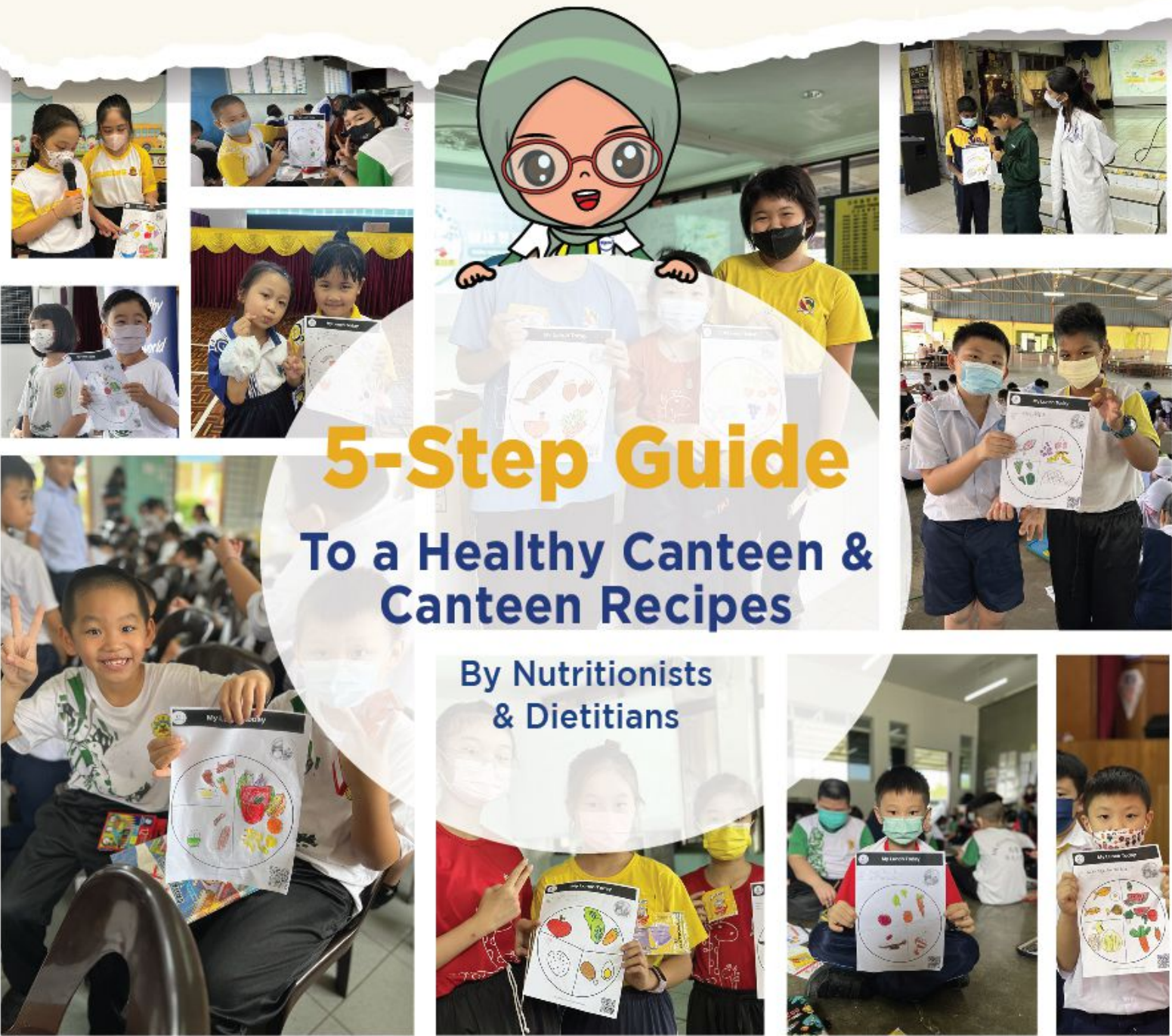




# ALPRO EATS

A Nutritionist Guided Canteen

EXCLUSIVELY FOR PRIMARY SCHOOL



## 5-Step Guide

### To a Healthy Canteen & Canteen Recipes

By Nutritionists & Dietitians



# A Message From Chief Dietitian



**Jayne Luah**

Chief Dietitian of Alpro Pharmacy

It is with immense joy and gratitude that I present to you this campaign book, chronicling the remarkable journey of our "Alpro Eats: A Nutritionist Guided Canteen" school tour. As the Chief Dietitian of Alpro Pharmacy, I am thrilled to share the inspiring stories, memorable moments, and valuable insights gathered from twenty successful healthy eating campaigns conducted across Malaysia.

When we embarked on this mission, our primary goal was to promote healthy dietary habits among the young minds of our communities. It was disheartening to witness the repercussions of children not eating healthily.

This in turn motivates our dedicated team of nutritionists and dietitians to inspire and empower students in their pursuit of better health. We emphasised the profound impact of a balanced diet on physical and mental well-being, recognising the critical role nutrition plays in shaping the future of our youth.



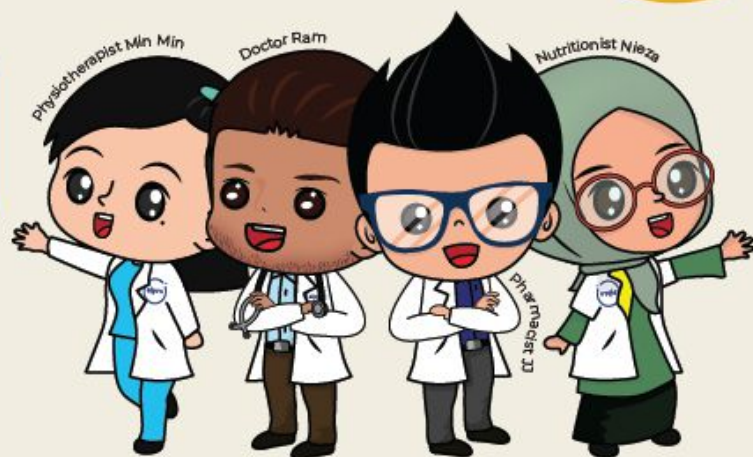
Our belief in the significance of small changes in school meal options guided us in collaborating with cafeteria vendors and school staff, our goal is to foster a nourishing and supportive environment for the children. The enthusiasm of students actively participating in discussions during the campaigns and the commitment of schools in Negeri Sembilan has been a heart warming experience. This report, a testament to collaboration and community spirit, reflects that incredible transformations can be achieved when we are united with a shared vision.

In conclusion, I extend my heartfelt appreciation to each team member for their passion and tireless efforts. As you explore this campaign book, rest to assured that our commitment to a healthier and brighter future for our children, with the reassurance that brings smiles, remains unwavering. Let us continue nurturing a culture of wellness, one bite at a time, In confidence that the seeds of change we've sown will grow into a healthier, happier generation.





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# Alpro Eats : A Nutritionist-Guided Canteen:

Empowering the next generation with healthy eating habits

## The Beginning

Nearly 1 in 5 children and adolescents aged between 6 to 19 years old are overweight (Ministry of Health Malaysia, 2019)

As we looked into the staggering statistic of childhood obesity in Malaysia, we knew we had to do something. A lot of actions have to be done to address this issue to help promote healthier lifestyles for our future generation.

Proper nutrition is essential for a child's physical and mental development. Children spend a significant amount of their time in school. However, many students are not getting the required nutrition due to a lack of awareness of healthy choices and a shortage of healthy food options available in some school canteens. We saw an opportunity, and we believe that diving into school environment can have a significant impact on the children's overall health and wellbeing, making it the most effective way to reach as many children as possible.

With over 350 nutritionists and dietitians stationed in our community pharmacies nationwide, we have the ability, knowledge, and expertise to help make a positive impact. After a few discussions, our team decided to focus on promoting healthy eating habits in school canteens. That is when we had the idea for Alpro Eats: A Nutritionist-Guided Canteen.



