional bodies, and draws upon insights and inspiration from the industry. Our greatest reward is that you use this book and apply its principles and practices to nourish your children and raise happy, healthy youngsters.

DATO' SRI LIOW TIONG LAI
Minister of Health Malaysia

Acknowledgements

Penghargaan

Managed and implemented by professional bodies with the support of the private sector, Nutrition Month Malaysia (NMM) reflects the spirit of partnership that is essential to facilitate the public's quest for health and wellbeing through appropriate nutrition information.

We thank the following organisations for contributing towards the successful implementation of NMM activities for 2009:

Diurus dan dikendalikan oleh badan-badan profesional dengan sokongan sektor swasta, Bulan Pemakanan Sihat Malaysia (NMM) mencerminkan semangat perkongsian yang penting dalam memudahkan hasrat orang ramai untuk mencapai kesihatan dan kesejahteraan melalui maklumat pemakanan yang tepat.

Kami mengucapkan terima kasih kepada organisasi-organisasi berikut yang telah membantu menjayakan aktiviti-aktiviti NMM 2009:

Main Sponsor / Penaja Utama



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With the support of / Dengan sokongan



We also place on record our sincere appreciation to the mass media of Malaysia for helping us spread the message of healthy eating to the nation.

Kami juga ingin merakamkan penghargaan ikhlas kami kepada media massa Malaysia yang telah membantu kami dalam menyampaikan pesanan pemakanan sihat kepada rakyat.

Making Good Nutrition Easier

Menjadikan Pemakanan Baik Lebih Mudah

Providing your children good nutrition during their formative years of 1 - 6 may not be easy. This is because there are different nutritional needs to look into and proper preparation to consider. Taking the effort to do so, however, can make a difference to your children's future.

This is why we've developed the *Easy Nutrition Planner*. This smart mum's guide to good nutrition aims to help you easily prepare meals for your children that are healthier. We've done our best to provide practical nutrition and dietary guidance in a simple, easy-to-digest manner that complements your busy lifestyle.

Our publication is founded on the realities of modern parenting and contains expert advice, tips and solutions. Please make use of these right away. There's only a short window of opportunity open to you during this period of the formative years to start feeding your children right. Don't wait until they develop unhealthy eating habits, or until you can spare the time. You must make time. So seize the moment, and devote yourself to their health today.

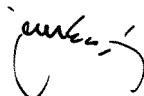
We hope you take great pleasure and joy from this book. You'll discover that with the right guidance and information, cooking healthy and giving your children good nutrition can be easy.

Membekalkan anak-anak anda dengan pemakanan yang baik semasa tahun-tahun tumbesaran 1 – 6 tahun mungkin tidak semudah yang disangkakan. Terdapat pelbagai keperluan pemakanan berbeza yang perlu diberi perhatian serta cara penyediaan betul untuk dipertimbangkan. Tetapi, dengan berusaha melakukannya, ia akan menghasilkan perbezaan besar untuk masa depan anak-anak anda.

Inilah sebabnya kami telah menyediakan Buku Perancangan Pemakanan Mudah ini. Garis panduan ke arah pemakanan yang baik untuk ibu-ibu yang bijak ini bermatlamat untuk memudahkan anda menyediakan makanan yang lebih berkhasiat untuk anak-anak anda. Kami telah berusaha sedaya-upaya untuk membekalkan panduan pemakanan dan diet yang praktikal dengan cara yang mudah dan senang difahami serta bersesuaian dengan gaya hidup anda yang sibuk.

Penerbitan kami dihasilkan berdasarkan keadaan sebenarnya cara keibubapaan moden serta mengandungi nasihat, tip-tip dan penyelesaian oleh para pakar. Kami berharap anda akan terus menggunakan penerbitan ini sejurus setelah mendapatkannya. Peluang keemasan untuk memberi anak anda makan secara betul tidak akan terbuka selama-lamanya. Jangan tunggu hingga anak anda mula menunjukkan tabiat makan yang tidak sihat atau sehingga anda mempunyai masa lapang. Anda perlu meluangkan masa. Jadi, ambil peluang ini dan berilah tumpuan untuk menjaga kesihatan mereka mulai hari ini juga.

Kami berharap anda akan berasa gembira dan seronok apabila membaca buku ini. Anda akan menyedari bahawa dengan panduan dan maklumat yang betul, memasak secara sihat dan memberi pemakanan yang baik kepada anak-anak anda merupakan sesuatu yang mudah.



DR TEE E SIONG, KMN

Chairman / Pengurus
NMM National Steering Committee
Jawatankuasa Pemandu Kebangsaan NMM





Your Happ

Anak-anak

Your children are with love, care and to wellness today

Anak-anak adalah im sayang, penjagaan dan sentiasa mengikuti ja masa hadapan.

Nurture With Good Nutrition

Memupuk Melalui
Pemakanan Yang Baik



The Joys of Planning *Keseronokan Merancang*

In a way, good nutrition begins with planning. This not only saves you time and reduces hassle, but planning allows you to make the healthiest food choices for your children. It will also place you in control of your family's dietary habits and make it easier for you to take charge of their health.

Pemakanan yang baik bermula dengan membuat perancangan. Ini bukan sahaja akan menjimatkan masa dan mengurangkan kesusahan tetapi juga membolehkan anda menyediakan pilihan makanan yang paling sihat untuk anak-anak anda. Ia turut menjadikan anda dapat mengawal tabiat makan keluarga anda dan memudahkan anda bertanggungjawab terhadap kesihatan mereka.



Nutrition Society of Malaysia

www.nutriweb.org.my

Children Are Joyful And Healthy

Yang Gembira Dan Sihat

your dreams and your future. Nurture them with good nutrition, and keep them on the road to tomorrow.

pian dan masa depan anda. Berikan mereka kasih sayang pemakanan yang baik serta pastikan mereka berjalan ke arah kesihatan yang baik pada hari ini dan



A Serving of Tasty Health *Hidangan Sihat Yang Lazat*

Cooking nutritious meals for your children does not mean giving them bland food. Instead, why not break away from the mundane and thrill your young ones with creative culinary creations! Use your imagination and discover more ways to cook so your children will eagerly await every dish!

Memasak hidangan berkhasiat untuk anak-anak anda tidak bermakna memberikan mereka makanan yang hambar. Sebaliknya, cubalah sesuatu yang lain dari kebiasaan supaya anak-anak kecil anda teruja dengan ciptaan kulineri yang kreatif! Gunakan imaginasi anda dan pelajari lebih banyak cara untuk memasak sehingga anak-anak anda tidak sabar menantikan setiap hidangan!



Malaysian Dietitians' Association

www.dietitians.org.my

Happy Families Eat and Play Together

*Keluarga Bahagia Sentiasa
Makan dan Bermain Bersama*

Building a happy family starts with having mealtimes and playing together. Mealtimes and playtimes are perfect ways to spend some 1-on-1 time with your children, chat about just everything and share one another's day. Eating and playing together is a great way to spend quality time with your children.

Membina keluarga bahagia bermula dengan menikmati waktu makan dan bermain bersama. Waktu makan dan waktu bermain adalah cara yang terbaik untuk meluangkan masa bersama anak-anak anda, berbual mengenai apa sahaja serta berkongsi tentang pengalaman harian masing-masing. Makan dan main bersama merupakan cara yang terbaik untuk meluangkan masa berkualiti bersama anak-anak anda.



Malaysian Association for the
Study of Obesity
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***Pernyataan**

Buku ini tidak sama sekali bertujuan untuk menggantikan nasihat doktor anda atau pakar profesional kesihatan. Segala kemungkinan hendaklah dirujuk kepada doktor anda. Persatuan Pemakanan Malaysia (NSM), Persatuan Dietitian Malaysia (MDA) dan Persatuan Kajian Obesiti Malaysia (MASO) tidak bertanggungjawab terhadap sebarang isu yang berbangkit daripada penggunaan buku ini.

NSM, MDA dan MASO tidak menganjurkan sebarang produk dan tidak bertanggungjawab ke atas sebarang akuan daripada iklan-iklan yang disiarkan.

Kandungan buku ini adalah hak cipta sepenuhnya program Bulan Pemakanan Sihat Malaysia (NMM). Tidak dibenarkan mencetak semula mana-mana bahagian dalam buku ini tanpa kebenaran bertulis daripada Jawatankuasa Pemandu Kebangsaan NMM.

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Brush Up On Nutrition

Tambah Pengetahuan Tentang Pemakanan Dan Pe

1

Mix & Match Everyday!

Campur & Padankan Setiap Hari!

Your child has multiple needs and requires different types and amounts of nutrients, which differs from food to food. Meet these needs and requirements by providing your child varied meals with different colours, flavours, textures and aromas.

Anak anda mempunyai banyak keperluan. Mereka memerlukan jenis dan jumlah nutrien yang berlainan dan berbeza mengikut jenis makanan. Penuhi keperluan anak anda dengan menyediakan hidangan yang pelbagai, dengan warna, perisa, tekstur dan aroma yang berbeza untuk anak anda.



2

Strike A Balance

Mencari Keseimbangan

Nutritional imbalance or having too much or too little of certain nutrients causes health problems. Strive to consume balanced meals so as to avoid nutritional excesses or deficiencies.

Ketidakseimbangan pemakanan sama ada mengambil terlalu banyak maupun terlalu sedikit sesetengah nutrien akan mengakibatkan masalah kesihatan. Cuba makan sajian yang seimbang untuk mengelakkan pengambilan yang berlebihan atau berkurangan.



6

Everything In Moderation

Amalkan Kesederhanaan

As your child grows and develops, the amount and type of energy and nutrients he needs increases. However, do make sure he receives these nutrients from the correct amounts of food daily. Eating in moderation from a young age keeps your child healthy now and throughout his life.

Keperluan jumlah dan jenis tenaga serta nutrien anak anda akan bertambah apabila dia membesar. Maka, pastikan dia mendapatkan nutrien ini daripada kuantiti makanan yang mencukupi setiap hari. Mengajarnya untuk makan secara sederhana dari usia yang awal akan memastikan anak anda sentiasa sihat pada hari ini dan sepanjang hayatnya.

7

No Skipping Meals

Jangan Abaikan Waktu Makan

Skipping meals can cause your child to lose out on the energy and nutrients he needs to keep on zooming through the day. Keep his fuel supply regular!

Mengabaikan waktu makan boleh mengakibatkan anak anda tidak mendapat tenaga dan nutrien yang diperlukan untuk menjalani aktiviti hariannya. Pastikan dia mempunyai bekalan tenaga yang tetap!

8

Water Is Wonderful!

Air Sememangnya Hebat!

Whether it's water, milk or 100% fruit juices, your child needs enough liquid in him so his little body is well-hydrated to keep him on the move.

Anak anda memerlukan cecair yang mencukupi, sama ada dalam bentuk air, susu ataupun jus buah-buahan 100% supaya tubuhnya akan kekal terhidrat untuk memastikannya sentiasa aktif.



n And Feeding!

emberian Makanan!

3

The Fantastic Five

Lima Kumpulan Yang Hebat

Be sure to feed your child a daily mix of foods from these five groups:

1. Rice, cereal, cereal products, noodles, tubers
2. Fruits
3. Vegetables
4. Fish, poultry, meat, eggs, beans and bean products
5. Milk and dairy products



Pastikan anda memberi anak anda gabungan makanan daripada kelima-lima kumpulan berikut setiap hari:

1. Nasi, bijirin sarapan, produk bijirin, mi, ubi-ubian
2. Buah-buahan
3. Sayur-sayuran
4. Ikan, ayam itik, daging, telur, kekacang dan produk kekacang
5. Susu dan produk tenusu

9

Monitoring Growth

Memantau Tumbesaran

You will know if your child is obtaining the required energy and nutrients in the appropriate amounts by monitoring his height and weight periodically.

Memantau ketinggian dan berat badan anak anda secara berkala akan membolehkan anda mengetahui sama ada anak anda telah mendapat keperluan tenaga dan nutrien yang mencukupi.

4

Fat Is Important, But...

Lemak Adalah Penting Tetapi...

Dietary fat provides energy and is important for development. Your child gets the appropriate amounts from a well-balanced, varied diet. Fats are unhealthy when consumed in excessive amounts.

Lemak dalam diet membekalkan tenaga dan amat penting untuk perkembangan. Anak anda boleh mendapat jumlah yang secukupnya daripada diet yang seimbang dan pelbagai. Lemak akan menjadi sesuatu yang tidak sihat apabila diambil dalam jumlah yang berlebihan.

5

Not So Much!

Jangan Terlalu Banyak!

Limit sweets and sugary foods and drinks. These may be considered tasty, but they are high in calories and low in important nutrients. Limit salt intake too, because your child only needs this in small amounts.

Hadkan gula-gula dan makanan serta minuman bergula. Kesemuanya mungkin lazat tetapi berkalori tinggi dan rendah dalam nutrien-nutrien penting. Hadkan juga pengambilan garam kerana anak anda hanya memerlukannya dalam jumlah yang sedikit.

10

Play!

Mari Bermain!

Playing with your child is enjoyable and fun for the both of you. It also brings parent and child closer and teaches him the value of physical activity. So make playtime happy time every day!

Bermain dengan anak anda sememangnya seronok dan akan menceriakan anda dan juga mereka. Ia turut akan merapatkan hubungan ibu bapa dan anak serta mengajar mereka nilai aktiviti fizikal. Oleh itu, jadikan masa bermain setiap hari sebagai waktu yang menggembirakan keluarga anda!



These 10 principles will give your child a great start to life!

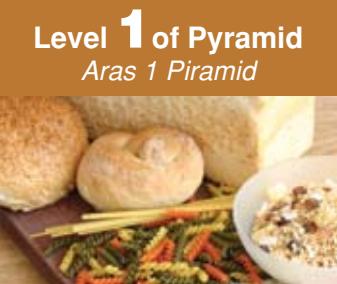
10 prinsip ini akan memberikan anak anda permulaan hidup yang hebat!

Viva Variety!

Amalkan Kepelbagaian!

Something New, Everything Healthy!

The table below gives examples of foods and the amounts of each food that can be given to your child for her daily meals. Each column gives examples of different types of foods for each food group or each level of the Food Guide Pyramid. Rotate these foods at every meal and throughout the week.

Level 1 of Pyramid <i>Aras 1 Piramid</i>	½ cup of cooked rice <i>½ cawan nasi</i>	½ cup of breakfast cereals <i>½ cawan bijirin sarapan</i>
	1 cup of plain rice porridge <i>1 cawan bubur nasi biasa</i>	3 plain biscuits <i>3 keping biskut biasa</i>
1 slice of bread <i>1 keping roti</i>	1 medium-sized potato <i>1 biji kentang saiz sederhana</i>	
½ cup of soaked noodles <i>½ cawan mi yang direndam</i>	½ small chapatti <i>½ capati kecil</i>	
Go with different wholegrain varieties! <i>Cubalah jenis-jenis bijirin penuh yang berbeza!</i>		

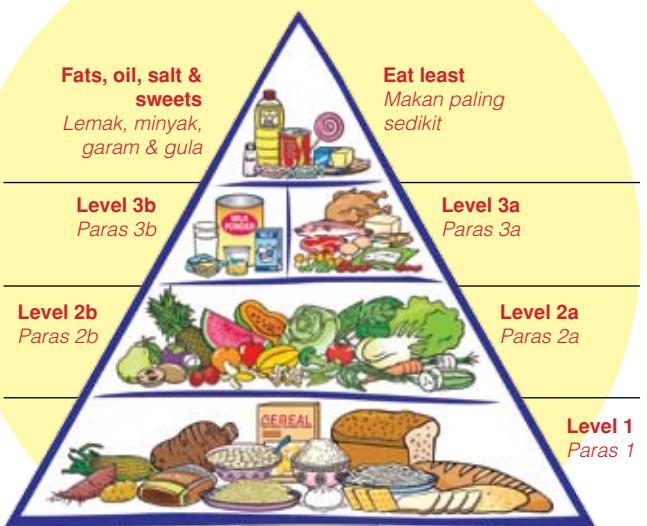
Level 2a of Pyramid <i>Aras 2a Piramid</i>	Green leafy veggies: <i>Sayur-sayuran berdaun hijau: ½ cup of cooked green leafy vegetable eg spinach ½ cawan sayur-sayuran berdaun hijau yang telah dimasak cth bayam</i>	Root veggies: <i>Sayuran berakar: ½ cup of cooked carrots ½ cawan lobak merah yang dimasak</i>	Level 2b of Pyramid <i>Aras 2b Piramid</i>	½ a medium-sized guava <i>½ biji jambu batu bersaiz sederhana</i>
	Fruit veggies <i>Sayuran jenis buah : ½ cup of cooked tomato ½ cawan tomato yang dimasak</i>	Cruciferous veggies <i>Sayuran Krusiferus: ½ cup of cooked cabbage/cauliflower ½ cawan kubis/kubis bunga yang dimasak</i>		1 medium-sized orange/apple/pear <i>1 biji oren/epal/pear bersaiz sederhana</i>
Choose different types of vegetables! <i>Pilih jenis sayur-sayuran yang berbeza!</i>				

Level 3a of Pyramid <i>Aras 3a Piramid</i>	1 medium-sized chicken drumstick <i>1 paha ayam bersaiz sederhana</i>	1 cup of milk (take everyday) <i>1 cawan susu (diambil setiap hari)</i>
	2 matchbox-sized lean meat <i>2 keping daging tanpa lemak bersaiz kotak mancis</i>	1 cup of yoghurt <i>1 cawan yogurt</i>
	2 eggs <i>2 biji telur</i>	1 slice of cheese <i>1 keping keju</i>
	1 cup of beans or pulses <i>1 cawan kacang atau kekacang</i>	
	1 ½ pieces of tofu <i>1½ keping tauhu</i>	Milk is a must for your kids! <i>Susu adalah sesuatu yang mesti diambil oleh anak-anak anda!</i>
Provide protein from both animal & plant sources! <i>Berikan sumber protein daripada haiwan & tumbuhan-tumbuhan!</i>		

Feeding your child a daily variety of food is a prerequisite to good nutrition. This is because your child's body requires various types and amounts of nutrients that will differ from food to food. With the wide variety of food available in Malaysia, it's easy to give your child something from every food group as recommended by the Food Guide Pyramid for Children. With all the yummy choices, there's also no reason to feed her the same types of foods two or three times a week!

Sesuatu Yang Baru, Semua Yang Sihat!

Jadual di bawah memberi contoh jenis dan jumlah makanan yang boleh diberikan kepada anak anda dalam sajian harianya. Setiap lajur adalah contoh pelbagai jenis makanan bagi setiap kumpulan makanan atau aras dalam Panduan Piramid Makanan. Selang-selikian makanan ini pada setiap waktu makan dan sepanjang minggu.



Balancing Made Easy

Give your child the balance she needs from each food group of the Pyramid by serving something from each level for each meal. The table below gives a sample you can consider for use.

Food Groups Kumpulan Makanan	Target Servings Per Day Sasaran Hidangan Sehari	Breakfast Sarapan Pagi	Mid-Morning Snack Snek Pagi	Lunch Makan Tengah Hari	Afternoon Snack Snek Petang	Dinner Makan Malam	Total Servings Per Day Jumlah Hidangan Sehari
Level 1 – Grains & their Products Aras 1 – Bijirin & Produk-produknya	6 – 10 servings 6 – 10 hidangan	½ cup of breakfast cereals (1 s) ½ cawan bijirin sarapan (1 h)	1 slice of bread (1 s) 1 keping roti (1 h)	1 cup of cooked noodles (2 s) 1 cawan mi yang dimasak (2 h)	3 plain biscuits (1 s) 3 keping biskut tawar (1 h)	1 cup of cooked rice (2 s) 1 cawan nasi (2 h)	7
Level 2a – Veggies Aras 2a – Sayuran	2 servings 2 hidangan	—	—	½ cup cooked green leafy vegetables (1 s) ½ cawan sayuran berdaun hijau yang dimasak (1 h)	—	½ cup of tomato (1 s) ½ cawan tomato (1 h)	2
Level 2b – Fruits Aras 2b – Buah-buahan	2 servings 2 hidangan	1 medium-sized banana (1 s) 1 pisang bersaiz sederhana	—	—	1 slice of papaya (1 s) 1 potong betik (1 h)	—	2
Level 3a – Fish, Poultry, Meat & Eggs Aras 3a – Ikan, Ayam itik, Daging & Telur	2 – 3 servings 2 – 3 hidangan	—	1 egg (½ s) 1 telur (½ h)	1 medium-sized chicken drumstick (1 s) 1 paha ayam bersaiz sederhana (1 h)	—	2 matchbox-sized lean meat (1 s) 2 keping daging bersaiz kotak mancis (1 h)	2½
Level 3b – Milk & Dairy Products Aras 3b – Susu & Produk Tenusu	2 servings 2 hidangan	1 cup of milk (1 s) 1 cawan susu (1 h)	—	—	1 slice of cheese (1 s) 1 keping keju (1 h)	—	2

Note / Nota : s = serving(s) • h = hidangan

Plan your own daily meals for your child, using the food examples given in the table on page 12 and the sample approach provided in the table above.

Rancangkan makanan harian untuk anak anda dengan menggunakan contoh makanan dalam jadual di muka surat 12 dan contoh hidangan dalam jadual di atas.

Memberikan anak anda pelbagai makanan setiap hari adalah pra-syarat untuk pemakanan yang baik. Ini kerana tubuh anak anda memerlukan pelbagai jenis makanan dan jumlah nutrien. Kandungan nutrien berbeza mengikut jenis makanan. Dengan banyaknya pilihan makanan di Malaysia, ianya tidaklah sukar untuk memberikan anak anda sesuatu daripada setiap kumpulan makanan, seperti yang disyorkan oleh Panduan Piramid Makanan Kanak-kanak. Dengan adanya kepelbagaian dalam makanan yang lazat, maka tiada sebab untuk anda memberikan anak anda makanan yang sama sebanyak dua atau tiga kali seminggu!

Mengimbangi Secara Mudah

Berikan anak anda keseimbangan yang diperlukannya daripada setiap kumpulan makanan dalam Panduan Piramid Makanan dengan menghidangkan sesuatu daripada setiap aras untuk setiap waktu makan. Jadual di bawah merupakan contoh yang boleh anda gunakan.

How can my child benefit from eating **WHOLE GRAIN** food?

Kids Gain From Whole Grains

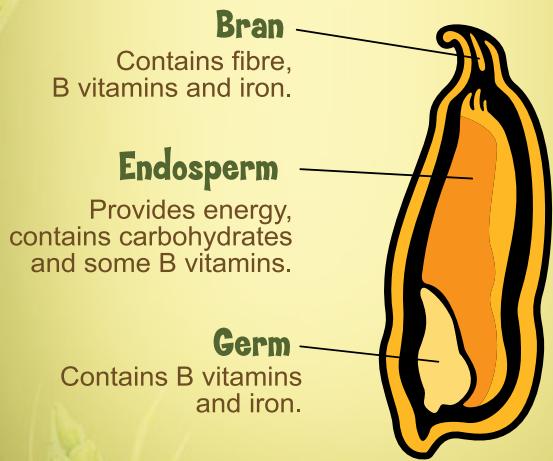
Whole grains are packed with more vitamins, minerals and fibre than refined grains, making them an essential component in your child's diet.

Back to Basics

A growing number of studies clearly demonstrate the health benefits of whole grains.

What is a whole grain?

