



Healthy Vegetarian

健康素食

VOLUME 2

Contents

目录

- Germinated Brown Rice with Sweet Potato and Ginkgo Nuts
番薯白果发芽米饭 2

- Quinoa Salad
藜麦沙拉 4

- Five Element Wholemeal Noodle Soup
五行全麦汤面 8

- Five-colour Vegetables
五色泡菜 10

- Five Element Braised Vegetable Pot
五行炆根基菜砂煲 14

- Flax Seed Drink
亚麻籽水 16

- Miso Soup with Tofu and Nameko Mushrooms
滑子菇豆腐味增汤 20

- Cinnamon Ginger Tea
肉桂姜茶 22

- Reference 24

BENEFIT

- Tomato
番茄 6

- Cucumber
黄瓜 12

- Flax Seeds
亚麻籽 18

- Cinnamon
肉桂 23



Germinated Brown Rice with Sweet Potato and Ginkgo Nuts

番薯白果发芽米饭



INGREDIENTS

材料

175 g germinated brown rice
175 克 发芽糙米

10 ginkgo nuts
10 颗 白果

1 medium-sized (150g) Japanese sweet potato
1 颗 (150克) 日本番薯 (中)

1 tbsp pine nuts
1 汤匙 炒香松子

1 tbsp black sesame
1 汤匙 炒香黑芝麻

A handful wolfberries
少许枸杞

300 ml water
300 毫升 水





STEPS

做法

1. Wash the germinated brown rice, and let it sit for 30 minutes. Then, drain the rice with a sieve.
发芽糙米洗净，静置 30 分钟，用筛子沥干。
2. With the skin on, peel the sweet potato and remove the shells of the ginkgo nuts before putting them into boiling water for 15 minutes. Then, remove the outer skin and core.
番薯带皮切成块状，白果去壳放入滚水中滚 15 分钟，去外皮及心。
3. Put the germinated brown rice, sweet potato, ginkgo nuts, pine nuts and wolfberries into the rice cooker, and add water. Cook completely and sprinkle some black sesame seeds before serving.
将发芽米、番薯、白果、松子与枸杞放入电饭锅，加入水，煮至熟，吃时洒上炒香黑芝麻。



Quinoa Salad

藜麦沙拉



INGREDIENTS

材料

100 g cooked tricolour quinoa
(Please refer to page 5)
100 克 煮熟三色藜麦 (请看第五页)
1 small cucumber
1 条 小黄瓜

3 tbsp cooked snow lotus seed
(Please refer to page 5)
3 汤匙 煮熟雪莲子 (请看第五页)

50 g mixed lettuce
50 克 综合生菜

1 tomato
1 粒 番茄

1 tbsp mixed nuts (pumpkin seeds, walnuts,
almonds and Brazil nuts) (chopped)
1 汤匙 综合坚果 (南瓜子、核桃、杏仁、
巴西果) (切碎)

BASIC VINAIGRETTE

基本油醋酱

2 tbsp olive oil
2 汤匙 橄榄油

1½ tbsp black vinegar
1½ 汤匙 黑醋

1/8 tsp salt
1/8 茶匙 湖盐

1/8 tsp coarse ground black pepper
1/8 茶匙 粗状黑胡椒

1/8 tsp vegetarian seasoning powder
1/8 茶匙 素G粉

1 tsp lime juice
1 茶匙 青柠檬汁



STEPS FOR PREPARING TRICOLOUR QUINOA

三色藜麦煮法

150 g (1 cup) tricolour quinoa

150 克 (1 杯) 三色藜麦

225 g (1½ cups) water

225 克 (1½ 杯) 水

Rinse the quinoa and soak it for 20 minutes. Then, boil the quinoa before simmering it for 10 minutes. Turn off the heat, cover the quinoa and let it sit for 5 minutes.

藜麦略洗，加入水浸泡 20 分钟，开火煮滚，小火煮 10 分钟，熄火，焗 5 分钟。

STEPS FOR PREPARING SNOW LOTUS SEEDS

雪莲子煮法

Soak overnight and drain. Bring water to a boil and add the snow lotus seeds. Boil them over low heat for 15 minutes. Then, dry them and freeze in separate bags. These can later be added to soups, desserts or salads.