## The Journey

### Healthy Diet School Talk

Education is the key to success, and it is a crucial element when it comes to promoting healthy eating habits among children. For every school visit, our professional nutritionists and dietitians will provide Healthy Diet School Talks, which are designed to educate and promote healthier eating habits among students. These talks will cover topics such as the benefits of a healthy diet, the importance of choosing nutrient-rich foods, and how to make healthy food choices. During these talks, students also learn about the #sukusukuseparuh (quarter- quarter-half) rule propagated by the Ministry of Health Malaysia, which teaches them how to measure their food portions using their hands. We have seen the students getting excited about designing their own suku-suku-separuh plates and are proud to showcase their creations to us, their teachers, and parents. By sharing our knowledge and expertise with students, we hope to empower them with the tools they need to make healthier choices and develop lifelong habits that will contribute to their own wellbeing.



"Reassurance that brings Smiles • 我们专业, 您安心" | 01



# The Journey

## Nutrition Canteen Guide

We did not stop there. We recognised that promoting healthy eating habits involves not only educating students, but also the environment. School canteens play a significant role in shaping children's eating habits. That's why, as part of the Alpro Eats program, we have created the Nutrition Canteen Guide. Our team of professional nutritionists and dietitians will visit school canteens to evaluate their menus. During these visits, they will try out three different menus and provide expert nutrition advice to help improve the options available to children. We will work closely with the school canteen caterers as well as the school itself to ensure that the meals served are not only tasty but also meet the nutritional needs of the children. We believe that by making small changes in school canteen menus, we can make a big difference in the health and wellbeing of our future generation.



“

Program yang dianjurkan oleh pihak Alpro Eats Campaign amat menarik dan memberi manfaat kepada semua murid. Murid-murid didedahkan khasiat pemakanan, makanan seimbang dan cara-cara menjaga kesihatan. Tahniah dan syabas. Diharapkan program ini dapat dilaksanakan lagi dengan lebih jaya dan dapat mengeratkan lagi perhubungan di antara pihak sekolah dengan Alpro Pharmacy.

~ SK Bandar Sri Sendayan Guru Besar: Encik Ezani



## The Impact

Since the launch of Alpro Eats, we have seen a positive impact on the schools we have visited. In the first phase, we visited 20 schools and reached out to more than 10,000 students, teachers, and parents. Through our Healthy Diet School Talks and Nutrition Canteen Guide, we have helped educate and promote healthy eating habits among children and even now, our team of professional nutritionists and dietitians are still working closely with school canteen caterers to improve the nutritional value of the meals served.

The feedback from students, teachers, and parents have been overwhelmingly positive, and we have received requests from schools hoping to join our Alpro Eats program. We are thrilled to see more and more schools expressing interest in joining our program.

While the impact of Alpro Eats may seem small in the grand scheme of things, we believe that every positive change we make can have a ripple effect and lead to a healthier future for our children. This is because at Alpro, we believe that every child deserves access to healthy, nutritious food, and we are committed to doing our role in making this a reality, and to create a healthy and vibrant world.

“Reassurance that brings Smiles • 我们专业，您安心” | 02



# Journey to the Schools

## SK Ampangan Visited By: Nt. Azureen

I am truly impressed by the program's approaches as it covers both educational content and practical implementation in your program. The combination of instructing students on healthy eating habits and implementing canteen guidelines demonstrates a well-rounded strategy for the school. Addressing food choices, safety, and dietary recommendations is crucial for empowering both students and staff to make healthier decisions. I anticipate the potential for future collaborations on other programs. **Thank you, Alpro Eats Team.**

From : Pn Robiah binti Kasim



## SJK (C) Chung Hua PD Visited By: Nt. Chua

Alpro Eats 学生健康饮食活动及相关讲座在当前社会下显得尤为重要。这些活动有助于学生能深刻理解如何养成良好的饮食习惯，为学业带来更多益处，从而让每一位学生都能健健康康。

From : 石校长







## SJK (C) Kuo Min Nilai

Visited By: Nt. Pei Yinn

我衷心感谢 Alpro Pharmacy 为我校汝来国民华文小学的学生提供健康饮食讲座。此举使我校学生获益良多。现今，学生普遍面临饮食不均衡的问题，偏好甜食和油炸食品，摄入蔬果不足，从而导致肥胖等健康问题。通过这次讲座，我校学生学到了如何选择营养均衡的食物，以及认识到健康饮食的重要性。再次感谢！

From : 杨校长



## SJK (C) Ladang Siliu

Visited By: Nt. Pei Yinn

非常感谢Alpro Eats对健康饮食的分享。Alpro 的营养专家还特别为我们的学生准备了营养均衡且简便的早餐，供家长们参考，让家长们认识到为孩子准备健康便当其实并不困难。我们真正的目标是都希望孩子们能够健康成长，感谢 Alpro 团队！



## SJK (T) Bandar Sri Sendayan

Visited By: Nt. Neelah

I appreciate the valuable insights provided by Alpro Eats on maintaining a healthy diet, which is easily understandable.

From : Mr Jeganathan



"Reassurance that brings Smiles · 我们专业, 您安心" | 04



## SJK (C) Tung Hua

Visited By: Dt. Jayne

首先，我要衷心感谢 Alpro Pharmacy 一直以来对我们学校的慷慨支持。Alpro Eats 致力于向我们的学生提供健康饮食的习惯，其使命不仅对学生，也对整个社会都有积极的影响。这个学生健康饮食活动对我们学校来说具有重要意义。在当今社会，饮食习惯对我们的健康至关重要。通过 Alpro Eats 的协助，我们能够向学生传授有关健康饮食的知识，帮助他们培养良好的饮食习惯。这不仅有益于他们的身体健康，还有助于他们在学业和生活中更好地表现。Alpro Eats 提供的讲座为我们的学生提供了宝贵的学习机会。他们能够聆听专业人士对健康饮食的建议，这不仅传授了科学知识，还激发了学生对健康生活的热情。我看到很多学生积极参与，并开始在日常生活中应用所学到的知识。总体而言，Alpro Eats 学生健康饮食活动和讲座为我们学校带来了巨大的价值。它们不仅教育了学生，还激发了他们对健康生活的追求。我坚信，这个活动将继续在未来发挥重要作用，帮助学生更健康、更幸福。再次感谢每一位支持这个活动的人，您的付出将永远被铭记在我们的心中。

From : 朱良义校长



## SJK (C) Ma Hwa

Visited By: Dt. Eon

通过 Alpro 合格营养师介绍的健康饮食餐盘 (suku -suku Separuh) 的概念，即1/4碟碳水化合物 (全麦食品)、1/4 碟蛋白质，以及1/2碟水果和蔬菜，为学生提供了对日常饮食的丰富认识，收益良多。正确的饮食概念教育学生通过健康饮食可预防文明病，对全民健康有显著帮助。

From : Mr Go Boon Tong





## SK Panchor

Visited By: Dt. Izzah

Program mengenai amalan gaya hidup sihat bermanfaat dalam membantu perjalanan kehidupan seharian murid SK Panchor. Pendedahan ilmu dalam menjaga pemakanan yang sihat telah membuka minda murid berkenaan kebaikan dan manfaat yang dapat diperolehi. Kaedah penyampaian ilmu gaya hidup sihat bersesuaian dengan aras kognitif murid. Teknik sesi soal jawab menggunakan audio visual dapat menarik perhatian murid untuk belajar dan memudahkan objektif program tercapai. Dengan ini, pihak sekolah merakamkan ucapan ribuan terima kasih kepada Farmasi ALPRO bagi memilih SK Panchor dalam siri jelajah mengembangkan ilmu gaya hidup sihat dalam melahirkan modal insan **MADANI** yang cemerlang, gemilang dan terbilang.

