

Simply DELICIOUS



Recipes specially created for people with diabetes



Dear Readers,

Welcome to the second edition of 'Simply Delicious' that offers a whole new collection of interesting recipes with **NUTREN® Untuk Diabetik™** Formula Dietary Food. The recipes were created bearing in mind that wholesome and delicious meals can be easily prepared at home using **NUTREN® Untuk Diabetik™** Formula Dietary Food. With this booklet in hand, you'll be dishing up meals that can be enjoyed by all, diabetics who have special nutritional needs as well as anyone who appreciates good food.

'Simply Delicious' second edition is a special project headed by Nestlé Health Science Malaysia and supported by a team of dietitians from Sime Darby Healthcare. You can prepare the recipes with confidence knowing they have been tried and tested by our team which includes dietitians and culinary professionals. A recipe key nutritional chart is helpful when planning your daily menu.

I hope that you'll try out every recipe and discover new tastes that could be shared with family and friends. Every meal can be a journey of fresh experiences for everyone!

With healthy wishes,
Dietetics & Food Services
Sime Darby Healthcare
www.simedarbyhealthcare.com

The information is solely for educating the public and does not constitute an endorsement of any products or services. Questions regarding its contents and use should be directed to a qualified dietitian.



Complete and balanced nutrition for people who need to manage their blood sugar level.



Glycemic Index (GI)

The Glycemic Index (GI) is a measure of the effect carbohydrates have on blood sugar levels. Products with a low GI (less than 55) release sugar more slowly into the blood stream and thus leads to a smaller increase in blood sugar.

NUTREN® Untuk Diabetik™ has a GI of 28

Dietary Fibre

The Malaysian Medical Nutrition Therapy Guidelines for Type 2 Diabetes recommend a daily intake of 20 – 30g dietary fibre.

NUTREN® Untuk Diabetik™ contains unique fibre blend.

Monounsaturated Fatty Acids (MUFAs)

The Malaysian Medical Nutrition Therapy Guidelines for Type 2 Diabetes recommend maximising MUFAs intake in their recommendation on total fat intake per day. MUFAs lead to desirable blood lipid profiles, which is important in the management of diabetes.

NUTREN® Untuk Diabetik™ is added with MUFAs.

Reference: 1. Medical Nutrition Therapy Guidelines for Type 2 Diabetes, MDA & MOH March 2005.
2. www.glycemicindex.com

NUTREN® Untuk Diabetik™ is available at all leading pharmacies.

For more information, please consult your medical professional or call us at **1 800 88 3433**, or visit our website **www.nestle.com.my**

CHICKEN PUMPKIN SOUP

Serves 6

Ingredients

200g pumpkin flesh, boiled and mashed
50g potato, diced
1 litre water
50g lean chicken meat, diced
Pepper to taste
5 scoops **NUTREN® Untuk Diabetik™**
Formula Dietary Food diluted with 100ml water
½ tsp chopped parsley for garnishing

Method

1. Add water to pumpkin and potato, and simmer till they soften.
2. Add in chicken meat, bring to boil and skim off impurities floating on top of the soup.
3. Add pepper to taste.
4. Lastly, stir in **NUTREN® Untuk Diabetik™** Formula Dietary Food and immediately remove from heat.
5. Garnish with chopped parsley and serve hot.

Good to know:

Chicken meat can substituted with fish fillet.



| NUTRITIONAL INFORMATION | PER SERVING : 58g |
|-------------------------|-------------------|
| Energy | 58kcal |
| Carbohydrate | 7g |
| Protein | 4g |
| Fat | 1g |

HIGH FIBRE IDDLY

Makes 16 medium pieces

Ingredients

- 1¾ cups uncooked rice
- ¾ cup black gram dhal
- 1 tbsp cooked rice
- ¾ - 1 cup water
- 1½ tsps salt
- 7 scoops **NUTREN® Untuk Diabetik™** Formula Dietary Food
- 1 tsp bicarbonate soda
- 1 tbsp chopped coriander leaves