A grain is the seed of a plant such as wheat, corn or oats. A whole grain is comprised of three parts: the Bran, the Endosperm and the Germ (as seen in the figure below).



1. Fuel for growth and activities

Whole grains are good sources of energy. Whole grains are digested slowly and release energy in a steady manner.

2. Fibre for healthy digestive functions

Whole grains promote regular bowel movement which keeps the digestive tract healthy.

3. Good lifelong dietary habits

Parents should encourage their children to eat healthful foods from young and whole grains are one such food.

4. Immediate & future health gains

We have to ensure that these children obtain sufficient energy and nutrients from their diet to grow and develop optimally.

Clearly, children have much to gain from whole grains.



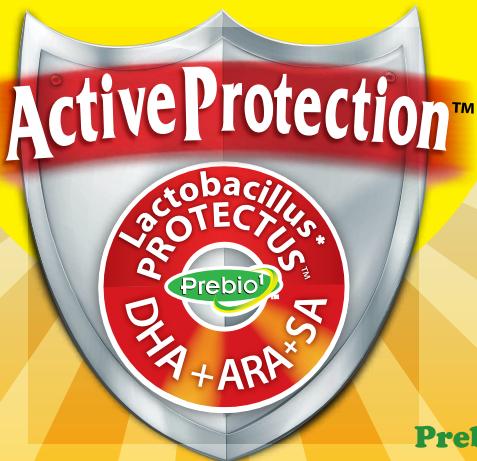
ENRICHED WITH 10 VITAMINS AND MINERALS

**Nestle® Breakfast Cereals
Made with Nutritious
Whole Grain**





NESPRAY® 1+



Lactobacillus PROTECTUS™

- Bakteria baik milik Nestlé dapat membantu memperkuatkan pertahanan badan terhadap bakteria berbahaya.
- Membantu mengekalkan sistem penghadaman yang baik.



Prebio™

- Membantu mengekalkan sistem penghadaman yang baik untuk penyerapan Nutrien.

DHA, ARA dan SA

- DHA, ARA dan SA banyak didapati dalam sel-sel otak.



15 Vitamin dan Mineral

- Membantu tumbesaran dan perkembangan si manja secara menyeluruh.



Kecil Ceria. Besar Berjaya.



Planning Mak

Merancang Sajian untuk Kesempu



Why Plan?

- Allows you to think ahead and fulfill different dietary needs of your child and other family members.
- Saves time, money and prevents wastage. You'll no longer have to dash to the market when you discover you're out of a certain ingredient.
- Allows you to rotate dishes. For instance, you can cook your spouse's favourite dish one day and your child's on another.
- Ensures variety from meal to meal.

Key Points to Remember...

- Plan meals for the whole week and create a shopping list according to your meal plans.
- When you're shopping, stick to your shopping list.
- Bear in mind the different foods within each group or level of the Food Guide Pyramid (refer to pages 12-13).
- Plan different styles of dishes, using various cooking methods eg stir-fried chicken one day and steamed chicken later in the week.

Perkara Penting untuk Diingat...

- Rancang sajian untuk sepanjang minggu dan buat satu senarai membeli-belah mengikut sajian yang telah dirancang.
- Apabila membeli-belah, pastikan anda mengikut apa yang telah disenaraikan.
- Ingatkan kepelbagaiannya makanan mengikut setiap kumpulan dan aras dalam Panduan Piramid Makanan (rujuk muka surat 12-13).
- Rancang masakan yang berbeza mengikut pelbagai cara masakan. Sebagai contoh, cubalah ayam yang digoreng ringkas pada suatu hari dan ayam kukus pula pada hari yang lain.

Let's Review!

Now that you've prepared your weekly meal plan, ask yourself:

- Is your child getting a variety of food for breakfast, lunch and dinner everyday?
- Is he eating food from all the food groups?
- Does he have milk and/or a nutritious beverage and water on a daily basis?
- Are you making an effort to prepare dishes in different styles daily?
- Is there excessive food repetition eg having banana 5 times a week?
- Are your meals high in nutritional value?

es Perfect rnaan

Mengapa Perlu Merancang?

1. Membolehkan anda memikirkan terlebih dahulu dan memenuhi keperluan diet anak anda serta ahli keluarga yang lain.
2. Menjimatkan masa, wang dan mengurangkan pembaziran. Anda tidak lagi perlu bergegas ke pasar apabila mendapati kekurangan sesuatu bahan untuk dimasak.
3. Anda boleh selang-selikan jenis hidangan. Sebagai contoh, anda boleh memasak hidangan kegemaran pasangan anda pada suatu hari dan kegemaran anak anda pada hari yang berikutnya.
4. Memastikan kepelbagaiannya dalam setiap sajian.

Let's Start Planning!

Start with baby steps, and plan for today. Then take it a step further and plan for the week. And in no time at all, you'll be a master planner!

1. Get a piece of paper and list down the days of the week. Allow enough space to create a menu for each day.
2. For each day, plan for 3 main meals and even snacks.
3. Now, consider your child's favourite breakfast foods. You can slot these in a few times a week. You can also plan special meals for the weekends.
4. Repeat Step 3 for lunch, dinner and snacks.
5. Remember to note down your child's daily breakfast beverages.
6. Once you're done, you're now ready to plan for the next day!

Mari Mula Rancang!

Mulakan dengan perlahan dan rancanglah sajian untuk hari ini dahulu. Kemudian barulah cuba merancang untuk sepanjang minggu. Dan anda akan menjadi seorang pakar perancang tidak lama lagi!

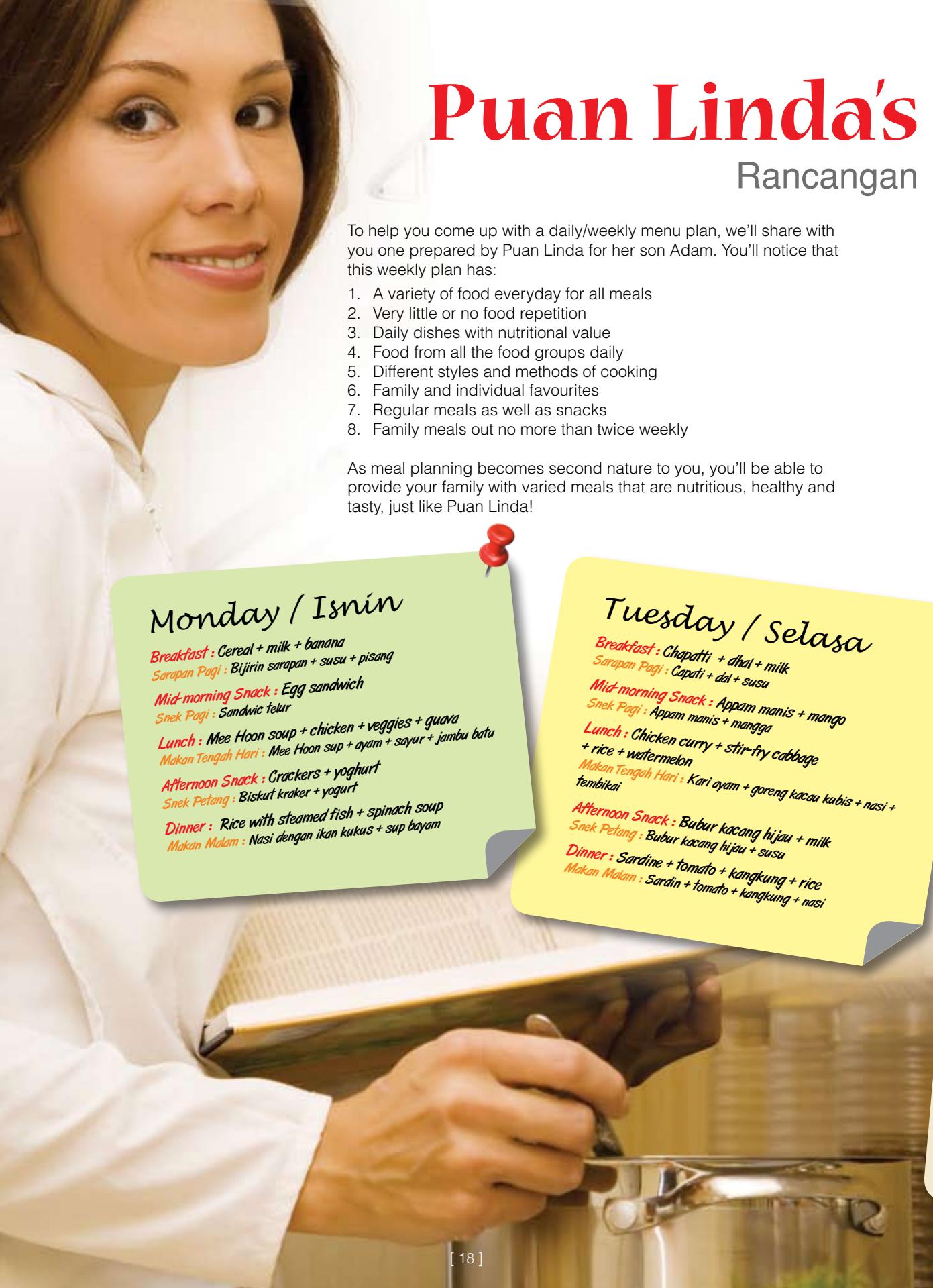
1. Ambil kertas dan senaraikan tujuh hari dalam seminggu. Pastikan terdapat ruangan untuk menuliskan menu untuk setiap hari.
2. Untuk setiap hari, rancang untuk 3 waktu makan utama dan juga snek.
3. Kemudian, pertimbangkan makanan kegemaran anak anda untuk sarapan pagi. Anda boleh memberinya beberapa kali seminggu. Anda juga boleh merancang sajian istimewa pada hari minggu.
4. Ulangi langkah 3 untuk waktu makan tengahari, makan malam dan snek.
5. Ingat untuk menulis minuman untuk setiap sarapan pagi.
6. Setelah selesai, anda boleh teruskan merancang untuk hari berikutnya!

Mari Kaji Semula!

Kini setelah merancang waktu makan mingguan anda, cubalah tanya diri anda soalan-soalan berikut:

- ✓ Adakah anak anda mendapat kepelbagaiannya makanan yang diambilnya untuk sarapan pagi, makan tengah hari dan makan malamnya setiap hari?
- ✓ Adakah dia mengambil makanan daripada setiap kumpulan makanan?
- ✓ Adakah dia meminum susu dan/atau minuman berkhasiat dan air setiap hari?

- ✓ Adakah anda berusaha untuk menyediakan hidangan dengan cara memasak yang berbeza setiap hari?
- ✓ Adakah terdapat ulangan jenis makanan terlalu kerap seperti adanya pisang 5 kali seminggu?
- ✓ Adakah sajian anda tinggi nilai pemakanannya?



Puan Linda's

Rancangan

To help you come up with a daily/weekly menu plan, we'll share with you one prepared by Puan Linda for her son Adam. You'll notice that this weekly plan has:

1. A variety of food everyday for all meals
2. Very little or no food repetition
3. Daily dishes with nutritional value
4. Food from all the food groups daily
5. Different styles and methods of cooking
6. Family and individual favourites
7. Regular meals as well as snacks
8. Family meals out no more than twice weekly

As meal planning becomes second nature to you, you'll be able to provide your family with varied meals that are nutritious, healthy and tasty, just like Puan Linda!

Monday / Isnin

Breakfast : Cereal + milk + banana

Sarapan Pagi : Bijirin sarapan + susu + pisang

Mid-morning Snack : Egg sandwich

Snek Pagi : Sandwic telur

Lunch : Mee Hoon soup + chicken + veggies + guava

Makan Tengah Hari : Mee Hoon sup + ayam + sayur + jambu batu

Afternoon Snack : Crackers + yoghurt

Snek Petang : Biskut kraker + yogurt

Dinner : Rice with steamed fish + spinach soup

Makan Malam : Nasi dengan ikan kukus + sup bayam

Tuesday / Selasa

Breakfast : Chapatti + dhal + milk

Sarapan Pagi : Capati + dal + susu

Mid-morning Snack : Appam manis + mango

Snek Pagi : Appam manis + manga

Lunch : Chicken curry + stir-fry cabbage

+ rice + watermelon

Makan Tengah Hari : Kari ayam + goreng kacau kubis + nasi + tembakai

Afternoon Snack : Bubur kacang hijau + milk

Snek Petang : Bubur kacang hijau + susu

Dinner : Sardine + tomato + kangkung + rice

Makan Malam : Sardin + tomato + kangkung + nasi

Menu Plan

Menu Puan Linda

Untuk membantu anda menyediakan satu menu harian/mingguan anda, kami ingin berkongsi menu yang telah disediakan oleh Puan Linda untuk anaknya, Adam. Anda akan mendapat menu mingguan ini mempunyai:

1. Pelbagai makanan setiap hari untuk semua sajian
2. Sedikit sahaja atau tiada langsung makanan yang sama disediakan terlalu kerap
3. Hidangan harian yang mengandungi nilai pemakanan
4. Makanan daripada setiap kumpulan makanan akan dihidangkan setiap hari
5. Gaya dan kaedah memasak yang berbeza
6. Kegemaran-kegemaran keluarga dan individu
7. Waktu makan dan juga snek yang tetap
8. Keluarga hanya akan makan di luar tidak lebih dari dua kali seminggu

Apabila sudah mahir merancang, anda akan dapat memberikan keluarga anda pelbagai hidangan yang berkhasiat, sihat dan enak, seperti Puan Linda!

Wednesday / Rabu

Breakfast : Cereal + milk + raisins

Sarapan Pagi : Bijirin sarapan + susu + kismis

Mid-morning Snack : Cereal pack + apple

Snek Pagi : Pek bijirin + epal

Lunch : Sweet & sour fish + mixed vegetables + rice + honeydew

Makan Tengah Hari : Ikan masam manis + sayuran campur + nasi + tembikai susu

Afternoon Snack : Curry puff + fruit jelly

Snek Petang : Karipap + jeli buah

Dinner : Rice + steamed fish + spinach soup

Makan Malam : Nasi + ikan kukus + sup bayam

Thursday / Khamis

Breakfast : Oat porridge + banana + milk

Sarapan Pagi : Bubur oat + pisang + susu

Mid-morning Snack : Muffin + starfruit

Snek Pagi : Mufin + belimbing

Lunch : Rice + tofu + mix veggie + papaya

Makan Tengah Hari : Nasi + tauhu + sayuran campur + betik

Afternoon Snack : Toast bread + scrambled egg + orange

Snek Petang : Roti bakar + telur dadar + oren

Dinner : Soy sauce chicken + long beans + rice

Makan Malam : Ayam kicap + kacang panjang + nasi

Friday / Jumaat

Breakfast : Egg sandwich + milk

Sarapan Pagi : Sandwic telur + susu

Mid-morning Snack : Crackers + cheese

Snek Pagi : Biskut kraker + keju

Lunch : Fish with asam and ladies finger + rice + pear

Makan Tengah Hari : Ikan masak asam dengan bendi + nasi + pear

Afternoon Snack : Toast bread + baked beans

Snek Petang : Roti bakar + kacang panggang

Dinner : Sup tulang daging + carrot + rice

Makan Malam : Sup tulang daging + lobak merah + nasi

Saturday / Sabtu

Breakfast : Pancake + apple + milk

Sarapan Pagi : Penkek + epal + susu

Mid-morning Snack : Cereal pack + chocolate malt drink

Snek Pagi : Pek bijirin + minuman malt coklat

Lunch : Tapau/Eat out

Makan Tengah Hari : Tapau/Makan di luar

Afternoon Snack : Mushroom soup + garlic bread + milk

Snek Petang : Sup cendawan + roti bawang putih + susu

Dinner : Chicken + broccoli pasta

Makan Malam : Ayam + pasta brokoli

Sunday / Ahad

Breakfast : Late breakfast at mamak

Sarapan Pagi : Sarapan lewat di kedai mamak

Lunch : Family eat out time

Makan Tengah hari : Makan luar bersama keluarga

Dinner : Eat at in-law's house

Makan Malam : Makan di rumah mertua

Note to self: Don't forget to give Adam his milk everyday. And lots of water!

Catatan: Jangan lupa untuk memberi susu kepada Adam setiap hari. Dan juga air yang banyak!



"I Should Have Started Earlier!"

"Sepatutnya Saya Telah Mula Dari Awal Lagi!"

Saves Me Time

"Meal planning has given me so much more time. For instance, I defrost the meat I plan to cook by moving it from the freezer to the refrigerator before leaving for work. When I come back, I'll know exactly what to cook and what method to use to prepare it."

Menjimatkan Masa Saya

"Merancang sajian telah memberikan saya lebih banyak masa. Sebagai contoh, saya akan mencairbeku daging yang akan dimasak dengan mengeluarkannya daripada peti ais ke peti sejuk sebelum ke pejabat. Apabila pulang dari pejabat, saya sudah tahu apa yang akan dimasak dan juga kaedah penyediaannya."

Fazlina



Saves Me Stress

"Sometimes trying to figure out what to cook on a particular day can just drive me crazy! But now that I've begun to plan meals, there's no longer any stress. All the dishes I need to cook for the week are written down in my Weekly Meal Planner."

Tiada Lagi Stres

"Kadang-kala, memikirkan apa yang perlu dimasak untuk sesuatu hari akan membuatkan saya runsing! Tetapi kini setelah mula merancang sajian, saya tidak perlu lagi rasa tertekan. Semua hidangan yang perlu dimasak untuk seminggu telah sedia tercatat di dalam Buku Perancangan Mingguan saya."

Cynthia



Saves Me Money

"I've never been much of a meal planner before, but I now realise that it actually saves me a lot of money! I have a much clearer idea of what I need to buy, and in what quantities. So no more unnecessary spending and going overboard on my budget!"

Menjimatkan Wang Saya

"Saya tidak pernah merancang sajian sebelum ini tetapi kini saya telah sedar bahawa ia sebenarnya akan menjimatkan wang saya! Saya juga telah memperolehi idea yang lebih jelas tentang apa dan juga kuantiti makanan yang perlu dibeli.

Oleh itu, saya sudah tidak lagi membuat perbelanjaan yang tidak diperlukan dan terlebih bajet!"

Kavitha



Saves Me Worry

"Work consumes a lot of my time, and I used to feel guilty about what my kids would eat. Since I started planning meals, however, I just get my maid to cook according to the planner. This way, I know my children's nutritional needs are well taken care of."

Tiada Lagi Kebimbangan

"Kerja saya sememangnya memerlukan banyak masa. Saya sering rasa bersalah apabila memikirkan makanan yang akan dimakan oleh anak-anak saya. Walau bagaimanapun, setelah mula merancang sajian, saya hanya perlu mendapatkan pembantu rumah untuk memasak seperti yang telah dirancang. Dengan cara ini, saya tahu anak-anak saya akan mendapat semua keperluan pemakanan yang mereka perlukan."

Sarah



If you think meal planning is overrated, read what these busy mums, who all recently made meal planning a part of their lives, have to say.

Jika anda rasa merancang waktu makan telah terlalu digembar-gemburkan, cuba dengar pendapat ibu-ibu sibuk ini yang baru sahaja menjadikan perancangan sajian sebagai sebahagian daripada kehidupan mereka.



Great for Growing Kids

No Artificial Colouring

All YOCO™ Cultured Milk Drink contain all natural colouring derived from fruits and plants.

NESTLE® YOCO™ Cultured Milk Drink	Colour derived from:
Strawberry	Purple Carrot
Blackcurrant	No Added Colour
Mixed Fruits	Anatto Seeds
Orange	Palm Oil
Original	No Added Colour

Source of Calcium

YOCO™ Cultured Milk Drink offers the goodness of calcium for children to strengthen their bones and teeth.

Made with Real Fruit Juice

The child will surely enjoy the natural fruity taste.

With Live Culture

A mix of 3 types of good bacteria of *Lactobacillus Acidophilus*, *Bifidobacterium Lactis*, *Streptococcus Thermophilus*.



TM



Smart Shopping

Membeli-belah Secara Bijak



These tough times may be a little hard on your wallet, but take heart. You can still provide your child good nutrition if you shop smart. At the end of the day, you'll have saved up on money and time, and can use both of these to spend on your child. And remember that nutritious foods don't have to be super-expensive items!

Situasi semasa yang sukar ini mungkin akan membebankan kewangan anda, tetapi janganlah bimbang. Anda masih boleh membekalkan pemakanan yang baik kepada anak anda jika anda membeli-belah secara bijak. Anda akan dapat menjimatkan wang dan juga masa dan boleh menggunakan kedua-duanya untuk si kecil anda. Dan ingatlah bahawa makanan berkhasiat tidak semestinya mahal!

Smart Shopping Tips

Read the newspapers and be smart!

Reading the papers, especially with the weekends coming up, allows you to look for value-for-money deals and bargains. But be discerning.

Food on sale may be of old stock or not very fresh. So don't base your purchases only on advertisements and don't be gullible. Instead, keep your eyes open and shop wisely!



Know where to shop and what to buy

Try to shop at one place eg market, grocery shop or hypermarket to fill your weekly shopping quota to save you time.

Make sure to also bring along your "To Buy" list and don't deviate too much from it.

Leave early

Make it a point to leave your home early. You can get ample parking and subsequently, save on time and petrol (when you're no longer going around in circles looking for a parking spot!).

Shop on weekdays

It may eat into your schedule, but try to plan shopping trips on weekdays. There are always less people, so you save time (no long queues) and petrol (lots of parking). Don't forget you'll also save yourself a lot of stress!

Stock up

How much food you buy depends, of course, on your budget, the amount of storage space in your refrigerator or freezer, and how much your household consumes. But stock up on enough food to last you until the next shopping trip.

Go straight home

To ensure you don't encounter food spoilage, you'll need to leave for home the moment you're done shopping. For maximum freshness, buy these foodstuffs in the following order:

1. Dry/canned food
2. Chilled
3. Fresh
4. Frozen eg ice-cream

Tip Membeli-belah Secara Bijak

Baca surat khabar dan bertindak bijak!

Membaca surat khabar, terutama sekali menjelang hujung minggu akan membolehkan anda mencari tawaran dan potongan harga yang bernilai. Tetapi berhati-hatilah. Sesetengah makanan yang ditawarkan pada harga murah mungkin merupakan stok lama atau yang kurang segar. Jangan hanya menggunakan iklan sebagai panduan untuk membuat pembelian mingguan anda dan jangan mudah terpedaya. Sebaliknya, berhati-hatilah dan beli secara bijak!

Tahu tempat membeli dan apa yang perlu dibeli

Cuba membeli-belah di satu tempat, contohnya di pasar, kedai runcit atau pasaraya besar untuk keperluan mingguan anda dan jimatkan masa. Pastikan anda turut membawa senarai "Barangan Untuk Dibeli" dan jangan membeli terlalu banyak barang yang tidak tersenarai.

Keluar awal

Pastikan anda keluar awal dari rumah. Ini akan membolehkan anda mendapat ruang tempat letak kereta dan akhirnya akan menjimat masa dan juga petrol (anda tidak lagi perlu berpusing-pusing mencari ruang tempat meletak kereta!).





Bring Your Child Shopping

When you're out shopping, bring your child along when you can. You can let her choose a main dish for the day eg veggies. Give her 3 choices and let her select one (if she doesn't like any, you choose, but explain why). Children who choose their food are more inclined to eat.

'Supermarket Class'

Why not hold a 'Supermarket Class' for your child at the pasar? You can:

- Explain the different types of foods, and why they're good for her.
- Teach her some smart shopping tips.
- Allow her to help you choose the right foods.
- Teach her about nutritional value in foods.