From : Tn Haji Yusri Bin Mohd Akhir



## SK Batu Tiga, Temoh

Visited By: Dt. Akhma

Maklum balas yang ingin saya sampaikan ialah harapan agar murid-murid dapat mempelajari dengan betul amalan pemakanan yang sihat dan seimbang. Dengan demikian, murid-murid dapat mengamalkan pengetahuan tersebut dalam kehidupan sehari-hari. Aktiviti yang disediakan juga diharapkan dapat menarik dan melibatkan murid secara aktif. Saya berharap Alpro Farmasi dapat terus melaksanakan kempen ini pada masa akan datang.

From : Cikgu Zulagil





## SJK (C) Bandar Springhill

Visited By: Dt. Yen Leen

小学生应该在幼年时期就培养健康的饮食习惯，并确保摄入足够且均衡的营养，以保持健康、强壮的体魄和灵活敏捷的思维。

From : 叶校长



## SJK (C) Kuo Min, Seremban

Visited By: Dt. Suet Chen

“吃得营养，吃得均衡”就是健康营养餐盘了。大专药剂 Alpro Pharmacy 进入校园，分享“健康食堂计划”以提升学生对均衡饮食重要性的认知，并培养他们养成均衡的饮食习惯。感谢 Alpro Pharmacy 派遣的两位专业营养师，他们以细致入微的方式传达准确的食物和营养信息。学生的健康饮食习惯对于成长和发展至关重要，而这支营养师团队不仅提供了健康饮食基础知识，还在食堂实施方面提供了全面的指南，包括健康的食品选择、食品安全指南和饮食建议，以提高食堂的营养价值和学生的选择。讲座生动有趣，通过分组活动加深了学生对健康饮食的理解。此外，营养师专门强调了滥用药物的严重性，并为学生设计环保药袋提供了亲身参与的机会。我坚信这次讲座将有助于改善学生的饮食和健康状况，为他们提供更良好的学习和成长环境。

From : 萧副校长





## SJK (C) Kelpin

Visited By: Dt. Jayne

我要感谢Alpro Pharmacy为学生们带来这次的讲座，使他们对健康饮食的重要性有了更深刻的认识，尤其是在卡路里摄入方面。学生们在此方面的认知提升后，能更明确地策划食物并计算每天的卡路里摄入量。这次经验引发了广泛的思考和讨论，使学生们更加关注他们的饮食习惯对健康的影响。

From : 戴书韵老师



## SK Batu Melintang

Visited By: Dt. Akhma

Program ini memberikan pendedahan kepada murid mengenai makanan seimbang dan aktiviti yang dijalankan membantu pelajar memahami dengan lebih mendalam tentang ceramah tersebut.

From : Cikgu Nazmi





## SJK (T) Nilai

Visited By: Nt. Grace

The Alpro Eat campaign conducted at our school is advantageous for participating students, fostering awareness regarding the importance of practicing healthy eating habits.

From : Ms Vija



## SK Batu Masjid

Visited By: Dt. Akhma

Walaikumussalam. Bersyukur atas penerangan yang baik. Terima kasih atas program yang memberi manfaat kepada warga sekolah. Semoga terdapat program-program lain yang dapat diadakan bersama warga SK Batu Masjid.

From : Cikgu Arniza



## SJK (C) Bandar Sri Sendayan

Visited By: Dt. Eon

保持良好的作息和均衡的膳食是维护健康的关键。在校营养均衡的饮食有助于确保学生们能够保持精力集中，提高上课的专注力和学习效率。

From : 陈敏凝





# Say Hi to Our Nutritionists & Dietitians



**Jayne Luah**  
Dietitian



**Nur Izzati**  
Nutritionist



**Izzah Atirah**  
Dietitian



**Neelah**  
Nutritionist



**Farha Shazira**  
Nutritionist



**Chua Pei Yiin**  
Nutritionist



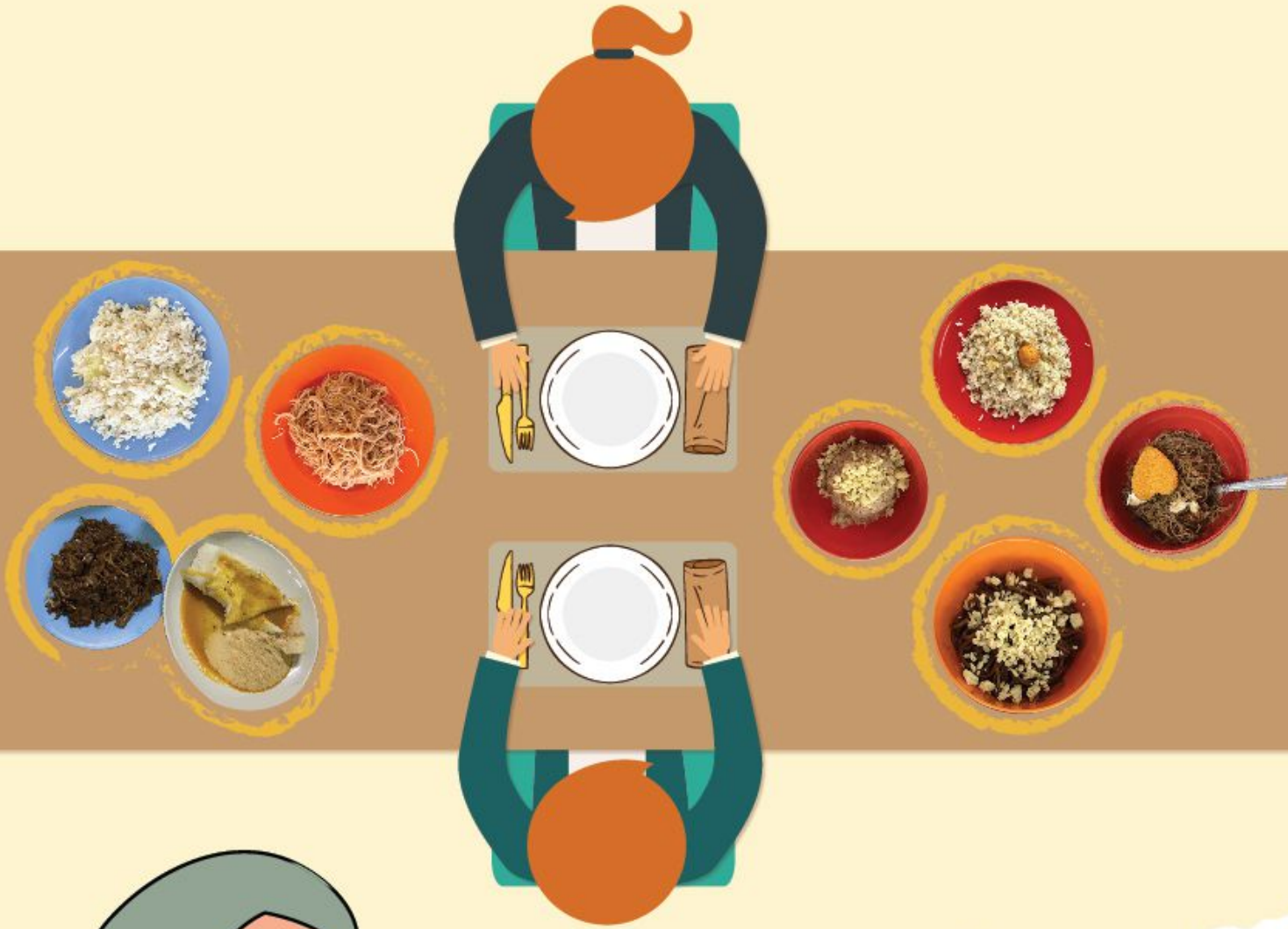
**Chua Kai Jia**  
Dietitian



**Khoo Wei Jin**  
Dietitian



# Wondering how canteen food looked like?



Is Your Child Eating Right??



# Five Steps

## Guide to a healthy school canteen:

Discover how to improve your canteen with healthy food in five easy steps. Each step has clear instructions, and there's a "What's the Next Move?" section at the end to guide you. Just go from step 1 to 5, and you'll see how each step makes your school canteen better.