Method

1. Soak the rice and black gram dhal in water for 3 hours. Then wash and drain the rice and dhal.
2. Blend rice and dhal together with cooked rice and water. Adjust water as it should be just nice to cover the grains.
3. Add in salt to the batter and leave overnight, for mixture to ferment.
4. The next day before preparing the iddly, add **NUTREN® Untuk Diabetik™** Formula Dietary Food, bicarbonate soda and chopped coriander leaves; mix well. Pour batter into the iddly mould and steam for 15 - 20 mins.
5. Serve iddly with dhal curry.

Good to know:

Brown rice can be used instead of white rice in the recipe.



| NUTRITIONAL INFORMATION | PER SERVING : 22g |
|-------------------------|-------------------|
| Energy | 123kcal |
| Carbohydrate | 22g |
| Protein | 4g |
| Fat | 2g |

CHICKEN SALAD SANDWICH

Serves 6

Ingredients

Ingredients A

- 4 scoops **NUTREN® Untuk Diabetik™** Formula Dietary Food

- 2 tbsps low fat or fat-free mayonnaise
- 3 tbsps chopped spring onion
- ½ tsp mustard sauce
- Black pepper to taste
- 100g cooked chicken breast, shredded

- 6 slices wholemeal bread
- Soft butter for spreading
- Lettuce, few slices
- Cucumber, sliced

Method

1. Mix ingredients A into a smooth paste.
2. Spread wholemeal bread with butter. Arrange lettuce and spread the chicken filling; top with sliced cucumber and bread.
3. Trim the edges and cut into desired shape.
4. Serve immediately.

Good to know:

Nestlé low fat yogurt (natural) can be used to replace mayonnaise.



| NUTRITIONAL INFORMATION | PER SERVING : 57g |
|-------------------------|-------------------|
| Energy | 123kcal |
| Carbohydrate | 15g |
| Protein | 8g |
| Fat | 3g |

ROTI JALA WITH CHICKEN CURRY

Serves 4

Ingredients

Roti Jala

250g plain flour, sifted
10 scoops **NUTREN® Untuk Diabetik™** Formula Dietary Food
Pinch of turmeric powder
½ tsp salt
1 litre water
1 whole egg, lightly beaten
1 tbsp vegetable oil (greasing)

Chicken Curry

1 sachet MAGGI® Chicken Curry Paste
5 shallots, 3 cloves garlic, 50g ginger (ground)
4 stalks curry leaves
3 cloves
2cm cinnamon stick
50g chicken breast; discard skin and fat, diced
2 medium potatoes, diced
2 cups hot water
3 medium tomatoes, diced
8 scoops **NUTREN® Untuk Diabetik™** Formula Dietary Food mixed with 1 cup water

Method

1. In a mixing bowl, mix well roti jala ingredients until smooth. Set aside for 10 minutes.
2. Heat non-stick pan and grease with a little oil. Using roti jala mould, swirl mixture on the pan. Cook over low heat until cooked and fold roti jala into desired shape. Repeat process until all the batter is used up.
3. In another saucepan, heat MAGGI® Chicken Curry Paste, ground ingredients, curry leaves, cloves and cinnamon stick until fragrant.
4. Add in chicken and potatoes; fry for 5 minutes. Pour in water and simmer for 30 minutes over low heat.
5. Add in tomatoes and cook for 2 minutes. Mix in **NUTREN® Untuk Diabetik™** Formula Dietary Food and stir for a while.
6. Serve chicken curry with roti jala.



| NUTRITIONAL INFORMATION | PER SERVING : 139g |
|-------------------------|--------------------|
| Energy | 158kcal |
| Carbohydrate | 10g |
| Protein | 16g |
| Fat | 5g |