Membeli pada hari kerja

Ini mungkin akan mengganggu jadual anda yang sibuk tetapi membeli-belah pada hari kerja sebenarnya akan banyak membantu anda. Ini kerana biasanya tidak ramai orang yang akan membeli-belah pada hari kerja, jadi anda boleh menjimatkan masa (tidak perlu berbaris lama) dan petrol anda (banyak ruang tempat meletak kereta). Jangan lupa bahawa ia juga akan mengurangkan stres anda!

Menyimpan stok

Jumlah makanan dibeli akan bergantung pada bajet, ruang penyimpanan dalam peti sejuk atau peti ais dan berapa cepat sesuatu makanan itu akan digunakan oleh isirumah anda. Tetapi, simpanlah stok yang mencukupi sehingga tiba masanya untuk membeli-belah semula.

Terus pulang ke rumah

Pulanglah ke rumah sejurus setelah membeli-belah untuk memastikan tiada barang akan rosak. Untuk kesegaran yang maksimum, belilah barang makanan mengikut susunan berikut:

1. Makanan kering/dalam tin
2. Yang didinginkan
3. Yang segar
4. Yang dibekukan seperti aiskrim

Bawa Anak Anda Membeli-belah

Bawalah anak anda bersama apabila keluar membeli-belah. Benarkan dia memilih satu hidangan utama untuk hari tersebut, seperti sayuran. Berikan dia 3 pilihan dan biar dia memilih satu daripadanya (jika tiada satu pun yang menarik minatnya, buatlan pilihan untuk anak anda tetapi jelaskan kepada dia mengapa anda berbuat demikian). Kanak-kanak yang memilih makanan mereka sendiri akan lebih berkemungkinan untuk memakan apa yang mereka pilih.

'Kelas Pasaraya'

Anda boleh mengadakan 'Kelas Pasaraya' untuk anak anda semasa di pasar. Anda boleh:

- Terangkan jenis makanan yang berbeza dan mengapa ianya baik untuk anak anda.
- Ajarkan beberapa tip membeli-belah secara bijak kepada anak anda.
- Benarkan dia membantu anda memilih makanan yang sesuai.
- Ajar anak anda tentang nilai pemakanan dalam makanan.

Ground Rules for Shopping / Peraturan-peraturan Asas Membeli-belah

- | | |
|--|--|
| | Allow her to choose her favourite foods eg a snack once in a while. / Benarkan dia memilih makanan kegemarannya seperti snek sekali-sekala. |
| | Keep an eye on your child at all times. / Pastikan anda sentiasa memerhatikan anak anda. |
| | Manage her behaviour eg no shouting and running around! / Uruskan perangangnya, contohnya jangan biarkan dia menjerit dan berlari ke sana-sini! |
| | Don't buy on impulse just because foods are on sale or because they look tempting and attractive. / Jangan membeli sesuatu makanan disebabkan jualan murah, atau mempunyai pembungkusan yang kelihatan menarik dan menyelerakan. |
| | Don't allow her to wander off while you're busy haggling or buying food. / Jangan benarkan dia berjalan sendirian apabila anda sedang sibuk tawar-menawar atau membeli makanan. |
| | Don't leave her locked in the car while you're out. / Jangan tinggalkan anak anda di dalam kereta yang dikunci apabila anda membeli-belah. |

Your Guide T

Panduan Untuk

Most of the food your child eats should be fresh and cooked at home. Fresh foods make healthier meals. A rule of thumb is to always mix and match. This means not buying just one type of fish or meat, or making do with only cabbage or apples for a week.

Some other rules to keep in mind when shopping for fresh foods include:

1 Pick up fish/poultry/meat last to reduce the amount of time these are not refrigerated.

2 In your grocery basket, place poultry/meat in a plastic bag or in an area where the juice cannot drip onto other foods.

3 Keep fish, poultry and meat in separate bags away from other foods.

Choosing Only The Freshest

Memilih Hanya Yang Paling Segar

Fish

1. Fish should smell fresh, not fishy or sour.
2. The fish's eyes should be clear and bulge a little.
3. Whole fish should have firm, shiny flesh and bright red gills.
4. The flesh should spring back when pressed.

Ikan

1. Ikan perlu berbau segar dan bukannya hanyir atau masam.
2. Mata ikan perlu jernih dan tersembul sedikit.
3. Badan ikan sepatutnya berisi padat, berkilat dan mempunyai insang berwarna merah terang.
4. Isi ikan segar akan bersifat kenyal apabila ditekan.



Poultry

1. Always buy poultry meat that has a healthy appearance and colour.
2. Choose whole chickens or ducks that have plump bodies, perfect skin and free from cuts, bruises or broken bones.
3. Make sure the meat is cool to the touch.

Ayam itik

1. Belilah daging ayam itik yang mempunyai rupa dan warna yang sihat.
2. Pilih ayam atau itik (seekor) yang badan berisi, mempunyai kulit yang kelihatan cantik dan tiada luka, lebam atau tulang yang patah.
3. Pastikan dagingnya sejuk apabila disentuh.



Chilled/Frozen Foods

When buying chilled or frozen foods:

- Ask your butcher to cut fish, chicken and meat.
- Choose fillets for your child as these have no bones.
- Buy chicken carcass to make soup.
- Go for lean cuts of poultry/meat with less visible fat.

o Fresh Foods

Makanan Segar

Pastikan bahawa kebanyakan makanan yang dimakan oleh anak anda adalah segar dan dimasak di rumah. Makanan segar akan menjadikan sajian lebih sihat. Apa yang perlu diingat adalah untuk sentiasa mencampur dan memadankan. Ini bermakna, janganlah membeli satu jenis ikan atau daging sahaja atau hanya memakan kubis atau epal sahaja sepanjang minggu.

Peraturan-peraturan lain yang perlu diingat semasa membeli makanan segar termasuk:

1 Hanya mengambil ikan/ayam itik/daging setelah selesai mengambil barang lain bagi mengurangkan masa barangan segar ini berada di luar peti sejuk.

2 Di dalam bakul barang runcit anda, letakkan ayam itik/daging di dalam beg plastik atau di tempat di mana cecairnya tidak menitik ke atas makanan lain.

3 Simpan ikan, ayam itik dan daging di dalam beg berasingan jauh daripada makanan lain.

Meat

1. Ensure your meat of choice is red, tender and juicy.
2. Check that the packaging is free of moisture or holes.

Daging

1. Pastikan daging yang dipilih berwarna merah, lembut dan berjus.
2. Periksa pembungkusan supaya bebas dari lembapan atau lubang.



Vegetables

1. Look for bright, lively colour and crispness. Veggies are usually at their best quality (and price!) during their peak season.
2. Avoid those with signs of decay/bruising/damage.
3. Buy enough veggies to last only 2-4 days to ensure they're still fresh on the last day.
4. Don't buy damaged produce even if the price is low!

Sayur-sayuran

1. Pilihlah sayur-sayuran yang berwarna terang, berwarna jelas dan rangup. Biasanya, sayuran berkualiti terbaik (dan harga terbaik!) semasa kemuncak musimnya.
2. Elakkan sayur-sayuran yang mempunyai tandatanda menjadi busuk/lebam/rosak.
3. Beli sayur-sayuran yang mencukupi untuk 2-4 hari sahaja bagi memastikan ia kekal segar pada hari yang terakhir.
4. Jangan beli hasil pertanian yang telah rosak walaupun dijual pada harga yang rendah!



Fruits

1. Do not buy overripe/unripe fruits or those that have bruises, skin punctures, decay, mould and odour.
2. Choose good colour and texture over wrinkled, dull-looking, dry fruits.
3. Buy according to season to get fresher fruit.

Buah-buahan

1. Jangan beli buah-buahan yang terlalu masak/belum masak atau yang lebam, kulit berlubang, busuk, berkultat dan berbau.
2. Pilih warna dan tekstur yang baik dan bukannya yang terlalu kecut, kelihatan tidak menarik dan kering.
3. Beli mengikut musim untuk mendapatkan buah-buahan yang lebih segar.



Makanan Dingin/Beku

Apabila ingin membeli makanan dingin atau beku:

- Minta penjual daging anda memotong ikan, ayam dan daging untuk anda.
- Pilihlah filet atau keping daging untuk anak anda kerana ia tidak bertulang.
- Beli rangka ayam untuk membuat sup.
- Pilihlah bahagian ayam itik/daging yang tidak mempunyai banyak lemak.

Safety Guid

Panduan Keselamatan



Drinks and Beverages

- UHT juices/milk will keep unopened for months without refrigeration, but store in the refrigerator after opening. These products usually keep for 7 days.
- Sterilised milk has a shelf life of several months and can be kept at room temperature, but refrigerate it after opening.
- Make sure pasteurised beverages are refrigerated.
- If you're buying milk in cartons, ensure the cartons are not expanded or crushed.
- Avoid bloated containers or those where the liquid within has seeped into the package.



Canned Products

- Cans that are dented, leaking, bulging or rusted are better left alone.
- Avoid cans that are dusty or have torn labels – they may have been on the shelf for a long, long time.

Produk Dalam Tin

- Jangan beli tin yang kemek, bocor, membonjol atau berkarat.
- Elakkan tin yang berdebu atau mempunyai label yang telah koyak – mungkin produk telah berada di atas rak untuk masa yang sangat lama.

Processed foods do play a role in your child's nutrition. But when selecting these, always choose products with the highest nutritional value. Don't be swayed by attractive packaging or preparation convenience.

Makanan yang diproses turut memainkan peranan dalam pemakanan anak anda. Tetapi pastikan anda sentiasa memilih produk yang mempunyai nilai pemakanan yang tertinggi. Jangan mudah terpengaruh dengan pembungkusan yang menarik atau penyediaan yang mudah.

Minuman

- Jus/susu UHT yang belum dibuka boleh disimpan berbulan-bulan di luar peti sejuk. Namun demikian, simpanlah di dalam peti sejuk setelah dibuka. Produk ini biasanya boleh tahan selama 7 hari di dalam peti sejuk.
- Susu steril mempunyai jangka hayat beberapa bulan dan boleh disimpan pada suhu bilik jika masih belum dibuka. Susu yang telah dibuka perlu disimpan di dalam peti sejuk.
- Pastikan minuman berpastur sentiasa disimpan di dalam peti sejuk.
- Jika membeli susu di dalam karton, pastikan tiada karton yang kembang atau remuk.
- Elakkan bekas-bekas yang kembang atau bocor.

e To Processed Foods

Untuk Makanan Diproses

Pouch Bags/Sachets/Refill Packs

- Ensure there are no tears or holes.
- Don't buy bags that are opened.

Perishable Products

- Don't buy cereals that come in crushed/bulging packages.
- Packages of frozen veggies should be firm; avoid those that are limp, wet or 'sweating'.
- When selecting cut produce eg half a guava or a bagged mixed salad, choose only items that are refrigerated or kept on ice.
- Check for signs of mould/fungus in bread and baked goods.

Beg-beg Kantung/Uncang/Pek Isian

- Pastikan tiada bahagian yang koyak atau berlubang.
- Jangan beli beg yang sudah dibuka.

Produk yang Tidak Tahan Lama

- Jangan beli bijirin sarapan yang datang dalam bungkus yang telah remuk/memonjol.
- Elakkan bungkus sayuran beku yang lembik, basah atau 'berpeluh'.
- Apabila memilih hasil pertanian yang telah siap dipotong seperti jambu batu yang dipotong separuh atau salad campuran yang telah dibungkus – pilihlah yang disimpan di dalam peti sejuk atau diletakkan di atas ketulan ais.
- Periksa tanda-tanda kehadiran kulapuk/kulat pada roti dan barang dibakar.



Watch the Date!

When you buy processed or preserved foods, always check the 'Expiry', 'Use By' or 'Best Before' date. Be sure not to buy products that are too close to their Expiry or Best Before dates, especially when the products are on sale or promotion.

Periksa Tarikh!

Sentiasa periksa tarikh 'Tamat Tempoh', 'Guna Sebelum' atau 'Baik Sebelum' apabila membeli makanan diproses atau diaiwet. Pastikan anda tidak membeli produk yang terlalu hampir dengan tarikh Tamat Tempoh atau Baik Sebelum, terutama sekali apabila sesuatu produk itu sedang dijual semasa jualan murah atau promosi.



Safe Shops

Do shop at places where hygienic merchandising is practised to be sure that the products are safe and clean. Keep an eye out for pests eg rats and cockroaches or animal droppings. It's better to buy elsewhere if you come across any of these during your shopping rounds.

Kedai-kedai Yang Selamat

Membeli-belah di tempat yang mengamalkan peragaan barang dagangan yang bersih adalah lebih baik kerana anda lebih yakin bahawa produk yang dijual adalah selamat dan bersih. Perhatikan juga jika terdapat haiwan perosak seperti tikus dan lipas atau najis haiwan. Jika anda terjumpa perkara tersebut, maka adalah lebih baik jika anda membeli-belah di kedai-kedai lain.



Choose Foods Wisely With Nutrition Labels

Bijak Memilih Makanan Dengan Label Pemakanan

Nutrition labels or nutrition information panels (NIP) state the amount of energy, carbohydrate, sugar, protein and fat, as well as vitamins and minerals contained in a food product. Two examples of NIPs are given below, for two different brands of the same beverage. The main use of the NIP is to inform you the amount of nutrients you would consume if you take a serving (200ml in this example) of the beverage (see third column of each label).

Another important use of NIP is that it enables you to compare the nutrients contained in two brands of the same product. Always remember to compare based on per 100g or 100 ml of the product (the shaded columns). Serving size may not be suitable for comparison because it may differ from one brand to another, although in the example below, it is the same for both brands.

Brand / Jenama A

Nutrition information / Maklumat Pemakanan		
Serving size / Saiz hidangan : 200ml		
Serving per package / Hidangan untuk satu bungkus: 5		
Nutrients <i>Nutrient</i>	Per 100ml <i>Setiap 100ml</i>	Per serving (200ml) <i>Setiap hidangan (200ml)</i>
Energy, kcal Tenaga, kcal	164	328
Carbohydrate, g Karbohidrat, g	15	15
Sugar, g Gula, g	12	24
Protein, g Protein, g	8	16
Fat, g Lemak, g	8	16

In the example above, in terms of protein content, Brand A (8 g) is better because it is higher than Brand B (1 g). However, the content of sugar and fat in Brand A (12 g and 8 g respectively) is also much higher than in Brand B (2 g and 1 g respectively). As a result, the amount of energy in Brand A is also higher (164 kcal compared with 53 kcal). This makes Brand A less preferred.

Therefore, when we use nutrition information on a label to make food choices, we should not just compare the amount of one or two nutrients. We should, instead, look at the overall nutritional value. In addition, we should also select products based on our daily nutritional needs.

Label pemakanan atau panel maklumat pemakanan (NIP) menyatakan jumlah tenaga, karbohidrat, gula, protein dan lemak serta vitamin dan mineral yang terkandung dalam satu produk makanan. Dua contoh NIP dibawah adalah daripada jenis minuman yang sama tetapi dua jenama berlainan. Kegunaan utama NIP adalah untuk memaklumkan anda jumlah nutrien yang anda akan dapat apabila mengambil satu hidangan (200ml) makanan tersebut (lihat lajur ketiga setiap label).

Selain itu, NIP juga penting untuk membolehkan anda membandingkan nutrien yang terkandung dalam dua jenama berlainan untuk jenis produk yang sama. Ingatlah sentiasa bandingkan produk berdasarkan sukatian 100g atau 100ml (rujuk lajur yang berwarna). Saiz hidangan tidak sesuai digunakan untuk perbandingan kerana ia mungkin berbeza antara satu jenama dengan jenama yang lain, walaupun dalam contoh berikut ia adalah sama bagi kedua-dua jenama produk.

Brand / Jenama B

Nutrition information / Maklumat Pemakanan		
Serving size / Saiz hidangan : 200ml		
Serving per package / Hidangan untuk satu bungkus: 5		
Nutrients <i>Nutrient</i>	Per 100ml <i>Setiap 100ml</i>	Per serving (200ml) <i>Setiap hidangan (200ml)</i>
Energy, kcal Tenaga, kcal	53	106
Carbohydrate, g Karbohidrat, g	10	20
Sugar, g Gula, g	2	4
Protein, g Protein, g	1	2
Fat, g Lemak, g	1	2

Bagi contoh di atas, dari segi kandungan protein, Jenama A adalah lebih baik kerana ia lebih tinggi (8 g) daripada Jenama B (1 g). Walau bagaimanapun, jumlah gula dan lemak dalam Jenama A (masing-masing 12 g dan 8 g) turut melebihi Jenama B (masing-masing 2 g dan 1 g). Maka, jumlah tenaga dalam Jenama A juga lebih tinggi (164 kcal berbanding dengan 53 kcal). Ini menjadikan Jenama A kurang sesuai dipilih.

Oleh itu, apabila kita menggunakan maklumat pemakanan di label untuk membuat pilihan makanan, kita tidak patut membuat perbandingan berdasarkan satu ataupun dua nutrien sahaja. Sebaliknya, kita patut melihat nilai pemakanan suatu produk itu secara keseluruhan. Tambahan itu, kita patut memilih produk berdasarkan keperluan harian pemakanan kita.

Safe & Convenient

Selamat & Mudah

Storing food isn't just about keeping meat in the freezer and canned food in the cupboard! Proper food storage ensures foods keep longer and retain their nutrients. Yes, storing food is important, but this can be accomplished in mere minutes if you know the proper ways to do so.

Follow these tips and you won't go wrong!

Menyimpan makanan bukanlah semudah menyimpan daging dalam peti ais dan makanan tin di dalam almari! Penyimpanan makanan yang betul memastikan makanan akan tahan lebih lama serta mengekalkan kandungan nutrien. Penyimpanan makanan sememangnya penting tetapi ini boleh dilakukan dalam beberapa minit sahaja jika anda mengetahui cara yang betul untuk melakukannya.

Ikuti tip berikut dan anda tidak akan tersalah melakukanannya!

Fish/poultry/meat

- Discard fresh fish/poultry/meat that's been out of the fridge for more than two hours.
 - Place poultry/meat in plastic containers to prevent meat juices from dripping.
 - Cut and pack fish, poultry or meat in convenient portions to suit your usage before freezing.
- 
- 

Ikan/ayam itik/daging

- Buangkan ikan/ayam itik/daging segar yang telah berada di luar peti sejuk melebihi dua jam.
- Simpan ayam itik/daging dalam bekas plastik untuk mengekalkan kualiti dan mencegah jus daging daripada menitis.
- Potong dan bungkus ikan, ayam itik atau daging di dalam saiz hidangan yang bersesuaian dengan penggunaan anda sebelum membeku.



Chilled produce (vegetables and fruits)

- Keep produce in perforated plastic bags in the produce drawer of the refrigerator.
- Keep fruits and veggies separate because ethylene gas can build up in the fridge, causing spoilage.

Hasil pertanian dingin (sayur-sayuran dan buah-buahan)

- Simpan sayuran di dalam beg plastik berlubang dalam laci sayuran peti sejuk.
 - Simpan buah-buahan dan sayur-sayuran berasingan kerana ia boleh menyebabkan pengumpulan gas ethelene dalam peti sejuk yang akan merosakkan makanan.
- 

Cold Enough?

Set your refrigerator's temperature at 4°C – 5°C as anything higher will tend to spoil chilled foods, and lower temperatures will cause freezing problems. Your freezer should be set at -18°C. Don't forget to give your fridge a good clean-up regularly to prevent odours, dirt and fungus!

Cukup Sejuk?

Tetapkan suhu peti sejuk anda pada 4°C – 5°C kerana suhu yang lebih tinggi akan merosakkan makanan yang didinginkan dan suhu yang lebih rendah akan menyebabkan masalah pembekuan. Peti ais pula perlu sentiasa berada pada suhu -18°C. Jangan lupa untuk kerap membersihkan peti sejuk anda bagi mencegah bau busuk, kotoran dan kulat!

sebab kenapa MILO® baik untuk anak anda

- 
- 1** Kebaikan semula jadi malt, susu dan koko.
 - 2** Hanya MILO® mengandungi , ekstrak malt istimewa Nestle. Ia membekalkan tenaga dan khasiat yang diperlukan oleh badan.
 - 3** Hanya MILO® mengandungi , gabungan 8 vitamin dan 4 mineral yang membantu pengeluaran tenaga daripada makanan.
 - 4** Tinggi dengan **Protein** untuk pembinaan dan pemulihian tisu badan.
 - 5** Tinggi dengan **Kalsium** untuk tulang dan gigi yang kuat; dan **Magnesium** untuk penyerapan **Kalsium** dengan lebih baik ke dalam badan.
 - 6** Tinggi dengan **Zat Besi** dan **Vitamin B12** untuk pembentukan sel darah merah; **Vitamin C** untuk penyerapan **Zat Besi**.
 - 7** **Khasiat Protein, Lemak & Karbohidrat** yang seimbang.
 - 8** Dijamin **Halal**.
 - 9** MILO® dipercayai turun-temurun – **minuman berkhasiat** yang boleh dipercayai pada bila-bila masa di mana jua.
 - 10** Rasa MILO® yang istimewa – rasa coklat malt yang lazat dan digemari rakyat Malaysia.



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**BUKAN SEKADAR
minuman MALT COKLAT**





EVEN BETTER THAN
WHOLEMEAL BREAD!



EATING RIGHT IS AS IMPORTANT AS EXERCISING

Compared to ordinary wholemeal bread, Breakthru Formula MultiWholegrain Fibremeal has...

23%
Less Carbohydrates

23%
More Dietary Fibre

32%
More Protein

- ✓ Low Glycemic Load
- ✓ Low Glycemic Index

- ✓ Low Fat
- ✓ No Trans Fat

- ✓ No Added Sugar
- ✓ Prebiotic Properties



Love your family. Love your body. Love your heart.



Good Nutrition for Healthy Lifestyle

Every mother instinctively understands that nutrition is crucial for the healthy growth of her children. That is why she is careful about the choice of food that she provides for them. Good nutrition goes far to ensure healthy physical and mental development for children, today and tomorrow.

A Nutritious Bread for Malaysians

We care about not only what we put into our bread products but also how we make them. At Gardenia, we produce bread that is consumed by thousands of children everyday, so it is vital that we give you only high quality, nourishing bread.

Our bread is made from Hard Red Spring Wheat from Canada & USA that is specially chosen for its high-protein, nutritious qualities. As you can see, we carefully select only the finest ingredients to make bread that is so...oo..oo...good, you can even eat it on its own.

To those choice ingredients we add skimmed milk, vitamins and minerals to make wholesome bread that packs in the nutrition. Did you know, our Original Classic bread has 14 vitamins and minerals? In fact, four slices of Original Classic contains as much calcium as a glass of milk.

Our Own Breakthru

You must have also heard of Breakthru – our own Low Glycaemic Index and Low Glycaemic Load bread. We collaborated with dieticians and researchers from a local university to create Breakthru, a bread with more protein and fibre content, less carbohydrate and calories. It also has Beta-Glucan that helps lower cholesterol and prebiotic properties that promote proper digestion.

Our painstaking attention to your health is why we earned the coveted Seal of Approval from Glycaemic Research Institute (GRI) in Washington DC for diabetic and diet-friendly food.