### Step 1

#### Remove Sugar-Sweetened Beverages

- Sugar-Sweetened Beverages (SSB) are any liquids that are sweetened with various forms of added sugars like brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose.
- Intake of SSB has been shown to be associated with weight gain and obesity rate among children which is why it is advisable to promote the substitution with healthier alternatives.

#### What are the examples of SSB?



Soft Drinks



Fruit Drinks



Cordial



Syrup

#### What's the Next Move?

- 1 Look through your menu and circle SSB that are on sale.
- 2 Swap them with healthier alternatives such as unflavoured milk, fresh fruit juice, and plain water which are **Everyday** choices.





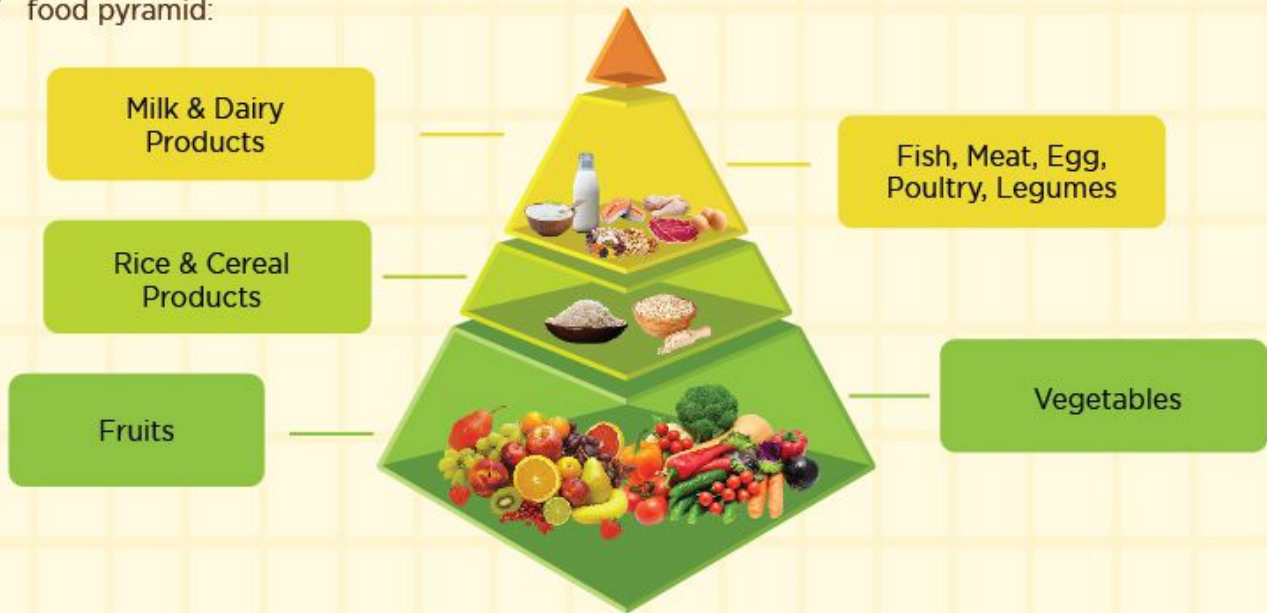
# Step 2

## Classify food as Everyday or Occasional

**Everyday food** choices should make up most of the school menu, while **Occasional food** choices should only make up a small portion of the menu, as they are not essential for a healthy diet and often have little nutritional value.

### What are the **Everyday food** choices?

Everyday food choices are healthy options from these five groups in the food pyramid:



### What are the **Occasional food** choices?

Occasional food are options that are high in fat, sugar and salt including:



Sweetened Beverages



Processed Foods



Pre-packaged Snacks

### What's the Next Move?

- 1 Compare the food choices on your menu with the **Everyday** and **Occasional** food choices.
- 2 Limit and replace the **Occasional** food choices with **Everyday** food choices.





# Step 3

## Balance the Meal

A balanced meal is the combination of food from the five food groups. The Malaysian Healthy Plate concept (Suku-Suku Separuh) can be an easy-to-understand visual guide for school canteens to make a balanced meal.

### How to use Malaysian Healthy Plate?

It's easy, filled up the plate with



¼ plate of grains or grain products



Grain Products



¼ plate of fish/poultry/meat/egg/taufu



Fish



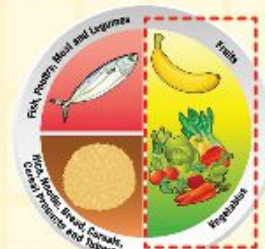
Meat



Eggs



Taufu



½ plate of fruits and vegetables



Vegetables



Fruits

### What's the Next Move?

- 1 Review the meal plan in your menu..
- 2 Complete and balance each meal according to the Malaysian Healthy Plate Concept.





# Step 4

## Practise Healthy Cooking Method

The way we cook, too affects how healthy the food is. For example, deep-fried food soaks up a lot of oil which increases the fat in food. Choose healthier cooking methods as illustrated below for yummier and better school canteen meals.

### What are the Healthy Cooking Method?

1



Baking

2



Stewing

3



Steaming

4



Stir-Frying

5



Soup

6



Grilling

### What's the Next Move?

1

Review the cooking method of food in your menu.

2

Minimise deep-fried food and/or switch to a healthy cooking method.





# Step 5

## Display and market **Everyday** food choices

To make your **EVERYDAY** food and drink more popular in school canteen, utilise smart strategies. Follow these four 'Ps' of marketing:

### What are the **Four 'Ps'** of Marketing?

#### Product



Fill most of the menu (at least 75%) with different **Everyday** food and drink. Make them look and taste good to encourage students to try new things.

#### Price



Set reasonable price for **Everyday** items to make them a great deal. Include them in meal deals or special offers to make them even more appealing.

#### Place



Display **Everyday** food and drink where students can see, like at the front of the displays, counters or eye-level shelves. Make sure only **Everyday** options are near the cashier or where money is exchanged.

#### Promotion



Advertise only **Everyday** food and drink on the menu board to make them stand out. This helps students notice and choose these healthier options.

### What's the Next Move?

- 1 Look over the current promotional tools including menu boards, signage, posters, school newsletters etc.
- 2 Review those which are promoting **Occasional** food choice, and replace it with **Everyday** food choices promotion.







# Fried Mee Hoon with Cabbage and Egg



## Fried Mee Hoon

### Nutrition Facts (per serving)

Total Calories	416 kcal
Carbohydrate	49g
Protein	21.3g
Fat	15.1g



### Nutritionist Pei Yiin has something to say :

Opt for whole grain or brown rice mee hoon instead of original mee hoon. Whole grains provide more fiber, vitamins, and minerals. They are also a good source of carbohydrates, to provide energy for the body.



## Ingredients (For 2 Servings)

- Mee Hoon (105g)
- 2 eggs
- Chicken breast, thinly sliced (80g)
- 1 cup carrot, shredded (50g)
- 1 cup cabbage, shredded (70g)
- 1 small onion, finely sliced (12g)
- 1 red chilli, thinly sliced
- 2-3 garlic cloves, minced (10g)
- 1 tablespoon vegetable oil
- 1 tablespoon light soy sauce
- 1 dessert spoon oyster sauce
- 1 cup spring onion, thinly sliced





## Cooking

- 1** Place the mee hoon in a large pot and cover it with room temperature water. Let them soak for the next 30 minutes until they are soft.
- 2** Beat the eggs well. Heat up one tablespoon of oil in a large skillet over medium-low heat and pour the beaten eggs into the skillet. Swirl to cover the entire surface of the skillet. Let the eggs cook for a couple of minutes until the bottom of the omelette is golden. Gently flip it over and cook for another minute until the other side is also golden. Once the omelette is ready, remove it from the pan, slice it into thin pieces, and then set aside.
- 3** Using the same skillet, heat up the rest of the oil over medium heat and sauté the onions, garlic, cabbage, and carrots for 2 to 3 minutes, stirring with a wooden spoon until the onions are translucent and the carrots are tender.
- 4** Create a small well in the middle of the cooked vegetables and add the chicken strips, letting the meat cook for the next few minutes until cooked through.
- 5** Finally, add the soaked mee hoon and season it with soy sauce and oyster sauce. Use a wooden spoon to mix.
- 6** Add most of the sliced omelette, leaving a bit as garnish, and mix well until the ingredients are evenly distributed.
- 7** Divide the fried mee hoon with chicken and veggies evenly between two bowls, garnish with omelette strips, sliced spring onions, and serve with sliced red chillies. Tuck in and enjoy!