TAU FOO FAH

Serves 10

Ingredients

1 tsp agar-agar powder
150ml water
375ml soya milk (sugar-free)
2 pandan leaves
10 scoops **NUTREN® Untuk Diabetik™** Formula Dietary Food dissolved in 300ml water

Method

1. In a saucepan, mix agar-agar powder with water, soya milk and pandan leaves.
2. Bring to boil under moderate heat until the mixture is boiled.
3. Pour in **NUTREN® Untuk Diabetik™** Formula Dietary Food and cook under low heat for 2 minutes (do not boil the mixture). Stir well.
4. Remove from heat and pour into containers. Keep refrigerated.
5. Serve chilled.



| NUTRITIONAL INFORMATION | PER SERVING : 56g |
|-------------------------|-------------------|
| Energy | 83kcal |
| Carbohydrate | 9g |
| Protein | 5g |
| Fat | 3g |

CREPES WITH FRUIT

Makes 6 pieces

Ingredients

Crepes

Ingredients A

50g plain flour, sifted
50g wholemeal flour, sifted
3½ scoops **NUTREN®
Untuk Diabetik™**
Formula Dietary Food
mixed with 110ml water
300ml water
1 egg, lightly beaten
1 tsp vanilla essence
1 tbsp vegetable oil (greasing)

Vanilla Sauce

2 egg yolks
1 tsp vanilla essence
5 scoops **NUTREN®
Untuk Diabetik™**
Formula Dietary Food
dissolved in 150ml water
1 bowl fresh fruit

Method

1. To make the crepes, whisk well ingredients A until mixture forms a smooth batter. Leave to stand for 20 minutes.
2. Heat pan and spread oil evenly. Add batter and swirl in circular movements to spread the mixture evenly.
3. Cook over low heat until the edge starts curling up; remove from pan. Repeat process until all batter is used up; set aside.
4. To make vanilla sauce, lightly whisk egg yolks with essence. Pour in **NUTREN® Untuk Diabetik™** Formula Dietary Food and stir under low heat until the mixture slightly thickens. Remove from heat and chill.
5. Serve crepes with vanilla sauce and fresh fruit.

Good to remember:

Add 2 tablespoons of oats to the batter to increase the fibre content.



| NUTRITIONAL INFORMATION | PER SERVING : 75g |
|-------------------------|-------------------|
| Energy | 94kcal |
| Carbohydrate | 14g |
| Protein | 4g |
| Fat | 2g |

MANGO SMOOTHIE

Serves 2

Ingredients

Ingredients A

½ cup or 100ml fresh orange juice
¼ medium mango, peeled & diced
1 cup ice cubes

Ingredient B

4 scoops **NUTREN® Untuk Diabetik™**
Formula Dietary Food

Method

1. Blend in ingredients A until ice cubes are crushed.
2. Mix in ingredient B and blend till **NUTREN® Untuk Diabetik™** Formula Dietary Food dissolves.
3. Pour into glasses and serve immediately.

| NUTRITIONAL INFORMATION | PER SERVING : 250ml |
|-------------------------|---------------------|
| Energy | 113kcal |
| Carbohydrate | 15g |
| Protein | 4g |
| Fat | 4g |



SWEET & SOUR PAPAYA SMOOTHIE

Serves 2

Ingredients

Ingredients A

- ½ cup or 100ml fresh orange juice
- 1 slice soft ripe papaya, remove skin
- 1 cup ice cubes

Ingredient B

4 scoops **NUTREN® Untuk Diabetik™** Formula Dietary Food

Method

1. Blend ingredients A until ice cubes are crushed.
2. Mix in ingredient B and blend till **NUTREN® Untuk Diabetik™** Formula Dietary Food dissolves.
3. Pour into glasses and serve immediately.

| NUTRITIONAL INFORMATION | PER SERVING : 250ml |
|-------------------------|---------------------|
| Energy | 126kcal |
| Carbohydrate | 18g |
| Protein | 5g |
| Fat | 3g |