浸泡隔夜，隔去水份。水煮滚，放入雪莲子煮滚，小火煮 15 分钟。之后将雪莲子隔干，分袋冷冻。雪莲子可以用来加入汤、甜点或凉拌等。



STEPS

做法

1. Dice the small cucumber and tomato. Then, mix these with the snow lotus seeds and quinoa.
小黄瓜、番茄切丁，加入雪莲子、藜麦混合。
2. Serve on a plate decorated with lettuce, dress with vinaigrette and sprinkle the mixed nuts over the salad.
放在装有生菜盘上，淋上油醋酱，洒上综合坚果即可。

Tomato

番茄

Tomato is rich in lycopene, a non-provitamin A carotenoid that is responsible for its red colour.

Studies have shown that the consumption of foods containing lycopene may reduce cancer risk. Epidemiological evidence has shown a strong link between tomato product consumption and a reduced incidence of prostate cancer¹. Another study has suggested that the consumption of lycopene containing foods may decrease the risk for breast cancer in postmenopausal women².

Lycopene may also be able to reduce cholesterol synthesis and increase low-density lipoprotein (LDL) degradation³. Another study found that the consumption of fresh tomato and tomato juice leads to a reduction in blood triglycerides and LDL cholesterol while increasing high-density lipoprotein (HDL) cholesterol⁴.

番茄之所以红色是因为富含一种称为番茄红素的非维生素A类胡萝卜素。

研究表明食用含有番茄红素的食物可能会降低癌症或心血管疾病风险。流行病学证据显示，多食用番茄产品可以大大降低前列腺癌发病率¹。另一项研究表明，食用含有番茄红素的食物可以降低绝经后妇女患乳腺癌的风险²。

番茄红素也可以降低胆固醇合成，让低密度脂蛋白（LDL）胆固醇降解³。另一项研究发现，新鲜番茄和番茄汁也会降低甘油三酯和 LDL 胆固醇，而增加高密度脂蛋白（HDL）胆固醇⁴。



Five Element Wholemeal Noodle Soup

五行全麦汤面

INGREDIENTS

材料

100 g white radish
100 克 白萝卜

100 g carrot
100 克 红萝卜

4 dried mushrooms (soaked overnight and destemmed)
4 朵 干香菇 (浸泡隔夜，去蒂)

60 g burdock
60 克 牛蒡

700 ml kombu broth (Please refer to page 9)
700 毫升 昆布高汤 (请看第九页)

100 g wholemeal noodles
100 克 全麦面条

1 - 2 bunches radish leaves (sliced)
1 - 2 株 (切丝) 萝卜叶

BASIC VINAIGRETTE

酱料

½ tsp salt
½ 茶匙 湖盐

½ tsp vegetarian seasoning powder
½ 茶匙 素G粉

½ tsp soy sauce
½ 茶匙 酱油

CAUTION

温馨提示

Burdock is not suitable for pregnant women and children.

牛蒡不适合孕妇和孩童食用。





STEPS FOR PREPARING THE KOMBU BROTH

昆布高汤煮法

2 pieces kombu (size 5 x 10 cm)
2 块 昆布 (5x10公分大小)

1000 ml water
1000 毫升 水

Wipe the kombu with a clean cloth, or rinse it under running water. Keep it in a bottle, add water and cap the bottle. Place the bottle in the refrigerator overnight (8 to 10 hours). Remove the kombu the next day. The remaining water is the kombu broth.
昆布以干净布擦拭，或略冲水，入瓶中，加水加盖。放置冰箱1晚（8~10小时），隔日取出昆布，剩下的水即是昆布高汤