# Mixed Rice with Stir Fry Vegetables and Chinese Mushroom Chicken



## Mixed Rice

### Nutrition Facts (per serving)

Total Calories	446 kcal
Carbohydrate	54g
Protein	21.9g
Fat	15.7g

## Special Highlight

### Additional Nutrition Fact

Dietary Fibre	3.4g
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## Nutritionist Pei Yiin has something to say :

Choose a swift and light cooking method for your veggies to keep all those good nutrients intact - such as quick stir-frying. And when it comes to chicken, go for the lean parts like skinless breast or skinless lean chicken thighs to cut down on the not-so-friendly saturated fats. Tastier and healthier!





## Ingredients (For 3 Servings)

### A) $\frac{3}{4}$ cup Brown Rice (Uncooked)

### B) Stir-Fried Mixed Vegetables

- 2 cups broccoli, cut into small florets (200g)
- 1 carrot, thinly sliced (100g)
- 1 onion, thinly sliced (50g)
- 3 garlic cloves, minced (15g)
- 1 tablespoon vegetable oil
- $\frac{3}{4}$  tablespoon salt

### C) Chicken with Chinese Mushroom

- Chicken breast, chopped (200g)
- 6 dried Chinese mushroom, sliced (15g)
- 3 garlic cloves, minced (15g)
- 3 tablespoons green onion, thinly sliced
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 2 tablespoons oyster sauce



## Cooking

- 1** Rinse the brown rice under cold water until the water runs clear to remove excess starch and impurities. Then, place the brown rice into the rice cooker to steam.
- 2** In a large skillet or wok, heat the cooking oil over medium-high heat. Add the minced garlic and sliced onion to the wok and stir-fry for about 1-2 minutes until they become slightly caramelized.
- 3** Add the broccoli florets and sliced carrots to the pan. Stir-fry the vegetables continuously for about 5-7 minutes until they begin to soften. Season with little salt to taste.
- 4** Cut the chicken into bite-sized pieces and marinate with little salt and pepper. Set aside for about 15-20 minutes.
- 5** Heat vegetable oil in a wok. Add minced garlic and stir-fry until fragrant.
- 6** Add the marinated chicken and cook until it turns opaque and slightly browned. Add the sliced mushrooms to the chicken and continue cooking.
- 7** Combine soy sauce and oyster sauce in a bowl. Pour this sauce mixture over the chicken and mushrooms.
- 8** Stir in chopped green onion just before serving. Transfer the dish to a serving dish and enjoy with steamed rice and stir-fry mixed vegetables!





# Mini Fruit Pizza



## Mini Fruit Tart

### Nutrition Facts (per serving)

Total Calories	156 kcal
Carbohydrate	29.6g
Protein	4.3g
Fat	2g

### Special Highlight

#### Additional Nutrition Fact

Fibre	1.6g
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### Nutritionist Neelah has something to say:

Mini Fruit Pizza emerges as a wholesome morning snack for kids, boasting at a mere 156 calories per serving. The nutritious blend of whole wheat tortillas, tangerines, grapes, and bananas delivers a balanced mix of carbohydrates, protein, and healthy fats, enhanced by a creamy yogurt-honey mixture. Topped with a colorful array of fruits, this delightful treat not only satisfies taste buds but also provides a boost of antioxidants and vitamins for both kids and grown-ups, ensuring a flavorful and nourishing start for the day.



## Ingredients (For 2 Servings)

- 2 slices whole wheat tortilla
- 1 whole tangerine (small)
- 6 pieces grapes (medium)
- 1 piece banana (small)
- 4 tablespoons plain yogurt
- 1 teaspoon honey



## Cooking

- 1** Cut the tortillas into circles by using a small cookie cutter or drinking glass. Set it aside.
- 2** In a small mixing bowl, combine yogurt and honey until it was fully blended. Put in sliced tangerine, grapes and banana.
- 3** Spread yogurt mixture onto the tortillas and top it up with fruits.
- 4** It's just that easy and simple. All set and ready to serve!





# Braised Noodles



## Dietitian Jayne Luah has something to say:

Braised Noodles are a perfect blend of vibrant veggies. They not only enhances the dish's visual appeal but also provides a spectrum of essential vitamins and minerals crucial for growing youngsters. Combined with lean protein from chicken slices, and protein-rich eggs, it provides essential nutrients for growing school children. With its balanced composition of carbohydrates, proteins, and fats, along with a moderate calorie count, this flavorful dish is both a delicious and healthy option that support children's energy levels, growth, and overall health.

### Braised Noodles

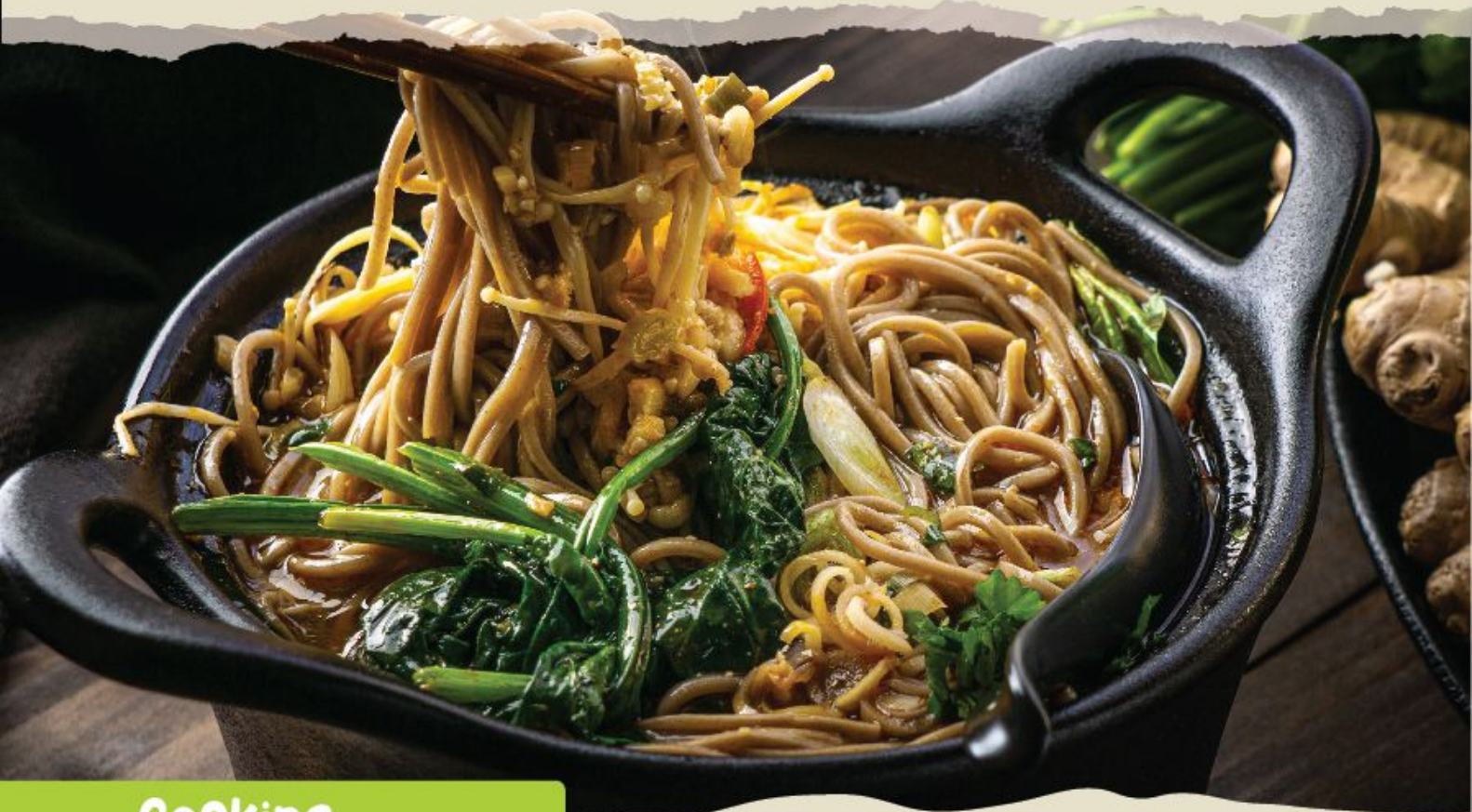
#### **Nutrition Facts** (per serving)