Innovations for Health

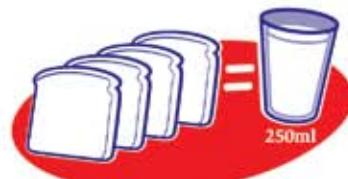
Gardenia staff is regularly sent overseas to places such as the American Institute of Baking (AIB) and international trade shows to learn about improved techniques and technologies for making healthier bread. This is to keep abreast with the latest developments in the bread industry.

At the heart of our effort is a desire to make quality products an everyday choice for all consumers. We offer reliable nutritional information (backed by the AIB) so that mothers, fathers and caregivers alike can make informed purchasing decisions for their children at home.

We Care, In More Ways than One

Apart from our contributions to charity homes, we also carry out educational activities to raise public awareness on health and nutrition.

We will continue to engage in meaningful interaction that benefits the community because we believe in growing and progressing together.



FORTIFIED WITH THE GOODNESS OF CALCIUM,
4 slices contain as much calcium as a glass of milk.

Khasiat yang baik untuk Gaya Hidup yang Sihat

Seseorang ibu semestinya memahami bahawa khasiat sangat penting bagi tumbesaran sihat anak-anaknya. Sebab itulah beliau begitu teliti tentang pemilihan makanan untuk keperluan anak-anak. Khasiat yang baik memastikan kesihatan fizikal dan perkembangan mental untuk kanak-kanak, han ini dan han esok.

Roti Berkhasiat untuk Rakyat Malaysia

Kami bukan sahaja mengambil berat berkenaan kandungan roti yang dikeluarkan, malah kami juga menitikberatkan pembiutannya. Di Gardenia, kami menggunakan roti yang sesuai dimakan oleh kanak-kanak setiap hari, jadi adalah penting bagi kami untuk menyediakan roti berkhasiat yang tinggi kualiti nyata.

Roti keluaran kami diadun daripada Gandum Hard Red Spring dari Kanada & USA yang dipilih khas kerana kandungan proteininya yang tinggi, dan kualiti khasiatnya. Seperti yang dapat dilihat, kami begitu teliti dalam memilih hanya bahan-bahan terbaik untuk menghasilkan roti yang sungguh-sungguh. anak boleh dimakan begitu sahaja.

Selain bahan-bahan tersebut kami juga menambah susu skim, vitamin dan mineral untuk menghasilkan roti yang padat dengan khasiat. Tahukah anda, roti Original Classic Kami mengandungi 14 vitamin dan mineral? Malah, empul kepung roti Original Classic mengandung kalsium sebagaimana yang terkandung dalam satu gelas susu.

Roti Breakthru Keluaran Kami

Anda tentunya pernah mendengar mengenai Breakthru® roti keluaran kami yang mempunyai indeks Glisemik dan BecaGlisemik yang rendah. Kami bekerjasama dengan pakar-pakar

pemakanan dan penyelidik-penyelidik dan sebuah universiti tempatan untuk menghasilkan Breakthru, roti yang mengandung lebih banyak protein dan serat, kurang karbohidrat dan kalori. Ia juga mempunyai Beta-Glucan yang membantu merendahkan kolesterol dan kandungan prebiotik yang boleh memacu penghadaman.

Pemakanan kami termasuk kesihatan anda adalah salah satu, sebahagian Breakthru mendapat pengiktirafan 'Seal of Approval' daripada Institut Penyelidikan Glycaemic di Washington DC sebagai makanan Masa Dianetik dan Masa Diet.



Ciptaan untuk Kesihatan

Kaktangan - kaktangan Gardenia senang dihantar ke luar negara seperti American Institute of Baking (AIB) dan pameran-pameran perdagangan antarabangsa untuk mempelajari teknologi terkini dalam menghasilkan roti yang lebih sihat. Ini membujukan kami sentiasa mengikut perkembangan-perkembangan terkin dalam industri pembuatan roti.

Usaha utama kami ialah untuk menghasilkan produk berkualiti yang menjadi pilihan-harian setiap pengguna. Kami menawarkan maklumat khasiat makanan yang disahkan oleh AIB agar semua bu, apa dan peniaga boleh membuat keputusan pembelian dengan berbekalan maklumat untuk anak-anak mereka di rumah.

Kami Mengambil Berat, Lebih Daripada Satu Cara

Selain daripada sumbangan kami kepada rumah-rumah kebajikan, kami juga menjalankan aktiviti-aktiviti bercorak perbelajaruan untuk meningkatkan kesedaran awam tentang kesihatan dan khasiat pemakanan.

Kami akan terus melibatkan diri dalam interaksi yang pentuji bermakna untuk memantaukan masyarakat kerana kami percaya dalam perkembangan dan kemajuan sening.



Getting Ready

Membuat Persiapan

You may be a good cook, but do you know the basics of food preparation? Preparing food properly can go a long way towards ensuring your child eats healthily and obtains good nutrition. The right techniques also ensure the foods you prepare are free from contamination.

Anda mungkin merupakan seorang yang pandai memasak tetapi tahukah anda tentang asas penyediaan makanan? Menyediakan makanan secara betul akan banyak membantu ke arah memastikan anak anda makan secara sihat dan memperoleh pemakanan yang baik. Teknik yang betul juga akan memastikan makanan yang disediakan akan bebas dari pencemaran.

Thawing

- Cook fish, poultry and meat promptly after thawing.
- Thaw foods in the refrigerator or in a microwave oven.
- Avoid re-freezing foods after they have been thawed as this promotes bacteria growth.

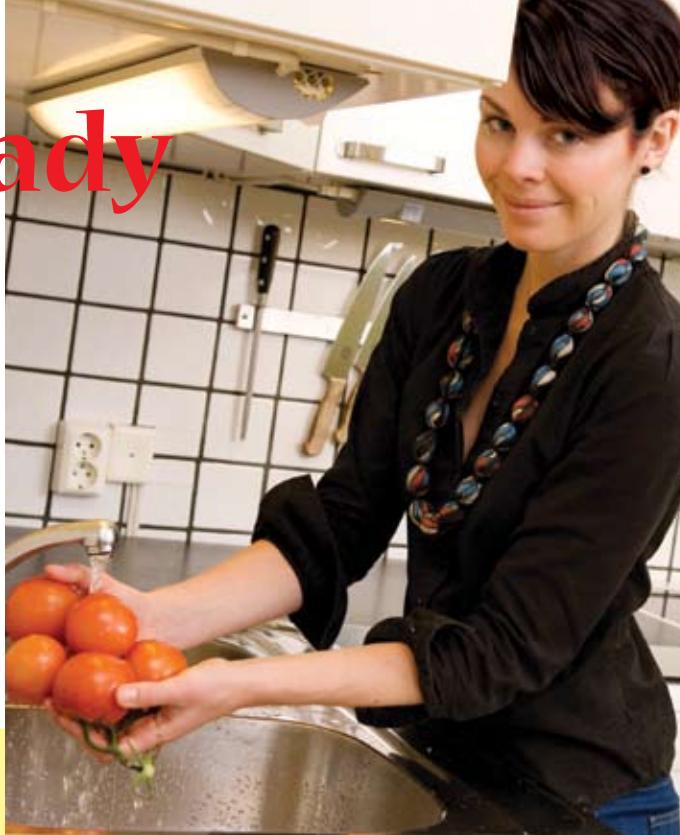


Cutting

- Use separate knives for meat and veggies.
- If the same knife has to be used, cut your veggies or fruits before cutting raw meat.
- When cutting, keep fish, poultry and meat and their juices away from other foods.
- Use separate cutting boards for meat, vegetables and even cheese.

Marinating

- Keep fish, poultry, meat or vegetables covered and refrigerated while marinating.
- Keep note of the time when marinating fish and skinless poultry. If the marinade is acidic (eg vinegar) it can begin to cook the flesh or dry it out.
- Don't reuse marinade!



Menyahbeku

- Masak ikan, ayam itik dan daging dengan segera setelah dinyahbeku.
- Nyahbekukan makanan di dalam peti sejuk atau ketuhar mikro.
- Makanan yang tidak tahan lama tidak boleh diletakkan pada suhu bilik melebihi 2 jam.

Memotong

- Gunakan pisau yang berasangan untuk memotong daging dan sayur-sayuran.
- Jika menggunakan pisau yang sama, potonglah sayur-sayuran atau buah-buahan terlebih dahulu sebelum memotong daging mentah.
- Apabila memotong, jauhkan ikan, ayam itik dan daging serta jusnya daripada makanan lain.
- Gunakan papan pemotong yang berbeza untuk daging, sayur-sayuran dan juga keju.

Memerap

- Ikan, ayam itik, daging atau sayur-sayuran yang diperap perlu ditutup dan disimpan dalam peti sejuk.
 - Perhatikan masa apabila memerap ikan dan ayam itik yang telah dibuang kulit. Bahan berasid (cuka) yang digunakan untuk memerap boleh mula memasak daging yang diperap atau menjadikannya kering.
 - Jangan menggunakan semula bahan perapan!



Time Saving Tips!

Want to save time when you're getting ready in the kitchen? Try these quick and simple methods!

- ✓ Pre-chop and store onions, ginger and garlic in airtight plastic containers or plastic bags.
- ✓ Buy fish, poultry and meats that are pre-cut and clean and store them in the freezer.
- ✓ When cooking a dish, you can choose to cook extra batches, store these in microwavable plastic containers and freeze them to use at a later date. Keep in mind that some dishes are not suitable for freezing.
- ✓ Cook different types of sauces and stocks and freeze them for quick meals.



Tip Menjimatkan Masa!

Ingin menjimatkan masa apabila sedang bersiap untuk memasak di dapur? Cubalah cara-cara berikut yang mudah dan cepat.

- ✓ Potong bawang, halia dan bawang putih apabila mempunyai masa terluang dan simpan di dalam bekas plastik kedap udara atau beg plastik.
- ✓ Beli ikan, ayam itik dan daging yang telah dipotong, dibersihkan serta simpan kesemuanya dalam peti sejuk beku.



- ✓ Apabila memasak sesuatu hidangan, anda boleh masak lebih untuk disimpan ke dalam bekas plastik ketuhar mikro dan dibekukan untuk dimakan pada hari lain. Ingatlah bahawa sesetengah masakan tidak sesuai untuk dibekukan.
- ✓ Masak beberapa jenis sos dan stok yang berbeza dan bekukan untuk dijadikan hidangan yang cepat.



Let Your Child Help You

Your child may want to give you a hand in the kitchen, so go ahead and encourage her to help you prepare! Here's how she can help, without you being unduly worried about her safety.

1. Wash veggies and fruits.
2. Get ingredients from the refrigerator or pantry.
3. Tear veggies into pieces.
4. Stir dry ingredients together.



Benarkan Anak Anda Membantu

Anak anda mungkin ingin membantu anda di dapur. Benarkan dan galakkan dia membantu anda menyediakan makanan. Berikut terdapat beberapa cara yang boleh anda lakukan tanpa anda bimbang tentang keselamatannya.

1. Membasuh sayur-sayuran dan buah-buahan.
2. Mendapatkan bahan daripada peti sejuk atau bilik menyimpan makanan.
3. Mengupas sayur-sayuran.
4. Mengacau bahan-bahan kering.

Let's Cook!

Mari Memasak!



After all the planning and shopping and storing, it's time to don your apron, sharpen those knives and get busy! To prepare and cook the most nutritious, tasty meals for your little one, here are a few pointers.

- 1 Don't stick to just one way of cooking, but experiment with different styles.
- 2 Make every meal healthy by adding veggies and fruits whenever you can.
- 3 Prepare a variety of dishes for every meal. Opt for those that are low in fat, sugar and salt but high in fibre and nutritional value.
- 4 Aim for healthy dishes and tasty dishes. A combination of both will have your child looking forward to every meal.
- 5 Present food in fun and interesting ways with different colours and shapes. Nicely served-up dishes can stimulate and increase your child's appetite.

Cook Your Way to Good Health

Some cooking methods are healthier than others eg it's better to roast than deep-fry as fried foods contain more fat. For wholesome dishes, try the following cooking methods.

Steam

Steaming keeps nutrients and flavours in. You can cut fish, poultry or meat into smaller pieces. Or save time by placing a bowl of chicken into a rice cooker (while it's cooking) so you can create two dishes instead of one.

Kukus

Mengukus akan mengekalkan nutrien dan perisa di dalam makanan. Anda boleh memotong ikan, ayam itik atau daging kepada potongan kecil. Anda juga boleh menjimatkan masa dengan meletakkan semangkuk ayam dalam periuk nasi (semasa nasi dimasak) bagi menyediakan dua hidangan berbanding satu.

Soup

Children find it easy to take soupy food. Boil a chicken to make soup and add vegetables, rice or noodles. Or prepare a soupy dish and add chicken. Alternately, try chicken porridge.

Sup

Kanak-kanak biasanya sukakan makanan bersup. Rebuskan ayam untuk membuat sup dan tambahkan sayur-sayuran, nasi atau mi. Atau, sediakan hidangan bersup dan tambahkan ayam. Untuk cara lain, cubalah bubur ayam.

Stew

Stew can be prepared using a slow cooker (crock pot) or stew over a stove. Stewing is a great way to introduce veggies like carrots and tomatoes that add colour and nutritional goodness.

Rendidih

Rendidih boleh disediakan dengan menggunakan periuk masak perlahan atau dengan periuk biasa di atas dapur. Ia adalah cara yang sangat baik untuk memperkenalkan sayuran seperti lobak merah dan tomato yang akan menambah warna dan kebaikan khasiat pemakanan.

Stir-fry

This is a quick method of cooking that retains nutritional value. It's also easy to add lots of veggie goodness to your dish.

Goreng ringkas

Ini merupakan kaedah memasak yang cepat dan dapat mengekalkan nilai pemakanan. Ia juga senang untuk menambah kebaikan khasiat sayuran ke dalam hidangan anda.



Setelah merancang, membeli-belah dan menyimpan makanan, kini sudah tiba masanya untuk anda menyarungkan apron, menajamkan pisau dan mula memasak! Berikut adalah beberapa tip untuk menyedia dan memasak hidangan yang berkhasiat dan lazat untuk si kecil anda.

- 1** Jangan hanya menggunakan satu kaedah untuk memasak tetapi cubalah cara memasak yang berlainan.
- 2** Jadikan setiap waktu makan lebih sihat dengan menambahkan sayur-sayuran dan buah-buahan jika boleh.
- 3** Sediakan hidangan yang berbagai untuk setiap sajian. Pilihlah yang rendah lemak, gula dan garam tetapi kaya dengan serat dan nilai pemakanan.
- 4** Bermatlamat untuk menyediakan hidangan yang sihat dan lazat. Kombinasi kedua-duanya akan membuatkan anak anda tidak sabar menantikan setiap waktu makan.
- 5** Hidangkan makanan dengan cara yang menyeronokkan dan menarik dengan warna dan bentuk yang berbeza. Hidangan yang menarik akan merangsang dan menambah selera makan anak anda.

Memasak Secara Sihat

Sesetengah kaedah memasak adalah lebih sihat berbanding yang lain. Sebagai contoh, membakar ayam itik atau daging adalah lebih baik daripada menggoreng kerana makanan bergoreng mengandungi lebih lemak. Untuk hidangan yang lebih berkhasiat, cubalah kaedah memasak berikut.

Roast

Roasting is convenient, but do remember not to cover your fish, poultry and meat with too much oil. You can also roast potatoes and carrots simultaneously to enjoy a balanced meal.

Panggang

Memanggang sememangnya mudah tetapi janganlah letak minyak yang terlalu banyak pada ikan, ayam itik dan daging. Anda juga boleh memanggang kentang dan lobak merah dalam masa yang sama, untuk menikmati suatu hidangan yang seimbang.

Bake

You can bake chicken pie by adding veggies, spices and seasoning to chicken, placing everything into pastry dough and sticking it in the oven. Or bake chicken casseroles to provide children with the goodness of cheese.

Bakar

Anda boleh membakar pai ayam dengan menambah sayuran, rempah-ratus dan bahan perisa kepada ayam. Masukkan kesemuanya ke dalam adunan pastri dan bakar dalam ketuhar. Atau bakarkan kaserol ayam untuk membekalkan anak anda dengan kebaikan keju.

Grill

Grilling is another healthy cooking method. Most homes have grills, but if yours doesn't, you can always grill meat in a microwave, which speeds up grilling time.

Gril

Menggril merupakan satu lagi kaedah memasak yang sihat. Kebanyakan rumah mempunyai gril tetapi jika anda tidak mempunyainya, anda masih boleh menggril daging di dalam ketuhar mikro yang akan mencepatkan lagi masa menggril.

Coming Right Up!

When serving your newly-prepared, healthy dishes to your child, keep these tips in mind:

- Cold foods should be served at below 10°C; hot foods at above 60°C.
- Serve food using clean crockery and utensils.
- Dish up foods in appropriate portions – not too much or too little.
- Cover foods if they are not to be served immediately.

Menghidang Makanan

Apabila menghidang sajian yang sihat dan baru dimasak kepada anak anda, ikuti tip berikut:

- Makanan sejuk perlu dihidang di bawah suhu 10°C; makanan panas pada suhu melebihi 60°C.
- Hidangkan makanan menggunakan pinggan mangkuk dan sudu garpu yang bersih.
- Hidangkan makanan dalam saiz sajian yang sesuai – tidak terlalu banyak terlalu sedikit.
- Tutup makanan terus dihidang.





Adding Goodness, Adding Taste

Menambah Khasiat, Menambah Rasa

If you know that you're going to prepare a quick dish eg fried rice for your child, it's great if you can throw in some nutritious goodness. And while you're at it, you can also add extra zing to the dish to whet your child's taste buds even more.

Jika anda tahu yang anda akan menyediakan satu hidangan yang cepat seperti nasi goreng untuk anak anda, cubalah menambahkan khasiatnya. Anda juga boleh menambah sedikit 'umph' kepada hidangan tersebut untuk membangkitkan selera anak anda.

Adding Goodness

It's so easy to add some nutritional value to any dish. You don't have to search high and low for these bits of goodness, and don't be scared to experiment! You can, for instance, add:

- Pre-fried ikan bilis
- Shredded chicken
- Chopped or shredded veggies eg celery, carrots, tomatoes, lettuce (also good for adding to pasta sauces, lasagna and casseroles)
- Eggs
- Fruits eg apples to chicken, pineapples to curries, or bananas, raisins and dates to breakfast cereals
- Oats (use this to thicken stews or soups)

Menambah Khasiat

Menambah nilai pemakanan kepada sesuatu hidangan adalah mudah. Anda tidak perlu bersusah-payah mencari caranya. Dan jangan takut untuk mencuba. Anda boleh lakukannya dengan menambah:

- Ikan bilis goreng
- Daging ayam yang disiat
- Sayuran yang dipotong atau dimayang contohnya saderi, lobak merah, tomato, daun salad (juga baik untuk ditambah ke dalam sos-sos pasta, lasagna dan kaserol)
- Telur
- Buah-buahan seperti epal untuk ayam, nanas ke dalam kari, atau pisang, kismis dan kurma ke dalam bijirin sarapan
- Oat (gunakan untuk memekatkan stew atau sup)

Reduce and Substitute!

Kurangkan dan Gantikan!

Here's something else you can do to prepare healthier dishes:

Di sini ada beberapa cara untuk menyediakan hidangan yang lebih sihat:

Adding Taste

Sauces and seasonings are a convenient way to add taste. When choosing these, always go for condiments that have no or less MSG and/or salt and those low in fat.

- Chicken stock
- Fruit juices (lemon, orange)
- Assorted herbs and spices eg cinnamon, lemon grass, mint, coriander leaves, turmeric, ginger
- Plain, low-fat yoghurt (season with herbs and use on baked potatoes)
- Premixed sauces, pastes and spices

Menambah Rasa

Sos dan bahan perisa adalah cara yang mudah untuk menambah rasa kepada sebarang hidangan. Maka, pilihlah jenis yang tiada atau kurang MSG dan/atau garam dan yang rendah lemak.

- Stok ayam
- Jus buah-buahan (lemon, oren)
- Pelbagai herba dan rempah-ratus contohnya kayu manis, serai, pudina, daun ketumbar, kunyit, halia.
- Yogurt biasa dan rendah lemak (diperisakan dengan herba dan gunakan untuk kentang bakar)
- Sos, pes dan rempah-ratus pracampur

Reduce Kurangkan

1. Salt and artificial seasonings
Garam & perasa tiruan
2. Coconut milk
Santan
3. Dairy cream
Krim tenusu
4. Sugar
Gula
5. Sauces
Sos-sos

And replace with... Dan gantikan dengan...

1. Herbs and spices
Herba dan rempah ratus
2. Low-fat or skim milk
Susu rendah lemak atau tanpa lemak
3. Low-fat cream
Krim rendah lemak
4. Fruit juice or fruit
Jus buah atau buah-buahan
5. Lemon
Lemon

EAT MILK FOR STRONG BONES



AS STRONG AS TIGER

6 pieces of Tiger Susu Biscuits contains the same amount of calcium in 110ml of fresh milk which help provide your child with Calcium to ensure healthy bones and strong teeth.



Keeping Malaysia Strong and Healthy

Providing good nutrition to children during their school-age years is important in helping them grow, feel good and do their best. Besides nourishing their growing bodies, nutritious eating supplies the energy children need each day for school, activities and fun. During primary school years, 6 to 12 year olds begin learning to make food choices on their own. Parents and caregivers play a vital role in helping children develop nutritious eating and active living habits to last a lifetime.



(Tiger sandwich range)

Providing daily nourishment need not only be on three divided meals. In-between-meal nourishment can provide continuity in supply of nutrients all throughout the day. Snacking, commonly known as in-between-meals eating, should be managed properly so as to avoid over-consumption of foods that will dump the succeeding, equally important, meals. When planned for and chosen carefully, snacks can be a "nutrition opportunity" for your school-age child. Here are a few reasons to encourage snacking.

Snacks keep kids fuelled between meals. For children involved in after-school play, sports activities or lessons, a nutritious snack helps keep them alert and promotes endurance and optimal performance.

Snacks can fill in nutrient gaps. Snacks can contribute about one-quarter of the kilojoules and nutrients your child needs each day.

Snacks help prevent between meal hunger. When appropriately spaced between meals, snacks help keep hunger at bay and may curtail overeating at the next meal.

It takes hard work and commitment - by both parents and children to raise a "Healthy Eater". You can create an environment for your child that encourages good food choices with these practical guidelines:

Be a good role model. Children learn habits for nutritious eating and active living by watching others. Parents and other caregivers are a child's most influential teachers.

Make a variety of nourishing and appropriate foods available. Make available amounts of body-building, energy-giving and regulating foods.

Set a good routine for eating. Try to establish a time and place for eating and eat meals as a family whenever possible. Keep the focus on meals and snacks rather than eating while watching television, playing video games, or working on a computer.

Respect your child's appetite and food preferences. Your child's rate of growth will vary during these years, and so will his or her appetite. Food preferences may also change as your child develops new tastes, and there is no single "must eat" food. Don't engage in power struggles or use food as a reward or punishment.

Involve your child in planning meals and snacks. Children are more likely to eat foods that they help plan, choose or prepare. This is an opportunity for children to try new foods and develop cooking skills, too.

Good reasons to snack:

"Treats" that offer calories without other nutrients should only occasionally be part of a child's diet and be limited in portion size - 100 calorie portion of a treat snack is a reasonable guide.

