

Housing Channel

Title: Healthy Recipes for Elderly (Coming Soon)

Super: Healthy Recipes for Elderly

Candy Chea: Hello everyone, I am glad to have my two senior friends
Fatt and Sheung to make dumplings together

Fatt and Sheung: Hi everyone

Sheung: I have already cleaned my hands

Fatt: I am ready as well

Super: Dumplings with Zucchini, Lean Meat and Oats
Instant oats
Dumpling wrapper
Minced lean pork
Zucchini

Candy Chea: Today, we will make the dumplings with Zucchini, lean meat
and oats
The Housing Authority and the Department of Health have
joined hands to produce for the elderly
The "Healthy Recipes for Elderly" and this is one of the
recipes

Super: High blood pressure
High blood sugar
High cholesterol

Fatt: That's great! We, at our age now, can easily get "Three
Highs"

We have to be very careful about our daily choice of food

Sheung: So true! Just like me, many senior friends have chewing difficulties with weak teeth
They have to give up a lot of food and this can affect their nutrition

Candy Chea: That's why dietitians from Elderly Health Service of the Department of Health make use of seasonal produce to design 12 healthy recipes for the senior friends
The dumplings that we are making today is a good example

Fatt: I have made different kinds of dumplings before but have never used oats
What's good about it?

Candy Chea: Oats can absorb water to give a soft texture
No need to add fatty pork

Sheung: They look so delicious!
The dumplings have the fragrance from zucchinis
low in fat and easy to chew

Candy Chea: Yes, the ingredients used in these seasonal recipes are nutritious with high fibre, low fat and sodium

Super: High fibre
Low fat
Low sodium

Fatt: They can easily be found in the market and affordable, too

Sheung: I would recommend the recipes to my friends and neighbours in the estate

Fatt: Where can we get the recipes?

Candy Chea: The Housing Authority 's "Healthy Ageing in Public Rental Housing Estates" programme has already turned the seasonal recipes into 12 video episodes
They will soon be broadcast on "Housing Channel"
Public Rental Housing tenants can watch the episodes on the TVs in the lift lobbies
While other people may check out the Housing Authority's Facebook/IG and YouTube to watch the episodes

Fatt and Sheung: Eat right

Candy Chea, Fatt and Sheung: and be a healthy elderly!