STEPS 做法

1. Cut all the ingredients into slices (excluding radish leaves). Boil them in the kombu broth for approximately 30 minutes. Then, season with salt and vegetarian seasoning powder.
将材料（萝卜叶除外）切成滚刀块状。与昆布高汤一起熬煮约 30 分钟后，以湖盐、素G粉调味。
2. Boil the broth over high heat. Add and cook the wholemeal noodles for 2 to 3 minutes. Then, add some soy sauce for flavouring. Lastly, pour the soup over the noodles and sprinkle the radish leaves and serve.
大火煮沸，放入全麦面条煮 2-3 分钟，拌入少许酱油使味，最后将汤料淋上面条并洒上萝卜叶即可。



Five colour Vegetables

五色泡菜

INGREDIENTS

材料

100 g cabbage
100 克白菜

100 g white radish
100 克白萝卜

1 piece small cucumber
1 条小黄瓜

½ piece pear
½ 粒梨

2 stalks Chinese celery
2 颗中式芹菜

2 stalks spring onions
2 棵青葱

20 g garlic
20 克蒜头

25 g young ginger
25 克嫩姜

SEASONINGS

酱料

Salt to taste
少许盐

3 tbsp plum vinegar
3 汤匙梅子醋

Salt water 盐水
(1 tbsp coarse salt + 200 ml water) for pickled cabbage
and white radish
(粗盐 1 汤匙 + 水 200 毫升) (腌白菜、白萝卜用)

Chilli water 辣椒水
(1 tbsp Korean chilli sauce + 100 ml water)
(韩国辣椒酱 1 汤匙 + 水 100 毫升)





STEPS

做法

1. Cut the cabbage into 3 cm cubes, and cut the white radish into thick strips. Soak in salt water for 1 hour. Then, rinse and drain them. Cut the small cucumber into 4 mm thick round slices, and cut the pear into small pieces. Then, cut the celery and spring onions into small pieces. Next, slice the garlic and shred the ginger.
白菜切成 3 公分 块状，白萝卜切成粗条，泡盐水 1 小时，冲洗沥干；黄瓜切成 4 毫米 厚圆片，梨切粒，芹菜、青葱切段，蒜头切片，姜切丝。
2. Preparing chilli water: Boil 100 ml of water and let it cool. Sprinkle with chili powder and mix well. Add cabbage and white radish until they appear reddish.
制作辣椒水：煮沸 100 毫升 的水后放凉，洒入辣椒粉拌匀，放入白菜、白萝卜，使蔬菜变成红色。
3. Add the remaining ingredients in (1), and sprinkle salt to season. Keep refrigerated for 1 day before serving.
放入 (1) 剩下的材料，洒入盐调味，放入冰箱发酵 1 天才可享用。

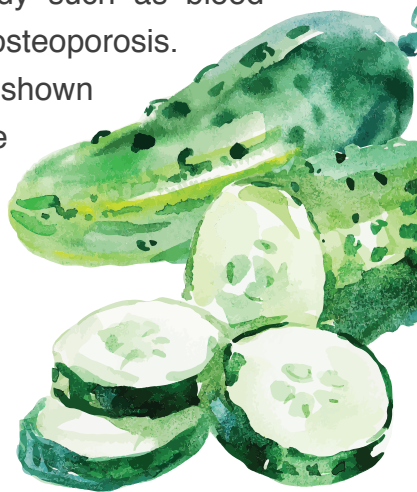
Cucumber

黃瓜

Cucumber is one of the healthiest vegetables in the world. It is low in calorie and carbohydrate, and consists mostly of water. It has potential antidiabetic, lipid lowering and anti-oxidant activity⁵. Cucumber also helps in cleansing by removing accumulated waste and chemical toxins in the body⁵.

Cucumber contains a substance known as cucurbitacin E which has been shown to prevent cell proliferation and induce apoptosis in cancer cells⁶. Cucurbitacin E also shows potential in preventing chronic diseases due to free radicals and oxidative damage⁶.

Cucumber also provides vitamin K. Vitamin K plays a very significant role in the human body such as blood clotting and the prevention of osteoporosis. Human intervention studies have shown that vitamin K can increase bone density and also reduce the rate of fractures⁷.