A nutritious snack can be any of the following:

- Sandwich with a healthy filling plus a glass of milk
- A bowl of cereal with fruit and milk
- Biscuits which contains important nutrients

Make afternoon snacks as nutritious as possible. When a child comes home from school and is too hungry, only nutritious foods should be served. In many instances, there is a high possibility of a child skipping dinner due to fatigue.

Pack a portable snack on days that you and your toddler or preschooler are busy with friends and activities. When it's time for a break, sit down with your child to help them relax and focus on their snack. Choose foods that are easy to bring along (breakfast cereal, animal crackers, fruit, cheese slices) and cut them into bite-size pieces for easy eating.

Keep mealtimes relaxed. This is an ideal time for family conversation and bonding. Avoid scolding your children for any misconduct during mealtime. Use mealtimes as an opportunity to send nutrition messages to your child, explaining some nutrients on the foods being consumed.

Allow your child to explore food combinations. Give opportunity for the child to try mixing one type of food into another. Through combining foods, there is then let your child practice deciding what to eat and how much. When children listen to their own body cues, they learn to eat appropriate amounts of food to satisfy their hunger. An increased tendency for higher intake of important vitamins and minerals.

Plan packed meals very well. If your child goes to school with packed-lunch, make sure to incorporate foods that will still be nearly appetizing as that of a newly cooked. Containers for packed lunch should be well chosen to help maintain appropriate temperature of the food. Packed lunch should provide for at least 1/3 of your child's daily food allowances. School lunches should limit inclusion of highly processed meats (like sausages), high fat chips and soft drinks.

Time between-meal snacks so they satisfy kids' hunger and keep them fuelled up for activities, but not too close to their next meal. Serving snacks about two to three hours before mealtimes is a good guideline.

Put a serving of non-perishable snack foods in your child's backpack if he or she has sports or other activities immediately after school. Here are some ideas to get you started: fresh or dried fruit, cut-up vegetables, a peanut butter sandwich, a chilled milk box.

www.tigerbiscuits.com.my



As a snack food for your active kids, Tiger Biscuits does not only provide energy but also contains vitamins (A, B1, B2, B3, B6, B9, B12, D, E) and minerals (Calcium, Iodine, Magnesium, Selenium, Zinc and Iron). Some nutrients in Tiger Biscuits are directly related to energy release while others are needed to help make our bones strong (Calcium and Magnesium), aid in mental function (Iodine), help in good vision (Vitamin A) and help our immune system become strong (Vitamin E, Selenium and Zinc).



Your child's digestive system channels nutrients from foods to his entire body. Since your child is growing, you need to take good care of his tummy to ensure that he is receiving all the nutrients he needs. A healthy body starts with a healthy digestive system.

Look Out for the VITAGEN Healthy Tummies Programme!

- VITAGEN Healthy Tummies Programme (VHTP) is established to help you learn about good digestive health so the family can stay healthy.
- VHTP brings fun into learning, while promoting healthier tummies for healthier bodies.
- VHTP also undertakes other measures to make it easy for you to learn about digestive health. VHTP is involved in:
 - 'World Digestive Health Day' by Malaysian Society of Gastroenterology and Hepatology
 - 'Positive Parenting' programme, by Malaysian Paediatric Association
 - 'Nutrition Month Malaysia' '09 by Nutrition Society of Malaysia
- For more information, call us at our toll free number: 1 800 88 5587

1

Stock up on Fruits & Vegetables

- Vitamins and minerals in fruits & vegetables help keep the digestive system healthy.
- Encourage your child to eat a variety of fruits and vegetables everyday.

2

Work Fibre into Every Meal

- Soluble fibre in oats and beans helps food to pass through the digestive system slowly, allowing better absorption.
- Insoluble fibre in fruits, vegetables and whole grains helps food to move smoothly through the digestive system.

3

Make Protein a Routine

- Protein is a building material for enzymes (digestive juices), which help break down food.
- Ensure your child gets enough protein from fish, poultry, beans, soy products and nuts. If possible, consume fish 3 to 5 times a week.



Vitagen®

The True Cultured Milk Drink

Child's Tummy

4 Keep Tabs on Fats & Sugar

- Excessive intake of sugar and animal fats can fuel the 'bad' bacteria in the intestine.
- Limit intake of fatty and greasy foods. Serve lean meats, steamed foods and boiled foods.



5 Drink Up!

- Water helps to digest food and soften waste.
- Encourage your child to drink about 6-8 glasses a day.

6 Watch How He Eats

- Good eating habits ensure a good digestion.
- Ensure your child chews slowly, stops eating when he feels full and avoids eating shortly before bedtime.



7 Monitor His Weight

- Being overweight (or underweight) is not good for your child's health.
- Ask a doctor for advice on how your child can achieve a healthy Body Mass Index (BMI).



8 Get Him Moving

- Exercise helps keep your child's digestive system moving.
- Encourage him to play in the playground, or run around with his friends in the garden.

9 Keep Him Relaxed

- Stress can cause food to slow down or speed up as it travels through the digestive system.
- When your child is worried or upset, encourage him to talk about it. Ensure your child has time to play and relax.

10 Give Probiotics

- Foods and drinks containing 'good' bacteria (probiotics) such as cultured milk can help in digestion.

Vitagen® Cultured for Great Health

Your intestines are home to trillions of bacteria. This thriving colony is called 'intestinal flora'. Not all bacteria cause illnesses. Good bacteria (*Lactobacillus acidophilus*) helps keep your digestive system healthy. They team up with your immune system to crowd out the 'bad' bacteria.

Poor diet and stress can disrupt the balance of your intestinal flora. Top up your supply of good bacteria by drinking VITAGEN. It contains billions of good bacteria, known as '*Lactobacillus acidophilus*'

Benefits of Drinking Vitagen®

- Helps maintain a high level of 'good' bacteria in your intestines.
- Helps digestion and absorption of vital nutrients from food
- Helps reduce risk of intestinal disturbances such as constipation, diarrhoea and bloating.
- Helps improve bowel movement.



PRACTISE GOOD NUTRIENT INTAKE WITH VITAGEN'S CULTURED MILK TRIO!



VITAGEN Regular

- Contains billions of world-class good bacteria from Chr. Hansen's Laboratories, Denmark
- 0% fat
- Preservative-free
- Wholesome milk with real fruit juice
- Supports and strengthens immune system and aids digestion processes

VITAGEN Less Sugar

- 25% less sugar
- 0% fat
- Preservative-free
- Wholesome milk with real fruit juice
- Choice of 3 different variants (LB, Grape & Orange)
- Aids in maintaining a good digestive system
- Supports and strengthens immune system

VITAGEN with Collagen

- Cultured milk drink innovation with 500mg collagen peptides that replenishes the body's collagen and produces a glowing and radiant complexion as well as counteracts wear and tear of bodily joints to help support athletes and everyday movements
- Packed with live & active cultures that suppresses the growth of harmful bacteria and improves the intestinal environment
- Contains dietary fibre
- Enriched with Vitamin C
- 0% fat
- 2 bottles a day can help fully replenish the body's collagen needs



Drink your way to good living with a variety of refreshing cultured milk drink treats from VITAGEN. The delicious choice for a balanced lifestyle.



Vitagen®

The True Cultured Milk Drink

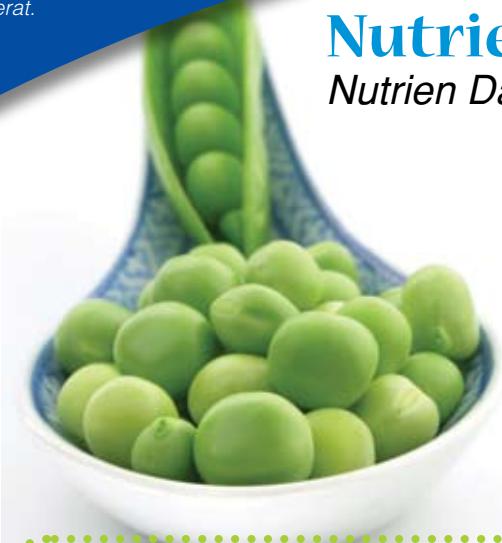
Quiz Time! Masa Untuk Kuiz!

Here's a simple quiz you can take to discover if you know your nutrition knowledge, food preparation/cooking/handling techniques and if you've been feeding your child at the proper times and with the proper foods. You can try all the questions over the next 4 pages, or pick and choose according to the category you're most comfortable with. It's your call as a caring parent!

Ini adalah kuiz mudah untuk mengetahui sama ada anda tahu tentang pengetahuan pemakanan anda, teknik penyediaan/memasak/pengendalian dan jika anda memberi anak anda makan pada waktu yang betul dengan makanan yang betul. Anda boleh mencuba kesemua soalan yang terkandung dalam 4 halaman ini atau hanya menjawab kategori yang anda berminat. Ianya adalah pilihan anda sebagai ibu bapa yang mengambil berat.



Nutrients In Foods Nutrien Dalam Makanan



2 Your child can get dietary fibre from: Anak anda boleh mendapat serat diet daripada:

- a) Steamed chicken / Ayam kukus
- b) A bowl of chocolate chip cookies / Semanguk biskut cip coklat
- c) One medium-sized guava / Sebiji jambu batu bersaiz sederhana
- d) A glass of full cream milk / Segelas susu penuh krim



1 Which of these foods DO NOT provide your child with calcium?

Di antara makanan berikut, yang manakah TIDAK membekalkan kalsium kepada anak anda?

- a) Ikan bilis / Ikan bilis
- b) Green leafy vegetables / Sayuran berdaun hijau
- c) Cheese / Keju
- d) Rice / Nasi



3 Which of these is a good source of protein?

Di antara makanan berikut, yang manakah merupakan sumber protein yang baik?

- a) A plate of rice / Sepinggan nasi
- b) A medium-sized potato / Sebiji kentang bersaiz sederhana
- c) A cup of beans / Secawan kekacang
- d) A small chapatti / Satu capati kecil



4 Giving your growing child an apple a day as a nutritious dessert throughout the week is healthy.

Memberikan anak yang sedang membesar sebiji epal sehari selama seminggu sebagai pencuci mulut adalah baik untuk kesihatannya.



- True / Benar
- False / Tidak Benar

5 Iron in liver, meat and poultry is more easily absorbed by the body compared with iron in cereals, fruits, veggies and beans.

Zat besi terkandung dalam hati, daging dan ayam itik adalah lebih senang diserap oleh tubuh berbanding zat besi di dalam bijirin sarapan, buah-buahan, sayur-sayuran dan kekacang.

- True / Benar
- False / Tidak Benar



6 Rank these foods according to their fat content, from highest to lowest:

Susun makanan berikut mengikut kandungan lemak, dari yang tertinggi ke yang terendah:

- a) An orange / Sebiji oren
- b) A handful of peanuts / Segenggam kacang tanah
- c) A slice of bread / Sekeping roti
- d) A glass of milk / Segelas susu



8 Your child should have as little fat as possible in his diet because everyone knows fats are unhealthy.

Anak anda memerlukan lemak sedikit yang mungkin dalam dietnya kerana kita tahu bahawa lemak tidak baik untuk kesihatan.

- True / Benar
- False / Tidak Benar

7 Your 6-year-old child should get his dose of iron and vitamin C from:

Anak anda yang berusia 6 tahun patut mendapat zat besi dan vitamin C daripada:

- a) Meats and fruits / Daging dan buah-buahan
- b) Vitamin supplements / Suplemen vitamin
- c) Fruits and veggies / Buah-buahan dan sayuran
- d) Meat and fish / Daging dan ikan



10 Sodium and sugar should form a part of your child's daily dietary intake as they contain essential energy and nutrients.

Natrium dan gula membentuk sebahagian daripada pengambilan diet harian anak anda kerana kedua-duanya mengandungi tenaga dan nutrien penting.

- True / Benar
- False / Tidak Benar

Answers / Jawapan

- | | |
|------------------------|-------------------------|
| 1. d) | 6. b, d, c, a |
| 2. c) | 7. a) |
| 3. c) | 8. False / Tidak Benar |
| 4. False / Tidak Benar | 9. True / Benar |
| 5. True / Benar | 10. False / Tidak Benar |

Food Handling, Preparation And Storage

Pengendalian, Penyediaan Dan Penyimpanan Makanan

1 Raw meat, fish and poultry should be stored in the refrigerator at all times.

Daging, ikan dan ayam itik yang mentah perlu sentiasa disimpan di dalam peti sejuk.

- True / Benar
- False / Tidak Benar

2 Meat should always be marinated in the refrigerator and not at room temperature.

Daging perlu sentiasa diperap di dalam peti sejuk dan bukannya pada suhu bilik.

- True / Benar
- False / Tidak Benar

3 You should always use separate cutting boards for lean meat and fatty meat.

Anda patut sentiasa menggunakan papan pemotong yang berasingan untuk daging tanpa lemak dan daging berlemak.

- True / Benar
- False / Tidak Benar

4 In the refrigerator, where should you store cooked foods?

Di bahagian manakah dalam peti sejuk perlu anda menyimpan makanan yang telah dimasak?

- a) The upper shelves / Rak-rak atas
- b) The lower shelves / Rak-rak bawah



5 Fresh meat or fish that's been out of the fridge for more than two hours can be cooked slowly over a very high heat to kill all germs and bacteria.

Daging atau ikan segar yang dikeluarkan dari peti sejuk melebihi dua jam boleh dimasak secara perlahan dengan suhu yang sangat tinggi untuk membunuh semua kuman dan bakteria.

True / Benar

False / Tidak Benar



8 Cooking oil can be reused numerous times as the heat destroys all germs and bacteria.

Minyak masak boleh digunakan berulang kali kerana haba akan membunuh semua kuman dan bakteria.

True / Benar

False / Tidak Benar



10 You should only wash your hands after you handle food.

Anda hanya perlu membasuh tangan setelah mengendalikan makanan.

True / Benar

False / Tidak Benar



6 When cooking for your child, it's healthier to always deep-fry chicken instead of stir-frying or baking it.

Apabila memasak untuk anak anda, menggoreng ayam dalam minyak yang banyak adalah lebih baik daripada menggoreng ringkas atau membakarnya.

True / Benar False / Tidak Benar

7 It's not safe to re-freeze cold foods that have been warmed up.

Adalah tidak selamat untuk membeku semula makanan sejuk yang telah dipanaskan.

True / Benar

False / Tidak Benar



9 Keep and use separate knives for your meats and veggies/fruits.

Simpan dan gunakan pisau yang berbeza untuk memotong daging dan sayur-sayuran/buah-buahan anda.

True / Benar

False / Tidak Benar

Answers / Jawapan

- | | |
|------------------------|-------------------------|
| 1. True / Benar | 6. False / Tidak Benar |
| 2. True / Benar | 7. True / Benar |
| 3. False / Tidak Benar | 8. False / Tidak Benar |
| 4. a) | 9. True / Benar |
| 5. False / Tidak Benar | 10. False / Tidak Benar |

Feeding Practices Amalan Pemberian Makanan

1 If your child refuses to eat his veggies, you must do your best to force him to do so because they're crucial for his health.

Jika anak anda enggan makan sayur-sayuran, maka anda perlu mencuba sedaya upaya untuk memaksanya makan kerana ia penting untuk kesihatannya.

True / Benar

False / Tidak Benar

2 It's healthy for a child above the age of 7 to be still drinking milk everyday.

Adalah baik bagi seorang kanak-kanak berusia 7 tahun ke atas untuk masih minum susu setiap hari.

True / Benar

False / Tidak Benar



3 If your 3-year-old child is overweight, you should put her on a low-fat diet to restrict the total amount and type of fat consumed.

Jika anak anda yang berusia 3 tahun mempunyai berat badan berlebihan, anda perlu memberikannya diet yang rendah lemak bagi mengehadkan jumlah keseluruhan pengambilan dan jenis lemak yang diambil.

- True / Benar
 False / Tidak Benar



4 Physical activity not only keeps your child fit, trim and active, it also improves her appetite.

Aktiviti fizikal bukan sahaja akan memastikan anak anda kekal sihat, langsing dan aktif, malah ia turut akan memperbaiki selera makannya.

- True / Benar
 False / Tidak Benar

5 It's quite alright to allow your child to snack heavily half an hour before dinner if he only has a very small helping of food during his main meal.

Anda boleh membenarkan anak anda memakan snek yang banyak setengah jam sebelum waktu makan malam jika dia hanya akan makan sajian yang kecil semasa waktu makan utamanya.

- True / Benar
 False / Tidak Benar

6 Regular and appropriate mealtimes are extremely important for a child only when he is above the age of 6.

Waktu makan yang tetap dan sesuai adalah sangat penting bagi kanak-kanak selepas berusia 6 tahun ke atas.

- True / Benar
 False / Tidak Benar

7 There's no harm in allowing your child to skip lunch if he eats a truly hearty and heavy breakfast.

Tidak salah jika anak anda tidak mahu makan tengah hari jika dia telah mengambil sarapan yang baik dengan banyak.

- True / Benar
 False / Tidak Benar



8 There's nothing to be unduly worried about if your child has a tremendous appetite at certain times, but eats small amounts at other times.

Tiada apa yang perlu dibimbangkan jika anak anda hanya sangat berselera pada satu-satu masa dan kurang makan pada masa-masa lain.

- True / Benar
 False / Tidak Benar

9 Your child will enjoy her food more if she's doing something enjoyable at the same time eg watching TV, listening to music or playing 'catching'.

Anak anda akan lebih menikmati makanan yang dimakan apabila turut melakukan sesuatu yang menyeronokkan pada masa yang sama contohnya, menonton TV, mendengar muzik atau bermain kejar-kejar.

- True / Benar
 False / Tidak Benar

10 If your child is a picky eater, nutritious snacks may be useful in helping to make up for her poor food intake during main meals.

Jika anak anda cerewet makan, snek berkhasiat adalah berguna untuk membantu anak anda menggantikan pengambilan makanan yang kurang memuaskan semasa waktu makan utama.

- True / Benar
 False / Tidak Benar



Answers / Jawapan

- | | | | |
|------------------------|------------------------|------------------------|------------------------|
| 1. False / Tidak Benar | 4. True / Benar | 7. False / Tidak Benar | 9. False / Tidak Benar |
| 2. True / Benar | 5. False / Tidak Benar | 8. True / Benar | 10. True / Benar |
| 3. False / Tidak Benar | 6. False / Tidak Benar | | |



Food Safety Tips for a Healthy Family

Food borne illness (food poisoning)

can occur when germs enter our bodies via contaminated food and drink. Depending on how food is farmed, prepared, transported, cooked and served, there is always a risk for contamination.



The Symptoms

As bacteria usually need time to infest, onset can take anywhere between a couple of hours to even days. Depending on the microbe, symptoms can range from mild to severe.

Common symptoms : High fever, vomiting, diarrhea, lethargy, weakness, dizziness, severe cramping of abdominal muscles

Seek medical attention immediately if you suspect a food poisoning. It can be especially dangerous for babies, young children, the elderly and those whose immune systems are low. Severe cases can be fatal.

Preventing Food Borne Illness

DO's

- Thoroughly wash your hands under running water with soap before and after handling foods
- If using the same chopping board while cooking, always cut vegetables first before meats.
- Cover foods that are left out to avoid attracting flies
- Thoroughly reheat leftovers before eating – stir well to evenly heat it up.
- Boil water before drinking (water filters don't kill germs)

DON'Ts

- Allow chilled groceries to sit in a warm car for prolonged periods
- Consume items past their expiry date.
- Keep cooked food out in room temperature for more than 2 hours.
- Eat at establishments that don't practise good hygiene standards.
- Buy canned foods/drinks that are bloated or dented in.
- Eat foods/drinks that smell bad, or taste different from the norm (use your common sense)

At the end of the day, it's always better to be safe than sorry. So play your part in food safety to keep you and your family healthy.

Questions & Answers :

1. Can probiotics help prevent food borne illness?

Probiotics do not prevent food poisoning per se. But the probiotics particularly the Shirota strain found in Yakult, help to improve gut health thus strengthening the body's intestinal immunity. Because of this, your body is able to cope better with discomforts such as mild diarrhea which may be due to eating something mildly contaminated. Lab tests have also shown that the Shirota strain suppress the growth of many germs that can cause food poisoning. This may possibly help to reduce the severity of symptoms. However, the same cautionary tips should be practiced to avoid food borne illness.

2. How can we be assured of food safety standards in the foods we buy?

When buying ready packed foods and drinks, it pays to buy products from a reputable manufacturer. Making sure they meet internationally recognised food manufacturing certification such as HACCP, which Yakult has attained, is also a good way to ensure high quality.

Shirota Strain improves symptoms of diarrhea



Study in 24 hospitals in Japan (1992)



How to Deal with Constipation

Constipation is a condition when the bowel moves fewer than three times per week. When someone is constipated their stools are usually hard, dry, small in size and difficulties occur when eliminating the feces. It is still considered normal if a person defecates less than three times per week provided it is not associated with discomfort.

Almost everyone experiences constipation at some point in their life and a poor diet is mainly the cause. Most constipation is temporary and not serious. The most affected groups of people are women, children and adults aged 65 and above.



How To Fight Constipation?

a) Reduce 'transit time' with dietary fibre

Fibre improves 'transit time' (duration from time food is eaten to time food is excreted). It absorbs water and causes bulking in the gut, which stimulates the gut movement and increases rate of defecation.

Three to 5 servings per day of foods high in dietary fibre is recommended – eg. cereals (oats, wheat), fruits/ vegetables (banana, pumpkin), tubers (yam, sweet potatoes) and pulses/ beans (dhall, lentils). Gradual increase of fibre intake accompanied by adequate intake of fluids is advised so there are no problems with discomfort and bloating.

b) Exercise daily

Exercise not only reduces stress, but also helps soothe and tone up muscles and enhances defecation.

c) Consume 'probiotics' daily

It is important to include probiotics in the diet to increase bowel movements and improve stool characteristics. A study done in Germany by Koebnick et al from the German Institute of Human Nutrition in 2003 states that probiotic drinks containing the Shirota strain improves constipation. The study revealed that taking just one bottle per day of Yakult for four weeks improved the defecation frequency of individuals with poor bowel habits. The stool became softer and less smelly, and the feeling of completion of voiding improved significantly.

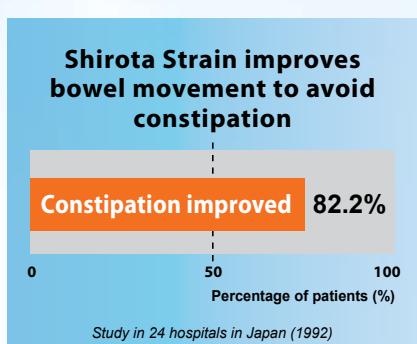
Questions and Answers:

1. How soon can I see improvements if I follow your advice?

It varies among individuals but you may be able to see the results after taking Yakult for four weeks. Don't forget to consume high fibre foods, drink plenty of fluids and exercise!

2. How do I choose which probiotics product to buy?

The only product that has the stomach acid-resistant beneficial bacteria 'Shirota strain' is Yakult.



