

## Tips to reduce your fat & salt intake (Table 1)

- ✓ Choose fresh fish, lean meat & poultry without visible fats and skin.



- ✓ Choose unsaturated oils, such as canola, corn, olive, soybean and sunflower oils.



- ✓ Choose skimmed or low fat dairy products.



- ✓ Go for low fat cooking methods: steam, boil, stir-fry etc.



- ✓ Make use of herbs and spices to flavour foods.



- ✗ Avoid choosing highly processed / preserved foods.



\*\* Please speak to your doctor if you wish to consult one of our dietitians for more individualized diet advice

## Location



- A** Linkway @ Level 1 Via MRT station (Exit A)
- B** Linkway @ Level 1
- C** Linkway @ Level 4
- Drop off only
- Bus Stop
- Carpark
- Taxi Stand / Drop off
- Kent Ridge MRT Station @ Level 1



**National University Hospital**  
5 Lower Kent Ridge Road, Singapore 119074  
Tel: 6779 5555 Fax: 6779 5678 Website: www.nuh.com.sg

### Contact Information

#### National University Heart Centre, Singapore

1 Main Building of NUH  
**Opening Hours:** 8.30 am - 5.30 pm (Monday - Friday)  
Closed on Weekend & Public Holidays  
**Website:** [www.nuhcs.com.sg](http://www.nuhcs.com.sg)

### Getting to NUH

#### Circle Line Kent Ridge MRT Station

Commuters can transit at the Buona Vista MRT Interchange and alight two stops after at the Kent Ridge Station. The station is served by three exit-entry points.

**Exit A:** Right at the doorstep of National University Heart Centre, Singapore.

**Exit B:** Along South Buona Vista Road, which links to Singapore Science Park 1.

**Exit C:** Leads to NUH Medical Centre.

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**Make a donation and help us continue the fight for every heartbeat!**

To make an online donation, log on to <http://www.nuhcs.com.sg/make-a-gift.html>

## National University Heart Centre, Singapore

A member of the NUHS



## Foods for a Healthy Heart

View patient education videos on **NUHCS YouTube** page!

STEP 01



Download a FREE QR Reader on your smartphone and scan the QR code.

STEP 02



The QR code will decode instantly. You'll be brought to [www.youtube.com/user/NUHCS](http://www.youtube.com/user/NUHCS)

In collaboration with NUH Dietetics Department



Scan the QR code

Moderation is the key to eating healthily. Generally, this might include a diet low in fat, salt and high in fibre. You should aim to maintain a healthy body weight together with regular exercise in order to reduce your risk of chronic diseases such as heart disease, diabetes, obesity, high blood cholesterol and hypertension.

## If I have high cholesterol levels, what can I eat?

Excessive fat consumption can cause unnecessary weight gain. This might increase your cholesterol levels and risk of developing heart disease. To help control your blood cholesterol levels, avoid foods that are high in saturated fats and trans fats. You may choose to replace these with unsaturated fats instead (refer to table 1 for examples).



## How can I increase my intake of fibre?

Dietary fibre helps with promoting healthier bowel function and reduces the risk of coronary heart disease. Eat at least two portions of fruits and two portions of vegetables a day.



Other good sources of fibre include: oats, wholegrain / wholemeal products, brown / unpolished rice, legumes and pulses.

## Curry Chicken Serves 4

### Ingredients

- 1kg chicken (skin and fat removed) chopped
- 2 medium potato
- 2 large onions (thinly sliced)
- 2 sprigs curry leaves
- 2 medium tomatoes (chopped)
- Ginger 3-4cm & garlic 4 cloves (pounded to a paste)
- 2 ½ cups low fat milk or unsweetened soy milk
- 4 cups water
- 2 tbsp unsaturated oil
- Pinch of salt
- 1 cinnamon stick
- 4-5 tbsp of chicken curry powder

### Method

- 1 To 'heat marinade' first - In a medium pot, place the chicken, garlic/ginger paste, tomatoes, 1 sprig of curry leaves, 1/2 of the onions and 2-3 tablespoons of the curry powder together. Add 1/2 bowl of water to simmer on a very low fire. Stir every now and then, make sure there is still a bit of water in the pot. Simmer for about 30-40 mins.
- 2 In a separate pot, boil potatoes with their skin until 3/4 cooked. Remove skin and cut into large pieces.
- 3 In a pot, add a bit of oil, sauté the curry leaves with the cinnamon stick and remaining onion till fragrant. Add the marinated curried chicken and simmer for 10 mins. Add a bit of water (½ cup) at this stage.
- 4 Add the boiled potatoes, milk and a pinch of salt. Turn up the fire, boil the mixture and leave to simmer for another 30 mins on low fire.
- 5 Sprinkle a bit of coriander for garnish.

\* For puree: remove the cinnamon stick and coriander. Debone the chicken pieces and puree.



## Eight Treasure Porridge Serves 2

### Ingredients

- ¼ cup raw brown rice\* & ¼ cup white rice OR ½ cup healthy rice
- 3 tbsp red beans, soaked overnight
- 4 tbsp oats, quick cooking
- 200g fish fillets / chicken breast (boneless), finely chopped (for vegetarians: use vegetarian fish / chicken / tauhu)
- 1 tbsp chinese wine / mirin (optional)
- ½ carrot, shredded
- ½ cup medium sweet potato (japanese / local), cubed
- 1 slice ginger
- Pinch of white pepper
- 1 cup raw cabbage, finely chopped
- 1 tbsp ikan bilis (anchovy), soaked for 10 mins and rinsed^
- 1 tbsp soy sauce
- ½ tsp sesame oil

\* Soak in hot water for 1 hour. May use shortgrain brown rice for a starchier porridge.

^ May omit the ikan bilis and use homemade fish broth instead.

### Method

- 1 If using fish, marinate the fish with the wine / mirin, 1 tsp soy sauce and sesame oil. Set aside.
- 2 To the broth, add the rice, red beans, sweet potato, carrot. Ring to boil. Reduce heat and simmer, partially covered, until porridge & vegetables turn soft.
- 3 Add in the meat / vegetarian meat, ginger and the rest of the vegetables and all the seasoning. Simmer gently for another 15 to 20 mins.
- 4 Garnish with spring onions & parsley.

**Note: Make sure the fire is on the lowest and recommend occasional stirring to prevent burning.**