黄瓜是世界上最健康的蔬菜之一。它的热量和碳水化合物低，而主要是由水组成。它能降血糖和血脂，并且具有抗氧化活性⁵。黄瓜也有助于清除体内累积的废物和化学毒素⁵。

黄瓜中含有一种称为葫芦素E的物质。这物质可以阻止癌细胞的增殖和诱导癌细胞凋亡⁶。葫芦素E的生物活性已被广泛研究，具有预防自由基和氧化损伤相关疾病的功效⁶。

黄瓜也提供维生素K。维生素K在人体中起着非常重要的作用，比如凝血和预防骨质疏松症。研究表明，维生素K可以增加骨密度，同时也能降低骨折的发生率⁷。



Five Element Braised Vegetable Pot

五行炆根茎菜砂煲

INGREDIENTS

材料

50 g soybeans
50 克 黄豆

1200 ml water
1200 毫升 水

50 g carrot
50 克 红萝卜

50 g black konjac
50 克 黑蒟蒻

50 g white konjac
50 克 白蒟蒻

50 g lotus root
50 克 莲藕

50 g Shitake mushroom
50 克 冬菇

5 g kombu
5 克 昆布

SAUCE

酱汁

800 ml water (used to boil soybeans)
800 毫升 煮过黄豆的水

1 tbsp mirin
1 汤匙 味琳

1 tsp rock sugar
1 茶匙 绵冰糖

2½ tbsp Japanese light soy sauce
2½ 汤匙 日本酱青

2 tsp sesame oil
2 茶匙 麻油

STEPS

做法

1. Rinse the soybeans and soak in water for 8 hours. Drain and add 1 litre of water. Then, boil over high heat before simmering over low heat for 45 minutes. Keep 800 ml of soybean water.
黄豆洗净，用水浸泡 8 个小时，沥干水份，再加入 1 公升水，以大火煮滚，改用小火煮 45 分钟，保留豆水 800 毫升。
2. Cut the black konjac, white konjac, red carrot and lotus root into slices. Soak the Shitake mushrooms overnight, and cut them into quarters. Rinse the kombu, and cut them into small cubes.
黑、白蒟蒻、红萝卜和莲藕切滚刀型。冬菇浸泡隔夜，切成 4 等份，昆布略洗，剪小方块。
3. Put the black konjac and white konjac into boiling water for 1 minute, and drain the water (to remove the smell of ammonia).
黑、白蒟蒻放入沸水中氽烫 1 分钟，沥干水份（以去掉氨味）。
4. Add soybeans, Shitake mushrooms and lotus roots to the soybean water. Boil over high heat, then simmer over low heat for 1 hour. Add the konjac and carrot before boiling for another 20 minutes. Lastly, add sesame oil.
将黄豆、冬菇、莲藕加入黄豆水，大火煮滚，小火煮 1 小时，加入蒟蒻、红萝卜再煮 20 分钟，最后加入麻油。



Flax Seed Water

亚麻籽水

INGREDIENTS

材料

1 tbsp flax seed

1 汤匙 亚麻籽

250 ml water

250 毫升 水

STEPS

做法

1. Soak the flax seeds in warm water for at least 3 hours. Then, blend the flax seeds using a blender for 30 seconds.
亚麻籽先以温开水浸泡至少 3 小时，用高马力调理机 30 秒打成汁。





Flax seeds

亚麻籽

Flax seeds are rich in omega-3 fatty acids, lignans, and many other plant compounds. They also contain high amounts of thiamine (vitamin B1), magnesium and manganese.

Flax seed is rich in fibre and fibre plays an important role in regulating blood sugar and cholesterol levels⁸. It also helps to promote satiety resulting in better weight loss control. The fibre in flax seeds also serves as a fuel for friendly gut bacteria which improve digestive health⁹.

Flax seed is one of the richest known source of lignans (9-30 mg per gram). The lignin precursor can potentially prevent cancer in the breast, lung and colon due to its strong anti-proliferative, anti-oxidative, anti-oestrogenic activity¹⁰.