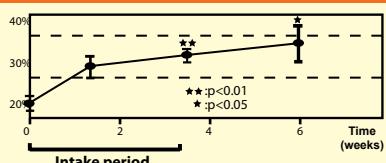
Yakult

Scientifically proven for good health



Yakult boosts our immune system

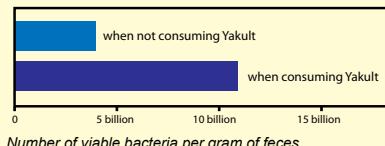
NK cell (an immune cell) activity



Source: Nagao, F., et al. (2000)

Yakult increases good bacteria in our intestines

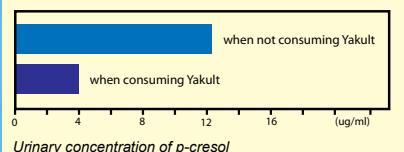
Increases good bacteria (Bifidobacteria) by 300%



Source: Tanaka R., et al. (1994)

Yakult reduces toxins produced in our intestines

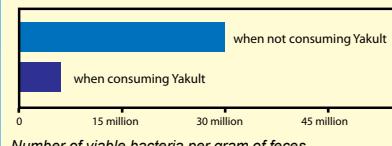
Reduces levels of toxin 'P-Cresol' by 70%



Source: Tanaka R., et al. (1981)

Yakult reduces harmful bacteria in our intestines

Reduces harmful bacteria (Enterobacteriaceae) by 80%



Source: Tanaka R., et al. (1994)

- Scientifically proven Shirota strain
- More than 30 billion live good bacteria in each bottle
 - Over 70 years of research
- Trusted by 26 million people in 32 countries worldwide
- Free of colourings, preservatives, conditioners and stabilizers
 - 0% fat, 0% cholesterol



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A One-week

Hi Moms & Dads!
Eating a
nutritionally
balanced diet is
as easy as
1-2-3. Follow this
sample menu to
see how it can
be done.



Meal/Day	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	1 cup cooked oats with 1 teaspoon raisins 1 cup Quakes	2 slices bread with 1 tablespoon peanut butter 1 cup Quakes	2 slices bread with 1 slice cheese 1 cup Quakes	1 cup cooked oats with $\frac{1}{2}$ sliced banana 1 cup Quakes	2 small pancakes with 1 teaspoon maple syrup/honey 1 cup Quakes
Mid-morning Snack	1 muffin $\frac{1}{2}$ cup 100% juice	2-3 crackers with 1 slice cheese $\frac{1}{2}$ cup 100% juice	1 small pau $\frac{1}{2}$ cup 100% juice	1 oat cereal bar $\frac{1}{2}$ cup 100% juice	1 tuna sandwich (2 slices bread with 30g tuna) $\frac{1}{2}$ cup 100% juice
Lunch	1 - 1½ cup rice 1 chicken drumstick $\frac{1}{2}$ cup french beans $\frac{1}{2}$ cup grapes	1 – 1½ cup fish-ball mee hoon soup with vegetables 1 slice papaya	1 - 1½ cup rice 1 medium fish $\frac{1}{2}$ cup cabbage 1 small orange	1-1 ½ cups fried rice with egg & vegetables $\frac{1}{2}$ cup mangoes	1-1½ cup fried noodles with vegetables & meat 1 small apple
Teatime Snack	1 small pau 1 cup Quakes	1 granola oat bar 1 cup Quakes	1 small cupcake 1 cup Quakes	1 cup plain pop corn 1 cup Quakes	3 biscuits 1 cup Quakes
Dinner	1 - 1½ cup macaroni & minced meat $\frac{1}{2}$ cup carrots 1 slice honeydew	1 - 1½ cup rice Stir-fried black-pepper beef/chicken $\frac{1}{2}$ cup kai lan $\frac{1}{2}$ cup mango	1 – 1½ cup beef kueh teow with vegetables 1 small apple	1 piece roast chicken $\frac{1}{2}$ cup mashed potatoes $\frac{1}{2}$ cup peas 1 slice papaya	1-1½ cup rice egg & prawn omelette $\frac{1}{2}$ cup kangkung 1 small orange



Quaker
Quakes
minuman berkhasiat coklat
dengan oat



Menu For 7 To 12 Year Olds

Weekend: Day 6	Weekend: Day 7
2 slices bread with 1 egg & 1 small sausage 1 cup Quakes	2 waffles with 1 teaspoon maple syrup/honey 1 cup Quakes
1 cup yogurt 1 banana	1 egg sandwich ½ cup 100% juice
1-1½ cup spaghetti Bolognaise (minced chicken or beef) Small bowl of mushroom soup	1 small regular chicken/beef/fish burger ½ cup corn 1 small cup juice
3 whole-grain crackers with 1 slice cheese 1 cup Quakes	½ peanut butter sandwich 1 cup Quakes
1-1½ cup rice ½ tauhu with minced meat ½ cup cabbage ½ cup grapes	½ cup kueh teow soup with shredded chicken & vegetables 1 banana

Parents' Nutrition Help Desk:

A Consultant Dietitian tackles some top nutrition dilemmas faced by concerned parents:

Q . My child loves to snack on keropok and other titbits. Is this all right?

Children do need to snack to give them energy throughout the day. But don't make the mistake of giving them 'junk' foods, which have a low nutritional value. Snacks should be built around food choices from the 5 Food Groups. Therefore, select snacks that are high in essential vitamins, fibre, protein, iron and whole grains. Also, please ensure that the snacks are low in sugar. Try offering these yummy snack choices to your child: oat granola bars, sandwiches, fruit, and milk or milk-based beverages with grains such as oats, to give him an energy boost without dampening his appetite for a healthy lunch or dinner.

Q . My child hates eating vegetables and eats only certain fruits. I'm afraid she'll miss out on important nutrients. What can I do?

You are urged to serve vegetables and/or fruit at all meals to your child from a young age to help her develop a liking for vegetables and fruits. You need to put in effort to get your child to accept vegetables and fruits. Children learn by example. Hence, it's important that the whole family consumes vegetables and fruits too. Vegetables and fruits are rich in essential vitamins such as Vitamin A, B6 and C, fibre and iron. These nutrients are found in other food and drink products too. Do read food labels to scout for food and drinks that are high in essential nutrients to supplement your child's lack of vegetable and fruit intake for the time being.

Q . It's a mad rush in our house especially in the mornings, with all of us trying to get ready for work and school. My kids often miss breakfast because of this. What can I do?

This is a common scenario in many urban Malaysian homes. Research shows that children who skip breakfast have lower concentration levels in school, thus affecting their overall learning performance. The solution to this is simpler than you think. All it takes is for you and your family to wake up 20 to 30 minutes earlier in order to feel less rushed in the mornings. Have simple food choices such as oats, cereals, bread and a milk-based beverage with grains. These foods contain a combination of essential vitamins, fibre, protein and iron which can help keep your kids nourished and sustain a productive morning at school.

By Ms Indra Balaratnam, Consultant Dietitian

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 ZAT BESI seperti BAYAM*
 VITAMIN B6 seperti PISANG*
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*Euromonitor: Retail Sales - 100% Juice 2008

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Wyeth Biofactors System™ is a unique age-appropriate nutrition system. It plays a big role in supporting your children's childhood development, including their eyes.

They see the beauty of the world and learn through their eyes. However, environmental exposure such as high energy blue light has effects on the eyes. As a predominant macular pigment in the retina, Lutein is able to filter blue light and may protect the eyes. Since our bodies cannot generate Lutein, your children can only obtain Lutein through the food they eat.

Now, Progress Gold and Promise Gold with Wyeth Biofactors System™ contain Lutein (naturally extracted from marigold flowers) to support your children to reach their full potential.



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For childcare & nutrition advice, call our Wyeth Mama Careline at 1-800-88-5526 or log on to www.wyethnutrition.com.my

my Dream Child



Wyeth

As a loving mum, you'd most naturally want your child to grow and develop into a healthy and happy adult who goes on to achieve great things in life and makes both society and you proud. This is what all mothers want.

Becoming such an adult, however, is not something that will come naturally to your child. He will need to work towards this goal. To ensure he succeeds and gets the head-start he deserves from a very early age, he will need all the love, care, attention and help you can possibly give.

Make Your Dream Happen

The best time for you to start chipping away at the well-rounded adult inside your little one is during the formative years of 2-6. This is when he begins to develop physically, mentally, socially and emotionally. During this period, you can set the best foundation for health by nourishing him well. You can also cultivate qualities that will enable him to attain his full potential and successfully meet the challenges that come his way.

To do so, you will need to devote lots of quality time, energy and effort. You will need to pay him lots of attention and care and provide him with all the opportunities you can. You'll gain precious, heartwarming experiences, and you may also lose heart (and your patience!) along the way. But it will all be worth your while when your child becomes the adult you knew he would.

Focus on These Crucial Elements

To help your child become a healthy, intelligent and cheerful adult, you have to set the stage for him during his formative years (this means you'll also have a healthy, intelligent and cheerful child!). You can accomplish this by:

- ✓ **Cultivating his sense of curiosity.** Doing so will allow learning to occur naturally and give him the chance to develop a wide range of skills as well as positive traits.
- ✓ **Instilling a love for learning.** Stimulating his mind now sets a strong foundation for his future academic, creative and social accomplishments.
- ✓ **Helping him build self-esteem and confidence.** This enhances his ability to form healthy relationships and helps him become a socially competent person who is cooperative, generous, expresses his feelings well and empathises with others.
- ✓ **Playing with him.** Play increases his cognitive (mental) abilities and enables him to develop certain skills.
- ✓ **Encouraging him to exercise.** Physical activity improves appetite, boosts cardiovascular fitness and offers other benefits that will contribute to his total development and growth.

It's important, however, to remember that all children are unique, and thus develop at different rates. So have realistic expectations of your child's ability, and don't compare him with his peers or siblings. Don't over-expect or under-expect, just love him for who he is.

Eye-Opening Tip!

To optimise overall growth and development, make milk a part of your child's daily diet. It's the best source of dietary calcium and contains protein, carbohydrates, vitamins (A, D) and minerals (magnesium, phosphorous). Fortified milk also contains antioxidants like carotenoids e.g. lutein, essential fatty acids (e.g. DHA, AA) and nucleotides that further boost health. So feed him 1-2 cups of creamy goodness everyday.

Once he understands how beneficial and nutritious milk is, he'll want to keep on drinking it for the rest of his life!

Good Nutrition is Key

Among the most important things you can do to set a strong foundation for your child's health is to feed him right and cultivate healthy eating habits from young. Indeed, good nutrition should be one of your most fundamental areas of concern as it's the basis for good health, normal growth and optimum development.

Good nutrition basically entails feeding your child different foods in appropriate amounts at the right times. This will provide him the essential nutrients (e.g. carbohydrates, protein, fats, vitamins and minerals) he needs to meet his daily nutritional and energy requirements. It's not hard to provide your child good nutrition, because all you really need to do is:

1. Feed your child a **variety of food everyday.** He requires different types and amounts of nutrients that come from different foods.
2. Provide a **balanced mix** of carbohydrates (e.g. rice, cereals and bread), fruits and veggies, protein-rich foods (e.g. poultry, meat and fish) and milk and dairy products. Minimise fats, oils, salts and sugar.
3. Teach your child to eat **in moderation.** It's also important to cultivate healthy eating habits like having regular meals, not skipping meals and not overeating.

There's no question about just how crucial good nutrition and proper eating habits are during the formative years. Put them into practice today, and you'll raise a healthy child who will go on to enjoy optimal wellness and good health for a long, long time.

Cooking Up Healthy Servings!

It's time to practise what you've learnt about nutrition, food preparation and cooking styles to whip up some delicious dishes for your child! The recipes over the next pages are divided into sections that have different foods and nutrients as their base eg carbohydrate, protein, veggies and milk. But they all have a few 'ingredients' in common – they're nutritious, tasty and easy to prepare!

So go ahead and try these creative, healthy recipes. Be warned, however, that once your little one tries any of these dishes, he'll keep pestering you for more!

Masak Hidangan Berkhasiat!

Tibalah masa untuk amalkan apa yang telah anda pelajari tentang pemakanan, penyediaan makanan dan gaya masakan untuk menghidangkan sajian yang lazat untuk anak anda! Resipi dalam muka surat seterusnya dibahagikan kepada beberapa bahagian mengikut jenis makanan dan nutrien berbeza seperti karbohidrat, protein, buah-buahan, sayur-sayuran dan susu sebagai asasnya. Tetapi, kesemua resipi tersebut mempunyai 'bahan-bahan' yang sama – ianya berkhasiat, lazat dan mudah untuk disediakan!

Jadi, cubalah resipi-resipi yang kreatif dan berkhasiat berikut. Walau bagaimanapun, diingatkan bahawa sekali anak anda mencuba sajian ini, dia pasti hendak lebih lagi!

Recipe Section

Bahagian Resipi:

pg 59 Colour With Fruits And Veggies
Warnakan Dengan Buah-Buahan & Sayuran

pg 64 Fill Em' With Fibre
Berikan Makanan Berserat

pg 72 Protein Packs A Punch
Protein Membina Tubuh Yang Sihat

pg 77 Marvellous Milk!
Susu Yang Menakjubkan!

pg 82 All-In-One-Delights
Hidangan Lazat Semua-Dalam-Satu



Colour With Fruits & Veggies

The Food Guide Pyramid for Children recommends more than 2 servings of vegetables and 2 servings of fruit for your child daily. It's important he gets his quota of fruits and veggies, as they contain vitamins, minerals, fibre and substances called phytochemicals. Many phytochemicals are antioxidants, which are believed to fight certain diseases. These substances give different fruits and veggies a variety of colours.

Veggies should be introduced to your child at a very young age, as it may become a challenge to get him to eat these later. There are many ways of introducing veggies into his diet eg sneaking chopped veggies into *mee goreng* or blending them into soups and porridges.

Children are more receptive toward fruits because fruits are naturally sweet. There are various methods to introduce or feed fruits. You can blend, mash, juice or add them to breakfast cereals! Or just use these tasty ideas to ensure your child enjoys a whole palette of healthful colours!

Warnakan Dengan Buah-buahan & Sayuran

Panduan Piramid Makanan Kanak-kanak mencadangkan agar anak anda mengambil lebih daripada 2 hidangan sayur-sayuran dan 2 hidangan buah-buahan setiap hari. Adalah penting bagi anak anda untuk mendapat keperluan pengambilan buah-buahan dan sayuran yang mencukupi kerana kedua-duanya mengandungi vitamin, mineral, serat dan bahan-bahan sihat yang dikenali sebagai fitokimia. Kebanyakan fitokimia merupakan antioksidan yang dipercayai boleh melawan sesetengah penyakit. Bahan-bahan inilah yang memberi buah-buahan dan sayuran warna yang berbeza.

Anda perlu mula memperkenalkan sayur-sayuran kepada anak anda pada usia awal kerana ia akan menjadi satu cabaran untuk memberi mereka sayur-sayuran pada kemudian hari. Terdapat beberapa cara untuk memperkenalkan sayur-sayuran dalam dietnya, termasuklah memasukkan sayur-sayuran yang dipotong ke dalam mee gorengnya secara senyap atau mengisar sayur-sayuran dan mencampurkan ke dalam sup dan bubur anak anda.

Kanak-kanak memang secara semulajadinya akan lebih mudah menerima buah-buahan kerana rasanya yang manis. Terdapat banyak cara untuk memperkenalkan atau memberi anak anda makan buah-buahan. Anda boleh mengisar, melumat, memerah jus, mendingin, menghancur atau menambah buah-buahan kepada bijirin sarapan anak anda! Atau gunalah idea yang lazat ini untuk mamastikan anak anda dapat menikmati pelangi warna buah-buahan yang baik untuk kesihatannya!





Refreshing Watermelon Ice

(5 servings)

Ingredients

3 cups blended watermelon
3 tsps sugar
2 tbsps lemon juice

Directions

- Pour blended watermelon into a container.
- Stir in the sugar and lemon juice. Place container in the freezer.
- Remove the container every hour and stir mixture well.
- Repeat this process until light grainy crystals form, about 4 hours.
- Either serve immediately, or cover and store the container in the freezer.

Ais Tembikai Menyegarkan

(5 hidangan)

Bahan-bahan

3 cawan tembikai kisar
3 sudu kecil gula
2 sudu besar jus lemon

Arahan penyediaan

- Tuangkan tembikai kisar ke dalam sebuah bekas.
- Masukkan gula dan jus lemon dan kacaukan campuran. Simpan bekas di dalam peti sejuk beku.
- Keluarkan bekas pada setiap satu jam dan kacaukan campuran.
- Ulangi proses ini sehingga terbentuknya kristal-kristal kecil, lebih kurang 4 jam.
- Hidangkan segera atau tutup dan simpan semula bekas di dalam peti sejuk beku untuk dinikmati kemudian.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 138 • Carbohydrate / Karbohidrat (g) = 30.5 • Protein / Protein (g) = 2.5 • Fat / Lemak (g) = 0.8

Fruity Kebab (5 servings)

Ingredients

10 wooden skewers
1 large ripe mango, peeled
2 large oranges, peeled
2 large apples or bananas, peeled
10 small strawberries, remove leaves
1½ tbsp margarine
½ tbsp lemon juice
½ cup honey
1 cup yoghurt or vanilla ice cream

Directions

- Soak skewers for 20-30 minutes.
- Cut mango, oranges and apples into 3 cm cubes.
- Thread the fruits on to the skewers and place on an oven tray.
- Blend margarine, lemon juice and honey in saucepan and stir until mixture is smooth.
- Coat the fruit well with mixture.
- Place skewers on a lightly greased grill plate until warm.
- Cool and serve with yoghurt or ice cream.

Kebab Buah-Buahan (5 hidangan)

Bahan-bahan

10 batang lidi
1 mangga besar yang sudah masak, dikupas
2 oren besar, dikupas
2 epal atau pisang besar, dikupas
10 strawberi kecil, dibuangkan daun

Arahan penyediaan

- Rendamkan batang lidi selama 20-30 minit.
- Potong mangga, oren dan epal kepada kiub sebesar 3 cm.
- Cucuk buah-buahan dengan batang lidi dan aturkan kebab-kebab di atas dulang pembakar.
- Adunkan marjerin, jus lemon dan madu dalam periuk dan kacau hingga sebati.
- Salutkan buah-buahan dengan bahan adunan.
- Aturkan kebab buah-buahan di atas dulang pembakar yang telah dilenser hingga kebab-kebab menjadi sederhana panas.
- Biarkan sejuk dan hidangkan dengan yogurt atau aiskrim vanila.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 214 • Carbohydrate / Karbohidrat (g) = 41.4 • Protein / Protein (g) = 3.2 • Fat / Lemak (g) = 4.0

Creamy Vegetable Soup (3 servings)

Ingredients

200 g dhall, washed & drained
200 g carrots, diced
1 small onion, finely chopped
1 litre of water
1 tbsp cooking oil
Extra $\frac{1}{2}$ cup water
Salt and pepper to taste

Directions

- In a pot, gently saute the onion in oil, until soft.
- Add the dhall, carrots and water.
- Once it is boiled, reduce heat.
- Cover and simmer until dhall is soft.
- When cool, add about $\frac{1}{2}$ cup water. Puree the mixture and serve soup warm with a slice of toast if preferred.

Sup Sayur Berkrim (3 hidangan)

Bahan-bahan

200 g kacang dal, dicuci & ditos
200 g lobak merah, dipotong dadu
1 bawang kecil, dipotong halus
1 liter air
1 sudu besar minyak masak
 $\frac{1}{2}$ cawan air tambahan
Garam dan lada secukup rasa

Arahan penyediaan

- Tumis bawang dengan minyak sehingga lembut di dalam periuk.
- Tambahkan kacang dal, lobak merah dan air.
- Kecilkan api apabila mendidih.
- Tutup dan reneh sehingga kacang dal menjadi lembut.
- Biarkan sejuk dan tambahkan $\frac{1}{2}$ cawan air. Purikan campuran tersebut dan hidangkan sup semasa panas dengan roti bakar, jika mahu.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 253 • Carbohydrate / Karbohidrat (g) = 42.3 • Protein / Protein (g) = 12.8 • Fat / Lemak (g) = 3.7

Spinach Pasta (2 servings)

Ingredients

200 g spinach
30 g mini pasta shells
3 tbsps green peas, blanched
15 g margarine
2 tbsps milk
2 tbsps cream cheese
4 tbsps grated Parmesan cheese

Directions

- Cook spinach in a saucepan until soft.
- Drain away water and set aside cooked spinach.
- Melt margarine in frying pan and sauté the cooked spinach.
- Combine the spinach with milk, cream and Parmesan cheese.
- Blend mixture well in a food processor.
- To serve, mix blended mixture together with peas and cooked pasta.

Pasta Bayam (2 hidangan)

Bahan-bahan

200 g sayur bayam
30 g pasta shell kecil
3 sudu besar kacang pea, dicelur
15 g marjerin
2 sudu besar susu
2 sudu besar krim keju
4 sudu besar parutan keju Parmesan

Arah penyediaan

- Masak sayur bayam dalam periuk sehingga lembut.
- Toskan air dan ketepikan bayam yang telah dimasak.
- Cairkan marjerin dalam kuali dan tumis bayam yang telah dimasak.
- Campurkan bayam dengan susu, krim keju dan keju Parmesan.
- Kisarkan campuran di dalam pengisar makanan.
- Tuangkan kisaran campuran ke atas pasta dan kacang pea. Hidangkan.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 295 • Carbohydrate / Karbohidrat (g) = 17.2 • Protein / Protein (g) = 13.9 • Fat / Lemak (g) = 19.0

Fill Em' With Fibre

Children need dietary fibre in their daily diet. It does not provide energy or nutrients, but it can prevent constipation. Fibre also fills up your child faster so she'll not be tempted to overeat.

This indigestible carbohydrate is present in many different plant foods. Apart from fruits and veggies, you can find fibre in legumes (beans, lentils and peas), grains (brown rice), tubers (potatoes and sweet potatoes) and whole-meal or unprocessed carbohydrate-rich foods eg multi-grain cereals and whole-meal/whole-grain bread.

You can provide your child adequate fibre daily by feeding her the above mentioned foods. Or you can get creative by trying these quick and easy 'fibrelicious' recipes!

Berikan Makanan Berserat

Kanak-kanak memerlukan serat dalam diet mereka. Serat tidak membekalkan nutrien atau tenaga tetapi boleh mencegah sembelit. Serat juga membuatkan anak anda cepat kenyang dan ini dapat membantu mencegahnya daripada makan berlebihan.

Karbohidrat yang tidak dapat dicerna ini terdapat dalam pelbagai jenis makanan tumbuhan. Selain daripada buah-buahan dan sayuran, anda juga boleh memperoleh serat daripada legum (kacang, lentil dan kacang pea), biji-bijian (beras perang), ubi-ubian (ubi kentang dan ubi keledek) dan mif penuh atau makanan kaya karbohidrat yang tidak diproses seperti bijirin sarapan bijian berbagai dan roti mil penuh/bijian penuh.

Anda boleh membekalkan anak anda serat yang mencukupi setiap hari dengan memberinya makanan yang dinyatakan di atas. Atau anda juga boleh menjadi kreatif dengan menggunakan resipi 'serat lazat' berikut yang cepat dan mudah!



Energy Bars (8 servings)

Ingredients

2 cups multigrain cereal	1 tsp baking soda
½ cup raisins	A pinch of salt
½ cup coarsely chopped cashew nuts	½ cup cooking oil
½ cup unsalted sunflower seeds	¾ cup brown sugar
⅔ cup wholewheat flour	1 large egg
½ cup cocoa powder	½ cup unsweetened applesauce
¼ cup wheatgerm	2 tsps vanilla essence
1 tsp cinnamon	

Directions

- Preheat oven to 350°C.
- Lightly coat a 9cmx13cm baking pan with grease.
- Combine cereal, raisins, cashew nuts, sunflower seeds, flour, cocoa, wheat germ, cinnamon, baking soda and salt in a large mixing bowl. Mix well.
- In a separate mixing bowl, combine and blend vegetable oil, brown sugar and egg until fluffy.
- Add in the applesauce and vanilla. Next, pour the dry ingredients from the first mixing bowl and stir until well mixed.
- Pour batter in baking pan and bake until golden brown, around 30-45 minutes.
- Cut into desired size while still warm.

