

10 Health Tips for a Happy Lunar New Year & Nutritious Recipe!



As the Lunar New Year approaches, embracing joy and good health is essential. Here are ten quick tips for celebrating while staying healthy, along with a delicious and nutritious recipe:

- **Stay Hydrated:** Drink plenty of water to stay refreshed and aid digestion.
 - **Balanced Feasting:** Enjoy delicious foods while incorporating fruits, veggies, and lean proteins.
 - **Mindful Eating:** Appreciate each bite and watch portion sizes to avoid overeating.
 - **Stay Active:** Take family walks or join in traditional dances to keep moving.
 - **Prioritize Rest:** Get enough sleep to recharge your body and mind.
 - **Moderate Sweets:** Indulge in sweets in moderation to limit sugar intake.
 - **Limit Alcohol:** If you drink, do so responsibly and in moderation.
 - **Hand Hygiene:** Keep hands clean to prevent the spread of germs during gatherings.
 - **Manage Stress:** Take breaks and practice relaxation techniques to reduce stress.
 - **Cherish Connections:** Spend quality time with loved ones for a fulfilling celebration.
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Nutritious RecipeGold and Silver Dessert Soup (2 servings)

Ingredients:

- Corn Kernels 1/2 medium bowl
- Water Chestnuts 1/2 medium bowl (~5-6 pieces)
- Snow Fungus 1 piece (~10g)
- Calcium fortified soy milk 1.5 cup (360mL)
- Water 0.5 cup (120mL)

Methods:

1. Immerse the white fungus in water until soften, wash thoroughly then tear to small pieces for use
2. Wash the water chestnuts, peel and cut into small cubes
3. Put water into saucepan, add corn kernels and water chestnuts to cook for 15-20 minutes, then add white fungus and Calcium fortified soy milk to boil. Ready to serve.

Dietitian's Tips:

- The use of corn kernels, water chestnuts and white fungus provides not only crunchy texture but also increases the fibre content of the dessert soup.
- Calcium fortified soy milk contains sugar, we can add less sugar when cooking while increases our calcium intake.

Nutrient Analysis (1 serving):

- Energy (kcal) 141.3
- Protein (g) 5.6
- Fat (g) 3.3
- Carbohydrate (g) 22.1
- Fiber (g) 2.9
- Calcium (mg) 308.7

Disclaimer: No content on this site, regardless of date, should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician.

Source: <https://www.studenthealth.gov.hk/>