Total Calories	348 kcal
Carbohydrate	43.5g
Protein	16.2g
Fat	12.3g



## Ingredients (For 6 Servings)

- Noodles (Mee basah) (500g)
- Carrot, thinly sliced (250g)
- Cherry tomatoes, halved (150g)
- Chinese cabbage, chopped (250g)
- 5 eggs
- Chicken slices (200g)
- Salt, thick soy sauce and pepper
- 2 tablespoons cooking oil



## Cooking

- 1** Heat a pan with cooking oil over medium-high heat. Season the chicken slices with salt and pepper. Add the chicken to the hot pan and cook until it's no longer pink in the center. Remove from the pan and set aside.
- 2** In the same pan, sauté the sliced carrots until they start to soften. Add Chinese cabbage first, cook until the vegetables are tender, and then add in the cherry tomatoes.
- 3** Introduce the noodles to the pan with the sautéed vegetables. Pour in a bit of soy sauce for flavor and color. Add a small amount of water or chicken broth to create a sauce. Stir everything together and let it simmer for a few minutes.
- 4** Create a well in the center of the noodles and pour in the beaten eggs. Allow the eggs to cook slightly, and then gently stir them into the noodles to create a creamy texture. Ready to serve!





# Fried Spaghetti



## Fried Spaghetti

### Nutrition Facts (per serving)

Total Calories	375 kcal
Carbohydrate	46.5g
Protein	15.1g
Fat	14.1g



### Dietitian Izzah Atirah has something to say:

Other than chicken, switch up the protein choices to prawn, meat, crispy tempeh and many more. Enjoy a variety of protein to help us feel full and satisfied all day.

Load up on vegetables to boost the fiber, vitamin, and mineral content. Consider adding colorful bell pepper, spinach, broccoli, mushroom, or any other vegetables you enjoy. You can either sauté them with the spaghetti, or roast them separately and mix them in.



## Ingredients (For 2 Servings)

- 2 cups spaghetti cooked
- 1 tomato, sliced
- 4 teaspoons cooking oil
- 2 matchbox chicken breast (80g)
- 4 tablespoons carrot dice (60g)
- 1-2 small onion, sliced



## Cooking

- 1** First, boil water and add the spaghetti. Cook for 10 minutes, drain and set aside.
- 2** Heat up the cooking oil in a pan, add minced onion and stir fry until it turns brown. Add diced chicken breast, then add carrot.
- 3** Add tomatoes (sliced) and half teaspoon of salt.
- 4** Stir the mixture and leave to cook for about 5 minutes.
- 5** Lastly, add in cooked spaghetti and mix well before taking off the heat.
- 6** Fried spaghetti is ready! Best served warm.





# Mee Hoon Soup



## Mee Hoon Soup

### Nutrition Facts (per serving)

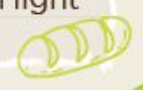
Total Calories	335 kcal
Carbohydrate	43.9g
Protein	15.3g
Fat	11g



### Nutritionist Nur Izzati Share:

Enhance your mee hoon soup by adding a variety of colourful vegetables like spinach, bell peppers and mushrooms. Not only does it enhance the flavour of the soup, but it also boosts nutritional value.

Go for lean protein sources like chicken, meat or shrimp to make your mee hoon soup a well-balanced and satisfying meal. Protein helps keep you full and supports muscle health while keeping the dish light





## Ingredients (For 1 Serving)

- Mee hoon (53g)
- 1 matchbox chicken (40g)
- Shallots, garlic, salt and soup broth spices
- ½ cup sawi (40g)
- ½ cup bean sprouts (45g)
- 1 ½ teaspoon oil (7.5g)



## Cooking

- 1** Soak mee hoon in room temperature/ hot water until it softens.
- 2** Heat 1 teaspoon of oil in the pot.
- 3** Stir-fry ground ingredients (shallots and garlic) and soup broth spices.
- 4** Stir until golden and fragrant.
- 5** Add the cleaned chicken and stir for a while.
- 6** Add water, simmer the chicken soup until it boils and that chicken is cooked.
- 7** Add vegetables and season it with salt to taste.
- 8** Serve mee hoon with the soup.





# Grilled Chicken Rice



## Grilled Chicken Rice

### Nutrition Facts (per serving)

Total Calories	381 kcal
Carbohydrate	51.5g
Protein	20.6g
Fat	10.2g



### Nutritionist Neelah has something to say:

Grilled chicken rice is loaded with lean protein, fresh vegetables, healthy fats, and carbohydrates.

Serve your grilled chicken rice with a side of steamed/roasted vegetables such as bell peppers, asparagus, cauliflower, or spinach. These add colour, texture, and nutritional value to your meal.



## Ingredients (For 1 Serving)

- ½ chicken breast (65g)
- 1 cup salad, chopped (50g)
- ½ tomato, sliced (25g)
- ½ cup cucumber, sliced (50g)

### For Chicken Marinade

- ¼ tablespoon lemon juice
- 3-4 garlic cloves, minced (15g)
- ⅛ tablespoon soy sauce
- ⅛ teaspoon salt

### For Rice

- ¼ cup rice
- 1 teaspoon butter
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- ⅛ teaspoon salt
- ⅛ teaspoon dried parsley
- ½ cup chicken broth



## Cooking

- 1** Add all marinade ingredients to a large bowl and whisk until thoroughly incorporated. Add chicken breast to bowl and turn to coat in marinade. Cover bowl and place in fridge. Marinate chicken for at least 1 hour.
- 2** When ready to cook chicken, preheat the grill pan to medium-high heat, approximately 190° to 230° Celsius (375° to 450° Fahrenheit).
- 3** Warm medium pot over medium heat. Once warmed, add olive oil and butter. Once butter has melted, add rinsed rice to the pot, then stir with garlic powder, onion powder, salt, and dried parsley. Cook for 2 minutes, stir constantly.
- 4** Pour chicken broth into a pot and stir well. Reduce heat to low when mixture starts to boil, and cover the pot with lid. Simmer rice for 20 minutes.
- 5** While rice is cooking, transfer chicken from marinade directly to grates of preheated grill. Grill for 6 to 8 minutes, then carefully flip chicken over and grill 6 to 8 minutes more. Transfer chicken to a cutting board and set aside to rest for 5 minutes.
- 6** After rice has finished cooking, slice chicken and plate with slices of salad, tomato and cucumber.





# Broccoli Pancakes



## Broccoli Pancakes

### Nutrition Facts (per serving)

Total Calories	226 kcal
Carbohydrate	22.2g
Protein	8.8g
Fat	11.3g



## Dietitian Jayne Luah has something to say:

Broccoli Pancakes, a nutritious delight for school kids, are packed with fiber, protein, and essential vitamins. With the goodness of broccoli, these quick and customisable pancakes offer a balanced and delicious start for the day, making them a versatile and kid-friendly introduction to healthy eating habits.