Snek Bar Tenaga (8 hidangan)

Bahan-bahan

2 cawan bijirin pelbagai	1 sudu kecil soda bikarbonat
½ cawan kismis	Secubit garam
½ cawan kacang gajus, dicincang	½ cawan minyak masak
½ cawan biji kuaci tanpa garam	¾ cawan gula perang
¾ cawan tepung gandum penuh	1 telur besar
½ cawan serbuk koko	½ cawan sos epal tanpa gula
¼ cawan germa gandum	2 sudu kecil esen vanila
1 sudu kecil serbuk kayu manis	

Arahan penyediaan

- Panaskan ketuhar ke suhu 350°C.
- Lenserkan sebuah dulang pembakar bersaiz 9cm x 13cm.
- Campurkan bijirin, kismis, gajus, biji kuaci, tepung gandum penuh, koko, germa gandum, kayu manis, bikarbonat soda dan garam dalam sebuah mangkuk besar. Gaul hingga sebati.
- Di dalam sebuah mangkuk besar lain, campurkan minyak sayuran, gula perang dan telur. Adun sehingga sebati dan kembang.
- Campurkan sos epal dan esen vanila dan masukkan bahan-bahan kering. Gaul hingga sebati.
- Tuang dan ratakan adunan ke atas dulang pembakar dan bakar hingga perang keemasan, kira-kira 30-45 minit.
- Biarkan di atas rak wayar sehingga sederhana panas sebelum dipotong mengikut saiz kepingan yang anda ingini.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 360 • Carbohydrate / Karbohidrat (g) = 38.0 • Protein / Protein (g) = 7.1 • Fat / Lemak (g) = 20.8

All-Time Favourite Meat Burgers (8 servings)

Ingredients

1 cup instant oatmeal
2 eggs, lightly beaten
1 cube of beef or chicken stock
1 big onion, diced finely
1 red chilli, sliced
2 tbsps cooking oil
500 g minced meat
Salt and pepper to taste
For garnishing: Lettuce leaves, cucumber strips and and thinly-sliced tomatoes

Directions

- Place all the ingredients in a bowl and stir well. Leave mixture in fridge for $\frac{1}{2}$ hour.
- Take the mixture out and shape into 8 burger patties.
- Place patties on greased baking tray. Bake for about 15-20 minutes.
- Serve the burgers with toasted buns and garnish with lettuce, tomatoes and cucumber.

Daging Burger Kegemaran Ramai (8 hidangan)

Bahan-bahan

1 cawan mil oat segera
2 telur, dipukul sedikit
1 kiub stok daging atau ayam
1 bawang besar, didadu halus
1 cili merah, dihiris
2 sudu besar minyak masak
500 g daging kisar
Garam dan lada secukup rasa
Daun salad, hiris halus timun dan tomato untuk hiasan.

Arahān penyediaan

- Masukkan semua bahan-bahan ke dalam sebuah mangkuk besar dan gaul hingga sebat. Simpan adunan di dalam peti sejuk selama $\frac{1}{2}$ jam.
- Keluarkan adunan dari peti sejuk dan bentukkan menjadi 8 keping daging burger.
- Letakan daging burger di atas dulang pembakar yang telah dilenser. Bakar selama 15-20 minit.
- Hidangkan burger dengan roti ban yang telah dibakar dan hiaskan dengan daun salad, hiris halus timun dan tomato.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 128 • Carbohydrate / Karbohidrat (g) = 2.7 • Protein / Protein (g) = 17.0 • Fat / Lemak (g) = 5.5

Baked Tuna & Cheese Toast (4 servings)

Ingredients

2 x 185 g canned tuna chunks, drained
2 tbsps shallots, finely chopped
2 tbsps low-fat mayonnaise
½ tsp lemon juice
1 tbsp minced parsley
Pinch of salt
Dash of mustard
Black pepper to taste
2 slices of white and 2 slices of multigrain/wholemeal bread, toasted
2 tomatoes, sliced
Thinly sliced cucumber
½ cup grated Cheddar cheese

Directions

- Preheat oven to 180°C.
- Mix well: tuna, shallots, mayonnaise, lemon juice, parsley, salt, mustard and black pepper in a bowl.
- Spread ¼ cup of the tuna mixture on each slice of toast; top with tomato & cucumber slices and 2 tbsps of cheese.
- Place sandwiches on a piece of aluminium foil and grill until the cheese is golden brown, about 3-5 minutes.
- Serve immediately.

Tuna Bakar & Keju (4 hidangan)

Bahan-bahan

2 x 185 g ketulan tuna dalam tin, ditapis
2 sudu besar bawang merah, dipotong halus
2 sudu besar mayones rendah lemak
½ sudu kecil jus lemon
1 sudu besar daun parsli yang dicincang

Arahan Penyediaan

- Panaskan ketuhar ke suhu 180°C.
- Campur hingga sebatи: tuna, bawang merah, mayones, jus lemon, parsli, garam, mustard dan lada hitam di dalam sebuah manguk.
- Sapukan ¼ cawan daripada campuran tuna ke atas setiap roti bakar; letakkan hiris tomato dan timun dan 2 sudu besar parutan keju.
- Letakkan sandwic-sandwic di atas sekeping kerajang aluminium dan gril hingga keju berwarna perang keemasan, lebih kurang 3-5 minit.
- Hidangkan segera.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 135 • Carbohydrate / Karbohidrat (g) = 8.4 • Protein / Protein (g) = 14.3 • Fat / Lemak (g) = 4.9

Crispy Bean Fritters with Yoghurt

(10 servings)

A twist on your local Indian favourite 'vadai'!

Ingredients

500 g broad beans	½ fresh red chili, seeded and finely sliced
5 sprigs fresh coriander	1 lemon, zest and juiced
1 bunch fresh mint, finely chopped	1 tsp all-purpose flour
Salt and black pepper	3 cups vegetable oil
½ tsp pepper	4 tbsps plain yoghurt
1 level tsp ground cumin	

Directions

- Boil the beans until cooked, then drain. When cool, peel off skin.
- Grind coriander and half the mint in a food processor. Season with salt and pepper.
- Add the spices, chili, beans and ½ of the lemon juice and blend until finely blended. Sprinkle in the flour and blend for a few seconds.
- Pour vegetable oil in a saucepan until 2-3 inches full.
- Scoop up a small amount of the bean mixture and either use your hands or spoons to shape into little rounds. Then place onto a plate covered with waxed paper.
- Carefully lower the rolled up bean mixture into the hot oil with a slotted spoon and fry until crispy brown.
- Remove with a slotted spoon and drain on a plate lined with paper towels.
- For the lemon minted-yoghurt, add the remaining half of the lemon juice into the yoghurt. Stir in remaining mint leaves, adding salt and pepper, to taste.
- Sprinkle the fritters with salt and serve with the lemon-minted yoghurt.

Kacang Sepat Goreng Rangup dengan Yogurt (10 hidangan)

Suatu kelainan untuk vadai, snek India digemari ramai!

Bahan-bahan

500 g kacang sepat	½ cili merah segar, dibuang biji dan dihiris halus
5 tangkai daun ketumbar	1 lemon, diparut kulit dan diperas jus
Sejambak pudina segar, dipotong halus	1 sudu besar tepung serbaguna
Garam dan lada hitam	3 cawan minyak sayuran
½ sudu kecil serbuk lada	4 sudu besar yogurt biasa
1 sudu kecil jintan putih, dikisar	

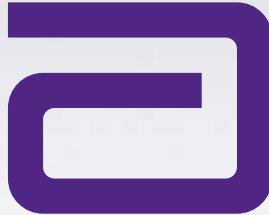
Arahān penyediaan

- Didihkan kacang sepat sehingga masak dan toskan. Kupaskan kulit apabila sejuk.
- Kisarkan daun ketumbar dan separuh daripada daun pudina di dalam pengisar makanan. Tambahkan garam dan lada hitam.
- Tambahkan rempah-ratus, cili, kacang sepat ½ jus lemon dan kisar halus. Taburkan tepung dan kisar selama beberapa saat.
- Tuangkan minyak sayuran ke dalam periuk sehingga 2-3 inci penuh.
- Cedokkan sedikit adunan kacang dan gunakan tangan atau sudu untuk membentuk bebola kecil. Letakkan bebola di atas pinggan yang dialas kertas lilin.
- Dengan menggunakan senduk berlubang, masukkan bebola kacang ke dalam kuali dengan minyak panas secara perlahan. Goreng hingga keperangan dan rangup.
- Keluarkan bebola kacang dengan menggunakan senduk berlubang dan toskan di atas pinggan beralaskan tisu dapur.
- Untuk membuat yogurt lemon berpuddina, masukkan baki jus lemon dan pudina ke dalam yogurt. Tambahkan garam dan lada hitam secukup rasa.
- Taburkan garam ke atas bebola yang telah digoreng dan hidangkan dengan yogurt lemon berpuddina.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 277 • Carbohydrate / Karbohidrat (g) = 31.2 • Protein / Protein (g) = 13.9 • Fat / Lemak (g) = 11.4



Help your picky eater catch-up on growth with PediaSure®



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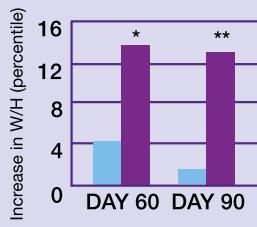
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- **50% more calories** than normal milk for an energy boost
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Effects of PediaSure® on catch-up growth in picky eaters



*Reference: Alarcon PA, Lin LH, Noche M Jr, Hernandez VC, Cimafranca L, Lam W Comer GM. Effect of oral supplementation on catch-up growth in picky eaters. Clin Pediatr (Phila). 2003 Apr; 42 (3): 209-17.

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What is Ho Ho Ho Goodness?

Ho...

Vitamin B6 of 48 bananas.*



Vitamin B6 is important to my kids' growth as it helps optimise their energy levels. With every glass of Horlicks, they can do what they do best - be vibrant and active kids.



Ho...

Iron of 3kg of spinach.*

Iron enhances and improves kids' concentration in school and at play. They also love that it increases their stamina levels, giving them the energy they need to stay active longer.



Ho...

Calcium of 55 cups of milk.*



It's crucial that children get as much Calcium as possible in their growing years. With every glass of Horlicks, I ensure that my kids grow as tall as they can be with stronger bones and teeth.

Packed with Ho Ho Ho Goodness

* Amounts of Vitamin B6, Iron and Calcium stated are equivalent to that contained in a 750gm pack of Horlicks.

Protein Packs A Punch

If you want your child's muscles and other body parts to be in tip-top shape, feed him protein, the body's building block. This nutrient also repairs, replaces and makes tissues as well as ensures optimum growth.

And that's not all that protein provides. Protein is made of amino acids, and your body needs 22 amino acids. Of these, 14 can be made internally, but the remaining 8 can only come from foods (these are called essential amino acids).

The best way to meet your child's protein requirement is from both animal (eg fish, poultry, meat and eggs) and plant sources, especially legumes (beans, peas and lentils). For a vegetarian meal, you can get protein by dishing up a delicious dhal curry or stir-frying peas.

You can also offer protein-powered snacks and desserts eg *tau fu fah*, red bean porridge or a refreshing soya milk drink. And if you're looking for protein-packed meals, try these recipes!

Protein Membina Tubuh Yang Sihat

Jika anda mahukan otot dan bahagian tubuh anak anda yang lain berada dalam keadaan baik, berilah anak anda makanan yang mengandungi protein, yang merupakan asas pembinaan tubuh. Nutrien ini juga membaiki, mengganti dan membina tisu serta memastikan tumbesaran yang optimum.

Dan ia bukan hanya setakat ini sahaja. Protein diperbuat daripada asid amino dan tubuh anda memerlukan 22 jenis asid amino. Daripada jumlah ini, 14 boleh dihasilkan di dalam tubuh anda tetapi baki yang 8 perlu dibekalkan oleh makanan (ini dipanggil asid amino perlu).

Cara terbaik untuk memenuhi keperluan protein anak anda adalah daripada kedua-dua sumber haiwan (seperti ikan, ayam, daging dan telur) dan tumbuh-tumbuhan, terutama sekali (kacang, kacang pea dan lentil). Untuk sajian 'vegetarian', anda boleh dapatkan protein dengan memasak kari dal yang lazat atau mengoreng ringkas kacang pea.

*Anda juga boleh memberinya snek atau pencuci mulut yang berprotein tinggi seperti *tau fu fah*, bubur kacang merah atau minuman soya yang sedap. Jika anda sedang mencari hidangan makanan utama yang kaya dengan protein, cubalah resepi berikut!*



Grilled Fish With Yoghurt (6 servings)

Ingredients

500 g ikan tenggiri or merah, sliced into 6 medium size pieces
2 tps chili powder
 $\frac{1}{2}$ tsp turmeric powder
1 tsp ground black pepper
1 tsp fish curry powder
 $\frac{1}{4}$ cup low fat yoghurt
1 tsp tomato puree
Juice from $\frac{1}{2}$ lime
1 tbsp vegetable oil
1 tsp salt

To Blend Finely

30 g (6 cloves) garlic
1 onion
1 cm ginger

Directions

- Cut diagonal strips on fish, and marinate with salt and lime juice for $\frac{1}{2}$ hour.
- Mix blended ingredients with yoghurt, chili powder, curry powder, tomato puree, turmeric powder and ground black pepper.
- Marinate fish with $\frac{2}{3}$ yoghurt mixture for 1 hour.
- Grill fish until golden brown on both sides. Baste fish with the remaining yoghurt sauce from time to time.
- Serve hot with vegetables and naan or steamed rice.

Ikan Panggang Dengan Yogurt (6 hidangan)

Bahan-bahan

500 g ikan tenggiri atau merah, dipotong kepada 6 kepingan bersaiz sederhana
2 sudu kecil serbuk cili
 $\frac{1}{2}$ sudu kecil serbuk kunyit
1 sudu kecil lada hitam yang dikisar
1 sudu kecil serbuk kari ikan
 $\frac{1}{4}$ cawan yogurt rendah lemak
1 sudu kecil puri tomato
Jus daripada separuh buah limau nipis
1 sudu besar minyak sayuran
1 sudu kecil garam

Untuk dikisar halus

30 g (6 ulas) bawang putih
1 bawang
1 cm halia

Arahan penyediaan

- Buatkan jalur-jalur serong pada ikan, dan perapkan ikan dengan garam dan jus limau selama $\frac{1}{2}$ jam.
- Campurkan bahan kisar dengan yogurt, serbuk cili, serbuk kari, puri tomato, serbuk kunyit dan lada hitam.
- Perap ikan dengan $\frac{2}{3}$ campuran yogurt selama sejam.
- Pangangkan kedua-dua belah badan ikan hingga perang keemasan. Lumurkan baki sos yogurt pada ikan dari masa ke masa semasa memanggang.
- Hidangkan panas dengan sayur-sayuran, roti naan atau nasi.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 334 • Carbohydrate / Karbohidrat (g) = 9.4 • Protein / Protein (g) = 31.9 • Fat / Lemak (g) = 19.2

Asian Meatballs (5 servings)

Ingredients

2 tbsps clear honey	4 spring onions
3 tbsps fish sauce	1 clove garlic
450 g minced meat; beef or chicken	2 tbsps lemon grass
1 tsp corn flour	1 tbsp mint
Cooking oil for frying	2 tbsps coriander
Salt and pepper for seasoning	

Dipping Sauce:

1 tsp chopped fresh coriander	2 tbsps lime juice
2 spring onions, finely sliced	2 tbsps light soy sauce

1 tsp sesame oil

Directions

- Warm honey in a non-stick frying pan. Add the fish sauce and stir well until smooth. Set aside to cool.
- Place minced meat in a bowl and fold in honey syrup. Add in spring onions, garlic, lemon grass, corn flour, mint and coriander. Mix and season with salt and pepper.
- Shape into 20 balls and place on a tray lined with greaseproof paper. Refrigerate meatballs for about 30 minutes.
- Brush the balls with cooking oil and fry for 3-4 minutes.
- To make the sauce, mix all the ingredients together and serve in a sauce bowl.



Bebola Daging Asia (5 hidangan)

Bahan-bahan

2 sudu besar madu	4 daun bawang
3 sudu besar sos ikan	1 ulas bawang putih
450 g daging kisar; daging lembu atau ayam	2 sudu besar daun serai,
1 sudu kecil tepung jagung	1 sudu besar pudina segar
Minyak masak untuk menggoreng	2 sudu besar daun ketumbar
Garam dan lada hitam secukup rasa	

dipotong
halus

Sos Cecahan:

1 sudu besar daun ketumbar, dipotong halus	2 sudu besar jus limau
3 daun bawang, dihiris halus	2 sudu besar kicap cair

1 sudu kecil minyak bijan

Arahan penyediaan

- Panaskan madu dalam kuali leper tidak melekat, tambahkan sos ikan. Gaulkan dan biarkan sejuk.
- Campurkan daging, sirap madu, daun bawang, bawang putih, serai, tepung jagung, pudina dan daun ketumbar. Gaul dan tambahkan garam secukup rasa dan lada hitam yang banyak kepada campuran daging.
- Bentukkan kepada 20 biji bebola daging dan aturkan di atas dulang pembakar yang beralaskan kertas kalis minyak. Dinginkan selama 30 minit.
- Sapukan minyak masak ke atas bebola daging dan goreng selama 3-4 minit.
- Untuk membuat sos, campurkan semua bahan untuk sos dan hidangkan bersama bebola daging.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 237 • Carbohydrate / Karbohidrat (g) = 7.9 • Protein / Protein (g) = 17.5 • Fat / Lemak (g) = 15.1

Refreshing Lemon Chicken

(3 servings)

Ingredients

1½ tbsps honey
½ tbsp lemon juice
125 ml chicken stock
1 tbsp soy sauce
2 chicken breasts, cut into small pieces
2 tbsps cornflour
1 tsp oil for frying
2 carrots, finely sliced
1 red pepper, cubed
140 g sugar snap peas

Directions

- In a bowl, mix the honey, lemon juice, chicken stock and soy sauce. Set mixture aside.
- Coat chicken well with cornflour.
- Heat oil in a non-stick frying pan. Fry chicken pieces until crisp and brown.
- Add carrots and red pepper. Stir fry for 1 minute.
- Pour the lemon mixture into the pan and simmer.
- Add sugar snap peas and bring to boil until the chicken is cooked. Serve immediately with noodles or steamed rice.

Ayam Lemon Menyegarkan (3 hidangan)

Bahan-bahan

1½ sudu besar madu
½ sudu besar jus lemon
125 ml stok ayam
1 sudu besar kicap cair
2 dada ayam, dipotong kecil
2 sudu besar tepung jagung
1 sudu kecil minyak untuk menggoreng
2 lobak merah, dihiris halus
1 lada bengala merah, dipotong kiub
140 g kacang pea

Arahan penyediaan

- Campurkan madu, jus lemon, stok ayam dan kicap cair di dalam sebuah mangkuk. Ketepikan.
- Salutkan ayam dengan tepung jagung.
- Panaskan minyak atas kuali leper tidak melekat. Goreng ayam sehingga ranggup dan berwarna perang.
- Tambahkan lobak merah dan lada bengala merah. Goreng kacau selama 1 minit.
- Tuangkan campuran jus lemon ke dalam kuali leper dan biarkan merenah.
- Masukkan kacang pea dan didihkan sehingga ayam masak. Hidangkan segera dengan mi atau nasi.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 168 • Carbohydrate / Karbohidrat (g) = 22.6 • Protein / Protein (g) = 9.7 • Fat / Lemak (g) = 4.6

Scrambled Eggs (2 servings)

Ingredients

4 large eggs
1 tsp margarine
1 tsp sesame or vegetable oil
5-8 curry leaves, coarsely chopped
1 tsp minced ginger
 $\frac{1}{4}$ cup finely sliced shallots
2 spring onions, finely chopped
2 tbsps chopped red capsicum
Salt to taste

Directions

- Whisk the eggs with a pinch of salt in a bowl until very smooth. Set aside.
- Heat frying pan over medium-high heat. Add margarine and oil followed by curry leaves, ginger and capsicum. Stir-fry briefly.
- Add shallots and spring onions. Reduce heat to medium. Stir-fry until the shallots are soft.
- Whisk the eggs again slightly. Pour into the hot pan. Reduce heat to medium-low and use a wooden spatula to gently scramble the eggs.
- Cook a little longer until the eggs are set but still soft and tender.
- Serve eggs hot with rice (for lunch or dinner) or with chapatti (for breakfast).

Telur Dadar (2 hidangan)

Bahan-bahan

4 telur besar
1 sudu kecil majerin
1 sudu kecil minyak bijan atau minyak sayuran
5-8 daun kari, dipotong kasar
1 sudu kecil halia dikisar
 $\frac{1}{4}$ cawan bawang merah, dihiris halus
2 daun bawang, dipotong halus
2 sudu besar lada benggala merah, dipotong dadu
Garam secukup rasa

Arahan penyediaan

- Pecahkan telur dan masukkan secubit garam. Pukul hingga sebatik Ketepikan.
- Panaskan kuali leper di atas api sederhana besar. Masukkan majerin dan minyak, diikuti pula dengan daun kari, halia, dan lada benggala. Goreng kacau buat seketika.
- Tambahkan bawang merah dan daun bawang. Kecilkan api kepada sederhana besar. Goreng kacau sehingga lembut.
- Pukulkan telur sekali lagi dan tuangkan ke dalam kuali yang panas. Perlakukan api kepada sederhana kecil dan gunakan spatula kayu untuk mengacau telur.
- Masak lagi sehingga telur betul-betul masak tetapi masih lembut.
- Hidangkan panas bersama nasi (untuk makan tengah hari dan malam) atau dengan chapati (untuk sarapan).



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 259 • Carbohydrate / Karbohidrat (g) = 2.6 • Protein / Protein (g) = 12.4 • Fat / Lemak (g) = 22.0

Marvellous Milk!

It's no secret that calcium builds strong bones and teeth. But do you know that it also maximises bone gain (peak bone mass) from an early age to prevent osteoporosis from occurring in adulthood? And what's your child's best source of dietary calcium? It's marvellous milk!

Milk is not just for babies, but for people of all ages. It's also high in protein and vitamins and minerals that contribute to all aspects of growth and development. Your child can get the goodness of milk from cow's milk, cheese and yoghurt. There's also cultured milk, made by adding live, 'good' bacteria into milk. Consumed daily, cultured milk helps maintain a good microflora balance in the large intestines by reducing 'bad' bacteria.

You can provide your child with milk's creamy benefits straight up, but you can also get creative with these recipes. They'll make him want to have milk and dairy products for the rest of his life!

Susu yang Menakjubkan!

Semua orang tahu bahawa kalsium boleh membina tulang dan gigi yang kuat. Tetapi tahukah anda bahawa ia juga memaksimumkan peningkatan tulang (puncak jisim tulang) daripada usia yang muda supaya mencegah daripada mendapat osteoporosis kelak pada zaman dewasa? Dan apakah sumber kalsium diet yang terbaik untuk anak anda? Jawapannya adalah susu!