亚麻籽富含欧米加-3脂肪酸、木脂素和许多其他植物化合物。它还含有大量硫胺素（维生素B1）、镁和锰。

亚麻籽富含纤维，纤维在调节血糖和胆固醇水平方面起着重要作用⁸。它也有助于提升饱腹感，从而帮助人们减肥。亚麻籽中的纤维也为肠道里的益生菌提供燃料，以改善消化系统健康⁹。

亚麻籽是木脂素的最佳来源，每克亚麻籽含有 9-30 毫克木脂素。木质素前体由于其强大的抗增殖，抗氧化，抗雌激素活性，可以预防乳腺癌，肺癌和结肠癌¹⁰。

Miso Soup with Tofu and Nameko Mushrooms

滑子菇豆腐味增汤



INGREDIENTS

材料

2 tbsp spring onions
2 汤匙 青葱粒

3 tbsp white miso
3 汤匙 白味增

50 g tofu (cubes)
50 克 豆腐(切丁)

400 ml kombu broth
(Please refer to page 21)
400 毫升 昆布高汤
(请看第二十一页)

50 g Nameko mushrooms
50 克 滑子菇

TIPS

温馨提示

You can add wakame or red radish to the broth.
汤内可以加入海带芽或红白萝卜。



STEPS

做法

1. Bring the kombu broth to a boil and add the Nameko mushrooms and boil them. Turn off the heat and add miso and tofu cubes.
昆布高汤煮滚，加入滑子菇煮滚，熄火加入味噌、豆腐丁。
2. Serve the broth in a bowl, and sprinkle some spring onions.
盛入碗中，面撒青葱粒。



STEPS FOR PREPARING THE KOMBU BROTH

昆布高汤煮法

2 pieces kombu (size 5 x 10 cm)
2 块 昆布 (5x10 公分大小)

1000 ml water
1000 毫升水

Wipe the kombu with a clean cloth, or rinse it under running water. Keep it in a bottle, add water and cap the bottle. Place the bottle in the refrigerator overnight (8 to 10 hours). Remove the kombu the next day. The remaining water is the kombu broth.
昆布以干净布擦拭，或略冲水，入瓶中，加水加盖。放置冰箱1晚（8~10小时），隔日取出昆布，剩下来的水即是昆布高汤



Cinnamon Ginger Tea

肉桂姜茶

INGREDIENTS

材料

30 g old ginger
30 克 老姜

1 cinnamon stick
1 根肉桂棒

1000 ml water
1000 毫升 水



STEPS

做法

1. Wash, peel the ginger skin and slice into thin slices.
姜洗净，去皮，切成薄片。
2. Boil the ginger and cinnamon stick in boiling water. Then, simmer them over low heat for 1 hour.
将姜、肉桂棒、水煮沸后小火煮1小时。

Cinnamon

肉桂

Cinnamon is a spice that is made from the inner bark of trees called Cinnamomum. Cinnamon contains significant amount of antioxidants such as polyphenols. A study has shown that cinnamon has one of the highest antioxidant activity among 26 common spices¹¹.

Cinnamon may also reduce the risk of heart disease and diabetes. A study shows that when participants consume cinnamon for a period of 4 to 18 weeks, there is a significant decrease in their total cholesterol, LDL cholesterol, triglyceride, and blood glucose while increasing HDL cholesterol¹².

It may also be protective against cancer by reducing the growth of cancer cells and preventing the formation of blood vessels in tumours¹³⁻¹⁵.

肉桂是由一种樟属树木的内部树皮制成的香料。肉桂中含有大量的抗氧化剂，如多酚。一项研究表明，肉桂是 26 种常见香料中抗氧化活性最高之一¹¹。

肉桂可以有助于降低心脏病和糖尿病的风险。一项研究表明，当参与者食用肉桂 4 到 18 周时，他们的总胆固醇，低密度脂蛋白胆固醇，甘油三酯和血糖显著下降，同时增加高密度脂蛋白胆固醇¹²。

除此之外，它还可以通过减少癌细胞的生长和防止肿瘤中血管的形成来预防癌症¹³⁻¹⁵。



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365



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