## Ingredients (For 2 Servings)

- 1 small head broccoli (100g)
- ½ cup onion, chopped (65g)
- 1 garlic clove, peeled and sliced (5g)
- 1 tablespoon vegetable oil (15g)
- Whole wheat pastry flour (40g)
- ¼ teaspoon of salt
- 1 egg
- Milk (50ml)



## Cooking

- 1** Boil broccoli florets in a medium saucepan for 3-5 minutes, make sure not to overcook. Drain the water.
- 2** Blend steamed broccoli, onions, and garlic in a blender or food processor. Pulse intermittently to finely chop; Avoid from pureeing the vegetables. Transfer the finely chopped mixture to a mixing bowl.
- 3** Stir in flour and salt to the chopped ingredients. Add egg and milk, mix it thoroughly.
- 4** Heat 1 tablespoon of vegetable oil in a large frying pan over medium heat for about 1 minute.
- 5** Drop tablespoons of the batter into the hot pan, spacing them apart to prevent touching. Cook at low to medium heat for about 1 minute.
- 6** Flip the pancakes and cook the other side for 1 minute.
- 7** Serve the pancakes with the sauce of your choice.





# Mixed Fried Rice



## Nutritionist Farha Shazira has something to say:

Crafting kid-friendly fried rice not only introduces diverse flavors but also ensures essential nutrients for growth. The rice in fried rice serves as a primary carbohydrate, offering energy for daily activities, providing a quick and sustained energy source, making it a satisfying and fueling meal.

Adding protein-rich ingredients such as chicken, egg or tofu not only boosts taste but also adds yumminess, fueling their journey to grow up strong and healthy!

### Mixed Fried Rice

#### **Nutrition Facts** (per serving)

Total Calories	357 kcal
Carbohydrate	47.7g
Protein	14.1g
Fat	12.2g



## Ingredients (For 2 Servings)

A)

- 2 cups cooked rice

C)

- ½ cup firm tofu, diced into small cubes/minced (100g)
- ½ carrot, finely diced (50g)
- 1 cabbage, thinly sliced (70g)
- ½ teaspoon salt
- 1 egg

B)

- 2 tablespoons vegetable oil (15g)
- 2 garlic cloves, finely chopped (10g)
- 1 bulb onion, finely chopped (50g)
- 2 spoons anchovies, finely chopped (40g)



## Cooking

- 1 Heat cooking oil and sauté ingredient B.
- 2 Sauté until fragrant and cooked.
- 3 Beat the egg in another bowl.
- 4 Add tofu and egg, and stir until cooked.
- 5 Add the cooked rice, carrot and cabbage.
- 6 Mix well and sprinkle with salt.
- 7 Continue cooking over medium heat for 1-2 minutes.





# Tuna Sandwich



## Tuna Sandwich

### Nutrition Facts (per serving)

Total Calories	229 kcal
Carbohydrate	31.7g
Protein	18.8g
Fat	2.9g

### Nutritionist Pei Yiin has something to say:



Add wholemeal bread to your sandwich, as it packs in extra fiber, giving your digestive system a friendly nudge and keep your energy levels up for the day ahead.

Eggs and tuna are excellent sources of protein, essential for muscle repair and overall body function.





## Ingredients (For 1 Serving)

- 2 slices wholemeal bread
- ½ can tuna chunks in water (50g)
- 1 cup lettuce leaf, chopped (50g)
- ½ tomato, sliced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons greek yogurt (30g)
- 1 tablespoon lemon juice



## Cooking

- 1** In a mixing bowl, stir together greek yogurt, lemon juice, salt and pepper until it was well combined.
- 2** Add the drained tuna on top. Gently stir until it was well combined.
- 3** Layer the chopped lettuce leaves and sliced tomatoes evenly on a slice of wholemeal bread. Place tuna mixture on top. Place another slice of wholemeal bread to cover it.
- 4** Ready to serve!





# Cheese Egg Toast with Vegetables

## Egg Toast

### Nutrition Facts (per serving)

Total Calories	386 kcal
Carbohydrate	32.9g
Protein	24.6g
Fat	17.6g

## Special Highlight

### Additional Nutrition Fact

Calcium	193.6mg
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## Nutritionist Pei Yiin has something to say:

Egg is a fantastic source of protein, essential for growing bodies. Include cucumber, salad, and tomato as it provides essential vitamins and minerals. It's a colorful way to ensure the child gets a variety of nutrients.



## Ingredients (For 2 Servings)

- 4 slices wholemeal bread
- 4 or 5 eggs
- 1 bell pepper, sliced
- ½ cup cherry tomato, cut into half (75g)
- ¼ cup green onion (20g)
- 2 tablespoons parsley, chopped
- 2 slices cheese, shredded
- ½ teaspoon salt
- ½ teaspoon pepper powder
- 1 tablespoon olive oil



## Cooking

- 1** Prepare the egg and vegetable mixture. In a medium mixing bowl, add 4 or 5 eggs, ½ teaspoon salt, and ½ teaspoon of pepper powder. Whisk, then add 1 chopped bell pepper, ½ cup halved cherry tomatoes, green onions, and 2 tablespoons chopped parsley.
- 2** Add eggs and vegetables mixture to the bread. Brush a sheet pan lightly with olive oil and arrange 4 slices of bread in it. Divide the egg mixture among the bread, make sure all the slices have some vegetables and add shredded cheese on top.
- 3** Bake the bread. Bake on the center rack of your oven heated to 190°C for about 15 minutes. The eggs should be cooked and the vegetables should have softened slightly.
- 4** Ready to serve!





# Tortilla Chicken Wrap



## Tortilla Chicken Wrap

### Nutrition Facts (per serving)

Total Calories	266 kcal
Carbohydrate	29.2g
Protein	12.5g
Fat	10.6g

### Special Highlight

#### Additional Nutrition Fact

Fibre	2.9g
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## Dietitian Jayne Luah has something to say:



Tortilla chicken wrap is rich in lean protein from boneless chicken breast to fiber-packed vegetables like purple cabbage and carrots. It provides essential nutrients crucial for the growth and development of school children. The whole grain tortilla adds complex carbohydrates, offering a sustained energy release to support their active lifestyles, making it a well-balanced and nourishing choice for young, growing bodies.





## Ingredients (For 1 Serving)

- 1 piece whole grain tortilla wrap
- Boneless chicken breast (40g)
- 3-4 pieces lettuce (20g)
- Purple cabbage, shredded (40g)
- Carrot, shredded (60g)
- Salt and black pepper



## Cooking

- 1** Marinate the chicken with some salt and black pepper. Let the chicken marinate in the refrigerator for at least 30 minutes and up to 8 hours.
- 2** Heat a little oil in a non-stick pan. Roast the chicken on both sides until well-cooked.
- 3** After that, cut the chicken into thin slices.
- 4** Place the tortilla wrap in the non-stick pan for 2 minutes on each side until both sides are well-cooked.
- 5** On the tortilla wrap, layer the lettuce, shredded purple cabbage and carrot, followed by the chicken slices.
- 6** Carefully fold in the sides of the wrap to enclose the fillings.
- 7** Ready to serve.





# Yogurt Fruit Salad



## Yogurt Fruit Salad

### Nutrition Facts (per serving)

Total Calories	260 kcal
Carbohydrate	36.2g
Protein	8.9g
Fat	9.1g

### Special Highlight

#### Additional Nutrition Facts

Fibre	2.7g
Calcium	194.3mg



### Dietitian Jayne Luah has something to say:

Yogurt Fruit Salad is a nutritious delight for school children, offering a balanced mix of carbohydrates, protein, and healthy fats. Packed with a variety of fruits, nuts, and yogurt, it not only supports their growth and energy needs, but also provides an interactive and flavorful experience that makes healthy eating enjoyable for young taste buds. The calcium-rich composition further promotes strong bones and teeth, making it a special and wholesome option for school meals.