Susu bukanlah sahaja untuk bayi, malah ia juga baik untuk semua golongan usia. Ia mengandungi protein yang sangat tinggi dan pelbagai jenis vitamin dan mineral yang menyumbang kepada semua aspek tumbesaran dan perkembangan. Anak anda boleh mendapat kebaikan khasiat susu daripada susu lembu, keju dan yogurt. Terdapat juga susu berkultur yang dihasilkan dengan menambah bakteria 'baik' yang hidup ke dalam susu. Apabila diambil setiap hari, susu berkultur akan membantu mengekalkan keseimbangan mikroflora yang baik di dalam usus besar dengan membantu mengurangkan populasi bakteria 'jahat'.

Anda sentiasa boleh memberikan anak anda kebaikan susu penuh berkrim dengan meminum begitu sahaja atau anda boleh menjadi kreatif dengan mencuba resipi yang berikut. Ia akan memastikan anak anda mahu mengambil susu dan produk tenusu sepanjang hayatnya!



Pengat Pisang (2 servings)

Ingredients

6 Pisang Raja or Pisang Abu
60 g (6 level tbsps) skim milk powder,
mixed with 200 ml (1 cup) warm
water
80 g (8 level tbsps) brown sugar
2 screwpine leaves
Sago, soaked in hot water

Directions

- Peel and slice bananas into $\frac{3}{4}$ inch pieces.
- Add milk, banana slices, sugar and screwpine leaves in saucepan.
- Stir until mixture boils.
- Simmer until bananas becomes soft.
- Stir mixture continuously to ensure it does not become lumpy.
- Serve hot or chilled.

Pengat Pisang (2 hidangan)

Bahan-bahan

6 Pisang Raja atau Pisang Abu
60 g (6 sudu besar) susu tepung tanpa
lemak, dicampur dengan 200 ml (1
cawan) air suam
80 g (8 sudu besar) gula perang
2 helai daun pandan
Sagu, direndam dalam air panas

Arahan penyediaan

- Buang kulit dan hiriskan pisang kepada $\frac{3}{4}$ inci tebal.
- Masukkan susu, hirisian pisang, gula, dan daun pandan ke dalam periuk.
- Kacau hingga mendidih.
- Renekan sehingga pisang menjadi lembut.
- Campuran perlu sentiasa dikacau untuk mengelakkannya daripada menjadi berketul-ketul.
- Hidangkan semasa panas atau sejuk.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 189 • Carbohydrate / Karbohidrat (g) = 43.6 • Protein / Protein (g) = 3.0 • Fat / Lemak (g) = 0.3

Yummy Cheese Crackers

(2 servings)

Ingredients

4 crackers
1 slice cheese, cut into quarters
1 thick salami, cut into quarters
Pepper to taste

Directions

- Place quarter piece of cheese followed by salami on each cracker.
- Sprinkle with pepper to taste.
- Place in toaster oven at 180°C.
- Bake until cheese bubbles.
- Serve while warm.

Biskut Kraker Berkeju Lazat

(2 hidangan)

Bahan-bahan

4 biskut kraker
1 keping keju, dipotong empat
1 keping salami tebal, dipotong empat
Lada secukup rasa

Arahan penyediaan

- Letakkan satu daripada empat potongan keju di atas setiap biskut dan diselangi dengan salami.
- Taburkan lada secukup rasa.
- Masukkan ke dalam ketuhar bersuhu 180°C.
- Bakar hingga keju menjadi cair.
- Hidangkan apabila sederhana panas.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 144 • Carbohydrate / Karbohidrat (g) = 14.0 • Protein / Protein (g) = 10.5 • Fat / Lemak (g) = 5.0

Oat and Honey Pancakes

(6 servings)

Ingredients

Batter is best prepared the night before and left refrigerated.

1½ cups rolled oats
1½ cups buttermilk
2 tbsps honey
1 egg
1 egg yolk
3 tbsps cooking oil
½ cup self-raising flour
Pinches of salt
1 x 1 inch stick cinnamon freshly ground or infused in heated milk

Directions

For batter:

- Pour buttermilk over oats and leave for 10 minutes.
- Add honey, eggs and cooking oil.
- Sift flour in a fresh bowl.
- Add a pinch of salt and ground cinnamon.
- Pour wet mixture into the flour and combine well.

For pancake:

- Melt a small piece of margarine in a pan. Pour a ladle of the batter into pan and cook till golden brown on one side and then flip over and repeat.
- Allow pancake to cool and serve with fresh fruits.

Penkek Oat dan Madu (6 hidangan)

Bahan-bahan

Campuran ini elok disediakan pada malam sebelumnya dan disimpan dalam peti sejuk hingga ingin digunakan.

1 ½ cawan emping oat
1 ½ cawan susu mentega
2 sudu besar madu
1 biji telur
1 kuning telur
3 sudu besar minyak masak
½ cawan tepung naik sendiri
Secubit garam
1 X 1 inci kulit kayu manis dikisar atau direndam dalam susu yang dipanaskan

Arahan penyediaan

Untuk menyediakan bater:

- Tuangkan susu mentega ke atas oat dan tinggalkan selama 10 minit.
- Kemudian, masukkan madu, telur dan minyak masak.
- Ayakkan tepung naik sendiri ke dalam sebuah mangkuk.
- Tambahkan secubit garam dan kayu manis.
- Tuangkan campuran basah ke dalam mangkuk berisi tepung dan gaul hingga sebatи.

Untuk menyediakan penkek:

- Cairkan sedikit marjerin dalam sebuah kuali leper. Tuangkan sesenduk adunan bater ke dalam kuali leper dan masak hingga perang keemasan pada sebelah permukaan. Kemudian, terbalikkan penkek serta ulangi hingga perang keemasan.
- Biar penkek menjadi sejuk dan hidangkan dengan buah-buahan.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 268 • Carbohydrate / Karbohidrat (g) = 34.3 • Protein / Protein (g) = 7.3 • Fat / Lemak (g) = 11.3



Banana & Chocolate Shake (2 servings)

Ingredients

2 large bananas, sliced
1 cup chocolate milk
Cinnamon powder to taste

Directions

- Place all ingredients in blender and blend until smooth.
- Pour into a tall glass and chill for about $\frac{1}{2}$ hour before serving.

Susu Kocak Coklat & Pisang (2 hidangan)

Bahan-bahan

2 pisang besar, dipotong
1 cawan susu coklat
Serbuk kayu manis secukup rasa

Arah penyediaan

- Masukkan semua bahan ke dalam pengisar dan kisar hingga sebatas dan tidak berketul.
- Tuang ke dalam gelas tinggi dan sejukkan selama $\frac{1}{2}$ jam sebelum dihidang.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 151 • Carbohydrate / Karbohidrat (g) = 26.4 • Protein / Protein (g) = 5.1 • Fat / Lemak (g) = 2.8

All-In-One Delights

All-in-one dishes allow your child to enjoy a mix of nutrients such as carbohydrate, protein, fat, vitamins & minerals. They're also quick and easy to prepare when time is of the essence.

The dishes highlighted here use carbohydrate foods eg rice, pasta and bread for their bases. Carbohydrates are the body's preferred energy source, and the body breaks down this nutrient to glucose. Glucose is used to fuel all bodily functions and provide your child with energy. It's also the only type of energy used by the brain!

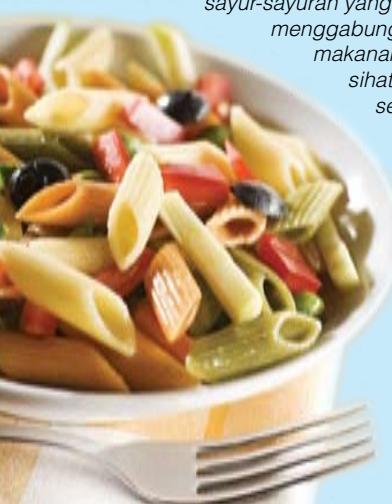
If you've read the preceding pages, or tried our other recipes, you would know all about protein power and the colourful goodness of fruits and veggies. You can now combine the benefits of all three foods groups and provide your child a heaping of health with these all-in-one delights!

Hidangan Lazat Semua-Dalam-Satu

Hidangan semua-dalam-satu adalah apa yang diperlukan jika anda menginginkan anak anda menikmati campuran nutrien seperti karbohidrat, protein, lemak, vitamin & mineral. Ia juga cepat dan mudah disediakan apabila kesuntukan masa.

Hidangan yang dipaparkan di sini menggunakan makanan berkarbohidrat seperti nasi, pasta dan roti sebagai asas. Karbohidrat merupakan sumber tenaga pilihan tubuh dan tubuh akan memecahkan nutrien ini kepada glukosa. Glukosa digunakan untuk menggerakkan semua fungsi tubuh dan membekalkan tenaga kepada anak anda. Ia juga merupakan satu-satunya jenis tenaga yang digunakan oleh otak!

Jika anda telah membaca halaman yang terdahulu atau mencuba resipi-resipi kami yang lain, anda akan tahu segala-galanya tentang kehebatan protein dan kebaikan khasiat buah-buahan dan sayur-sayuran yang berwarna-warni. Kini anda boleh menggabungkan kebaikan ketiga-tiga kumpulan makanan ini dan memastikan anak anda kekal sihat dengan mencuba hidangan lazat semua-dalam-satu ini!



Broccoli & Chicken Pasta (4 servings)

Ingredients

200 g penne pasta
250 g broccoli florets
2 tbsps cooking oil
1 chicken breast, diced
100 g grated Cheddar cheese
1 tbsp lemon juice
Salt and pepper to taste

Directions

- Cook pasta, drain and set aside. Using the same water, scald broccoli florets for about 2 minutes and set aside. Reserve water in pot.
- Heat oil. Add the chicken pieces and fry gently for 1 minute.
- Add 4 tbsps of the reserved water to the chicken & cook over slow heat until chicken is cooked.
- Place the cooked pasta in a separate saucepan. Pour the cooked chicken, broccoli and grated Cheddar cheese onto the pasta. Gently stir over low heat, just to melt the cheese. Squeeze a dash of lemon juice before serving.

Pasta Brokoli & Ayam (4 hidangan)

Bahan-bahan

200 g pasta penne
250 g brokoli yang dipotong
2 sudu besar minyak masak
1 dada ayam, didadu
100 g keju Cheddar, diparut
1 sudu besar jus lemon
Garam dan lada secukup rasa

Arahan penyediaan

- Masakan pasta, tos dan ketepikan. Menggunakan air yang sama, celurkan brokoli selama 2 minit dan ketepikan. Ketepikan air di dalam periuk ini untuk diguna kemudian.
- Panaskan minyak masak. Masukkan ayam dan goreng selama 1 minit.
- Tambahkan 4 sudu besar air di dalam periuk tadi dan masak di atas api kecil sehingga ayam masak.
- Masukkan pasta yang sudah dimasak tadi di dalam sebuah periuk. Tuangkan ayam, brokoli dan keju kepada pasta. Kacau perlahan-lahan dengan api kecil, untuk mencairkan keju. Masukkan jus lemon sebelum dihidang.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 406 • Carbohydrate / Karbohidrat (g) = 45.0 • Protein / Protein (g) = 21.0 • Fat / Lemak (g) = 15.8

Grilled Lebanese Bread Pizzas

(8 servings)

Ingredients

4 x pieces (20 cm diameter) whole-meal Lebanese bread
1 x 450 g canned pineapple slices, drained
160 ml ($\frac{2}{3}$ cup) tomato pasta sauce
1 red onion, halved, very thinly sliced
240 g (1½ cups) chopped lean chicken ham
100 g (1 cup) coarsely grated reduced-fat Mozzarella cheese
2 tbsps coarsely chopped parsley

Directions

- Preheat the grill on high. Place one piece of bread on a baking tray and grill on one side for 3 minutes or until toasted and crisp. Repeat with the remaining bread.
- Meanwhile, cut each pineapple slice into 12 pieces. Spread the untoasted side of each piece of bread evenly with pasta sauce.
- Sprinkle the pizzas evenly with onion, chicken ham, pineapple and cheese. Lower the grill tray until the top of the pizza is about 12 cm from the heat source. Grill one pizza for 5 minutes or until light brown and heated through. Transfer to a serving plate and cover with foil to keep warm. Repeat with the remaining pizzas.
- Sprinkle the pizzas with parsley and cut into quarters to serve.

Pizza Roti Lebanon (8 hidangan)

Bahan-bahan

4 x keping (20 cm diameter) roti Lebanon mil penuh
1 x 450 g hirisnan nanas dalam tin, ditos
160 ml ($\frac{2}{3}$ cawan) sos pasta tomato
1 bawang merah, dipotong dua dan dihiris halus
240 g (1½ cawan) ham ayam tanpa lemak yang dipotong
100 g (1 cawan) keju Mozarella kurang lemak, diparut kasar
2 sudu besar daun ketumbar, dipotong kasar

Arahan penyediaan

- Panaskan gril pada suhu yang tinggi. Letakkan sekeping roti di atas dulang pembakar dan grilkannya sebelah bahagian roti selama 3 minit atau sehingga bakar dan rangup. Ulangi sebanyak 3 kali untuk roti-roti yang lain.
- Sementara itu, potong setiap hirisnan nanas kepada 12 keping. Sapukan sos pasta di atas setiap permukaan roti yang tidak dibakar.
- Taburkan bawang, ham, nanas, keju Mozarella dengan rata di atas permukaan pizza. Jarakkan dulang pembakar daripada sumber haba sejauh lebih kurang 12 cm. Grilkannya 1 pizza selama 5 minit atau sehingga pizza berwarna keperangan. Pindahkan pizza ke atas pinggan hidang dan tutup dengan kerajang aluminium supaya kekal panas. Ulangi untuk roti-roti pizza lain.
- Taburkan daun ketumbar di atas pizza dan potong pizza kepada empat bahagian. Hidangkan.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 201 • Carbohydrate / Karbohidrat (g) = 25.1 • Protein / Protein (g) = 9.2 • Fat / Lemak (g) = 7.1

Claypot Chicken Rice (3-4 servings)

Ingredients

2 cups rice, washed and drained well
3 cups or sufficient water to cook rice
2 chicken drumsticks, skinless & cut into bite-size pieces
3 black mushrooms, well soaked till soft and cut into thin slices
1 small carrot, diced
2 cloves garlic, chopped finely
4 slices ginger, finely shredded
1 tbsp cooking oil
Spring onions & coriander leaves, finely chopped for garnishing

Sauce (A):

1 tbsp light soy sauce
1 tbsp dark soy sauce
1 tbsp oyster sauce
 $\frac{1}{4}$ tsp black pepper
1 tbsp fresh ginger juice
1 tbsp sesame oil
1 tsp corn flour

Seasoning (mix together):

1 tsp light soy sauce
 $\frac{1}{4}$ tsp pepper
1 tsp sesame oil

Directions

- Marinade chicken with (A) for 30 minutes.
- Heat 1 tbsp oil in a wok and fry garlic & ginger until aromatic. Add and stir-fry marinated chicken meat, mushroom slices, diced carrots and seasoning. Dish out and set aside.
- 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.
- Dish rice into a serving bowl or claypot and garnish with chopped spring onions and coriander leaves. Serve hot.

Nasi Ayam Periuk Belanga (3-4 hidangan)

Bahan-bahan

2 cawan beras, dicuci dan ditoskan
3 cawan air atau air yang mencukupi untuk memasak nasi
2 paha ayam, kulit dibuang dan dipotong kecil
3 cendawan hitam, direndam hingga lembut dan dihiris nipis
1 lobak merah kecil, didaduk
2 ulas bawang putih, dipotong halus
4 keping halia, dihiris halus
1 sudu besar minyak masak
Daun bawang & daun ketumbar; dipotong halus untuk hiasan

Sos (A):

1 sudu besar kicap cair
1 sudu besar kicap pekat
1 sudu besar sos tiram
 $\frac{1}{4}$ sudu kecil lada hitam
1 sudu besar jus halia segar
1 sudu besar minyak bijan
1 sudu kecil tepung jagung

Perasa (dicampur semua):

1 sudu kecil kicap cair
 $\frac{1}{4}$ sudu kecil lada hitam
1 sudu kecil minyak bijan

Arahan penyediaan

- Perap ayam dengan bahan ramuan (A) selama 30 minit.
- Panaskan 1 sudu besar minyak di dalam kuali. Goreng bawang putih dan halia sehingga wangi. Masukkan ayam, cendawan, lobak merah serta bahan perasa dan goreng kacau sehingga ayam menjadi masak. Keluarkan dari kuali dan ketepikan.
- Campurkan beras dengan air dan masak nasi seperti biasa di dalam periuk nasi elektrik. Selepas 7 minit, atau apabila nasi hampir masak, masukkan ayam dan masak nasi hingga kering dan lembut.
- Sendukkan nasi ke dalam mangkuk hidang atau periuk belanga (jika mahu). Hiaskan dengan daun bawang dan daun ketumbar. Hidangkan semasa panas.



NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 470 • Carbohydrate / Karbohidrat (g) = 84.4 • Protein / Protein (g) = 14.4 • Fat / Lemak (g) = 8.3

Shepherd's Pie with Vegetables

(6 servings)

Ingredients

For mashed potatoes:

3 potatoes, peeled and halved
3 cloves garlic, peeled

½ cup skim milk
Salt and black pepper to taste

For filling:

2 tbsps of cooking oil
300 g chicken meat, cubed
1 medium onion, chopped
100 g mushrooms, sliced
2½ cups low-sodium vegetable broth

2 tbsps flour
1 cup peas
1 cup corn
1 cup diced carrots

Directions

For mashed potatoes:

- Place the potatoes and garlic in a saucepan, cover them with water and add a pinch of salt. Bring to a boil and simmer for about 20 minutes until the potatoes are tender. Drain and mash the potatoes and garlic. Stir in the milk and season with salt and pepper to taste.

For filling:

- In a large soup pot, heat the oil over medium heat. Add the meat, onion and mushrooms and cook until the meat is cooked.
- Stir in the flour and cook for 2 minutes more.
- Slowly whisk in the vegetable broth. Bring the mixture to a boil, add the peas, corn and carrots and simmer for about 3 minutes. Season with salt and pepper.
- Pour mixture into a casserole dish. Spread the mashed potatoes over the mixture.
- Bake for about 30 minutes or until the potatoes are lightly browned.
- Serve hot.



Pai Shepherd Sayur-Sayuran (6 hidangan)

Bahan-bahan

Untuk ubi kentang lenyek:

3 ubi kentang, dikupas kulit dan dipotong dua
3 ulas bawang putih, dikupas kulit

½ cawan susu tanpa lemak
Garam dan Lada hitam secukup rasa

Untuk inti pai:

2 sudu besar minyak masak
300 g daging ayam, dipotong dadu
1 bawang saiz sederhana, dipotong
100 g cendawan, dihiris
2½ cawan air rebusan sayuran yang kurang garam

2 sudu besar tepung
1 cawan kacang pea
1 cawan jagung
1 cawan lobak merah, didadu

Arahan penyediaan

Untuk ubi kentang lenyek:

- Masukkan ubi kentang dan bawang putih ke dalam sebuah periuk. Masukkan air hingga menutupi kentang-kentang dan tambahkan secubit garam. Biarkan mendidih dan renehkan sehingga ubi kentang menjadi lembut; lebih kurang 20 minit. Toskan air dan lenyekkan ubi kentang dan bawang putih. Tambahkan susu dan masukkan garam dan lada secukup rasa.

Untuk inti pai:

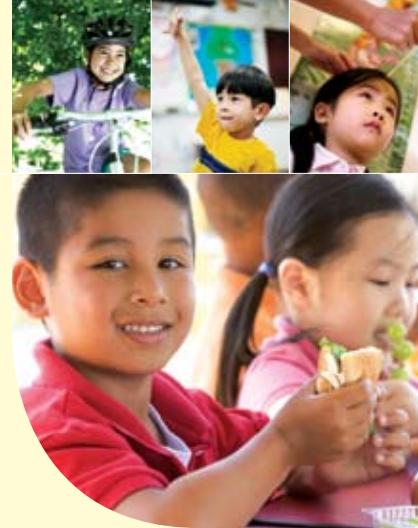
- Panaskan minyak masak di atas api sederhana besar di dalam sebuah periuk. Masukkan daging ayam, bawang merah dan cendawan. Masak sehingga ayam dimasak.
- Masukkan tepung dan masak untuk 2 minit.
- Masukkan air rebusan sambil memukul secara perlahan. Biar hingga campuran mendidih, tambahkan kacang pea, jagung dan lobak merah dan biarkan mereneh selama 3 minit. Masukkan garam dan lada hitam secukup rasa.
- Tuang campuran ke dalam sebuah mangkuk kaserol. Ratakan kentang lenyek di atas campuran tersebut.
- Bakar selama 30 minit atau sehingga kentang menjadi warna perang sedikit.
- Hidangkan semasa panas.

NUTRITIONAL CONTENT PER SERVING / KANDUNGAN NUTRIEN SETIAP HIDANGAN

Calorie / Kalori (kcal) = 443 • Carbohydrate / Karbohidrat (g) = 70.2 • Protein / Protein (g) = 21.7 • Fat / Lemak (g) = 8.4



Nutrition Month Malaysia '09



About The Organisers Tentang Penganjur



Nutrition Society of Malaysia

Established in 1985, NSM is a non-profit organisation that has conducted several major child, family and women's nutrition education programmes. In promoting nutrition science, NSM facilitates networking among its 500 professional members, organises annual scientific conferences and scientific update sessions, and publishes a scientific journal.

Ditubuhkan pada tahun 1985, NSM merupakan organisasi tidak berdasarkan keuntungan yang telah menganjurkan beberapa program pendidikan secara besar-besaran tertumpu kepada pemakanan kanak-kanak, wanita dan keluarga. Dalam mempromosikan sains pemakanan, NSM mendorong jaringan di kalangan 500 ahli profesionalnya, menganjurkan persidangan saintifik tahunan dan sesi kemaskini saintifik, serta menerbitkan satu jurnal saintifik.

www.nutriweb.org.my



Malaysian Dietitians' Association

Registered in 1994, MDA is a professional organisation of 350 dietitians involved in nutritional assessment, diagnosis, prescription and advice in medical nutrition therapy for the treatment of diseases. MDA promotes eating well throughout the lifespan in the community, and is also involved in nutrition and dietetic-related research.

Didaftarkan pada tahun 1994, MDA merupakan organisasi profesional yang terdiri daripada 350 pakar diet yang terlibat dalam penilaian pemakanan, diagnosis, preskripsi serta nasihat mengenai terapi pemakanan perubatan untuk rawatan penyakit. MDA mempromosikan pemakanan sihat sepanjang hidup di kalangan masyarakat dan turut terlibat dalam penyelidikan berkaitan pemakanan dan dietetik.

www.dietitians.org.my



Malaysian Association for the
Study of Obesity

Registered in 1994, MASO is an association comprising 150 professional members involved in both basic and applied research into obesity. It focuses on the study of causes, manifestations and prevention of obesity in Malaysia with the aim of providing a better understanding of obesity to healthcare professionals and the general public.

Didaftarkan pada tahun 1994, MASO merupakan persatuan yang mempunyai 150 ahli profesional yang terlibat dalam penyelidikan asas dan gunaan tentang obesiti. MASO juga memfokus kepada kajian punca, manifestasi serta pencegahan obesiti di Malaysia. MASO bermatlamat untuk mempertingkatkan kefahaman tentang obesiti di kalangan profesional kesihatan dan orang awam.

www.maso.org.my

FACT:
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