## Ingredients (For 1 Serving)

- ½ cup plain yogurt
- ½ apple (50g)
- ½ orange (50g)
- 4-5 pieces grapes (50g)
- 2 tablespoons rolled oats
- Peanut (10g)



## Cooking

- 1** Wash and chop the fruits into bite-sized pieces if needed.
- 2** In a serving bowl, spoon out ½ cup of plain yogurt. Soak the rolled oats in yogurt for a few minutes to soften them, enhancing their texture in the salad.
- 3** Add the chopped fruits into the yogurt with softened rolled oats.
- 4** Scatter 1 tablespoon of your choice of nuts (e.g. peanuts) over the mixed fruits and yogurt.
- 5** Gently mix all the ingredients together in the bowl. Your simple and healthy yogurt fruit salad is ready to enjoy!





# Spinach Chicken Porridge

## Spinach Chicken Porridge

### Nutrition Facts (per serving)

Total Calories	351 kcal
Carbohydrate	55.4g
Protein	14.1g
Fat	8.1g

### Special Highlight

#### Additional Nutrition Fact

Iron	4.4mg
------	-------



### Dietitian Jayne Luah has something to say:

Spinach chicken porridge stands out as a nutritious and delicious option for school children. Packed with essential vitamins, lean protein, and dietary fiber, it promotes growth, supports cognitive function, and ensures sustained energy throughout the day. The inclusion of sesame oil adds a delightful touch, making it a well-rounded, flavorful, and wholesome choice for young minds and bodies in the school environment.



## Ingredients (For 6 Servings)

- 2 cups rice (uncooked)
- Spinach, chopped (350g)
- Carrot, diced (350g)
- Chicken breast, diced (250g)
- 2 tablespoons sesame oil



## Cooking

- 1** Rinse the rice thoroughly and set it aside.
- 2** In a large pot, bring 2 cups of water to a boil.
- 3** Add diced chicken breast to the boiling water and cook until it's no longer pink, typically about 5-7 minutes. Remove the cooked chicken from the pot and set it aside.
- 4** In the same pot, add the rinsed rice and diced carrots. Reduce the heat to low and let the rice and vegetables simmer, stirring occasionally, for about 15-20 minutes.
- 5** Once the rice and vegetables are cooked, return the cooked chicken to the pot.
- 6** Stir in the chopped spinach and cook for an additional 2-3 minutes until the spinach wilts, and the chicken is heated through. Season the porridge with salt, pepper and sesame oil to taste.

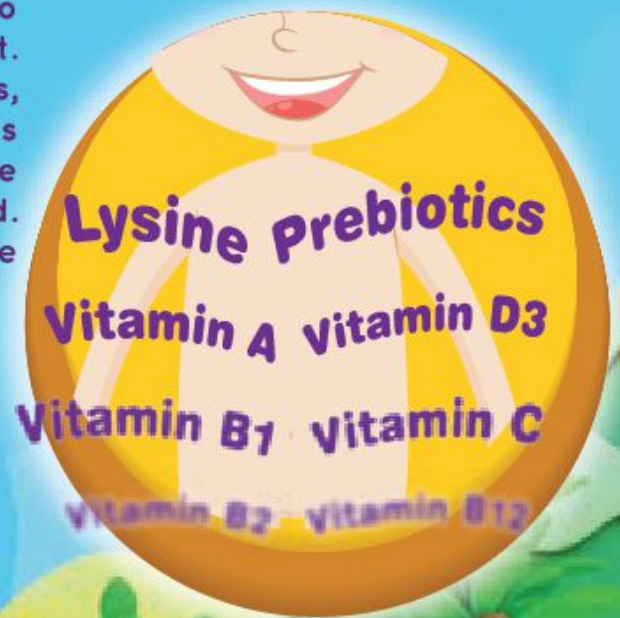


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# MALNUTRITION THE FACTS

## Globally in 2022,

149 million children under 5 were estimated to be stunted (too short for age).

45 million were estimated to be wasted (too thin for height) and 37 million were overweight or obese.



**Malnutrition includes undernutrition (wasting, stunting, underweight) and inadequate vitamins or minerals.**

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of nutrients. Malnutrition is addressed in 2 groups:

**UNDERNUTRITION** is usually thought of as a deficiency primarily of calories (that is, overall food consumption) when a child refuses to eat.



Often results in delayed mental development, poor school performance and reduced intellectual capacity.

**MICRONUTRIENT-RELATED MALNUTRITION**, which includes micronutrient deficiencies (a lack of important vitamins and minerals) or micronutrient excess



Micronutrients enable the body to produce enzymes, hormones, and other substances that are essential for proper growth and development of children.

Malnourished children may be short for their age, thin or bloated, listless and have weakened immune systems. Nutritional disorders can affect any system in the body and the senses of sight, taste and smell. They may also produce anxiety, changes in mood, other psychiatric symptoms and other symptoms like paleness, rashes, or thin hair.

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## PREVENTION

Ensuring a healthy diet with sufficient fruits and vegetables that are high in antioxidants like Vitamin C and E, enhances immunity. Trace elements like Zinc also play an important role in enhancing the protection barrier.



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# Children with Diabetes

by Chua Kai Jia  
sugO365 Program Manager

Yes, you did not hear me wrong. Children can be diagnosed with Diabetes.

In my work with sugO365 (Digitalized diabetic program), I encountered a touching moment. A mom approached me, eager to plan her daughter's birthday bash at McDonald's, complete with a McChicken burger and a yummy cake. But here's the catch: her daughter has Type 1 Diabetes, and managing all that food with insulin seemed overwhelming.

This mom's dilemma wasn't just about throwing a fun party. It was about juggling her child's happiness with her health. She wanted her daughter to enjoy her favorite treats without risking her well-being.

It made me realize the extra effort parents of kids with diabetes put into celebrations. It's not just about the cake and burgers; it's about finding ways to make their child's special moments safe and joy-filled, even if it means extra planning and care. This mom's love for her daughter shone through her desire to create a magical, worry-free birthday celebration.

Type 1 diabetes, once called insulin-dependent or juvenile diabetes can develop at any age. It is a chronic condition which the pancreas produces little to no insulin by itself. Without insulin, blood sugar can't get into cells and causes high blood sugar.

Although currently there is no cure to Type 1 Diabetes, but it can be treated by :

- Following your doctor's recommendations for living a healthy lifestyle
- Managing your blood sugar
- Getting regular health checkups
- Getting diabetes self-management education and support



Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes. So remember this **4T- Toilet** (Frequent urination), thirsty, tired and Thinner (Losing weight). If you see any children having any of these sign and symptoms do bring them for a check with Health Care Professionals.



With the effort to raise the awareness of Type 1 Diabetes, sugO365 make the initiative to create a **Limited Edition Glucometer Bag** for all ONE warriors in Malaysia. It isn't just a glucometer bag, it's a symbol of hope and courage that One warrior will carry with them everyday.

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Scan to get  
your **FREE**  
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Bag Redemption



I am a **Type 1 diabetes warrior**. Nothing can stop me.  
I believe in my own amazing strength. Watch as I  
overcome challenges and inspire others too!

# ONE Limited Edition Glucometer Bag

It inspires my colorful journey.



Limited Edition Glucometer Bag

Dear **ONE Warrior**,  
SCAN & REDEEM  
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# Alpro Eats 健康食堂计划: A Nutritionist-Guided Canteen

To promote healthy eating habits among students  
培养学生的健康饮食习惯



1



## Nutrition Canteen Guide 健康营养食堂

Alpro's Professional Nutritionist/ Dietitian visit the school canteen to discuss & provide dietary advice to canteen vendors.

Alpro专业营养师/ 饮食治疗师到访学校食堂与食堂业主一起讨论健康食谱餐单。

An annual e-book compiling the healthy recipe menu by Alpro's Nutritionist & Dietitian will be shared with the school.

赠送一本由Alpro营养师/ 饮食治疗师编辑的健康食谱餐单电子书给学校。



2



## Healthy Diet School Talk 健康饮食讲座

Students get to understand the importance of healthy eating and how to choose the right food and portions to obtain sufficient nutrition.

让学生了解健康饮食的重要性及如何正确选择食物及分量以摄取足够的营养。

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