

កម្មវិធីប្រយោជន៍សម្រាប់ អ្នកចាស់

Cambodian Seniors Nutrition Program

Gardening Guide

Celery

(*Chen Chau*)

Uses:

- ✓ Porridge
- ✓ Stir fry
- ✓ Stews

Nutrition Facts:

- ✓ Low in Saturated Fat
- ✓ Very low in Cholesterol
- ✓ Riboflavin
- ✓ Vitamin B6
- ✓ Pantothenic Acid
- ✓ Calcium Magnesium
- ✓ Phosphorus
- ✓ Very good source of Dietary Fiber
- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Vitamin K
- ✓ Folate
- ✓ Potassium
- ✓ Manganese



Dragon fruit aka Pitaya or Pithaya (*Sa kaw neak*)

Uses:

- ✓ Fruit

Nutrition Facts:

- ✓ Riboflavin
- ✓ Niacin
- ✓ Fiber and no cholesterol
- ✓ Heart healthy fat monounsaturated fat
- ✓ Iron
- ✓ Phosphorus
- ✓ Vitamin C
- ✓ Vitamin A
- ✓ Reduces blood glucose levels and blood pressure
- ✓ Attributed as acting as a cancer preventative
- ✓ Prevent memory loss
- ✓ Beneficial for body systems
 - ✓ Skin, bones, teeth and eyes
- ✓ High in antioxidant (phytoalbumins)
 - ✓ Fight free radicals that damage cells and DNA



Banana

(*j-ake*)

Uses: (Riped and unripped)

✓ Bud

- ✓ In soups
- ✓ Salads

✓ Leaves

- ✓ As a wrap for
 - ✓ Phkok
 - ✓ Rice
 - ✓ Desserts

✓ Banana

- ✓ Desserts
 - ✓ Banana with coconut milk and tapioca
 - ✓ Rice with banana inside
 - ✓ Fried bananas
 - ✓ Roasted

Nutrition Facts:

- ✓ Tryptophan → serotonin = improved mood
- ✓ High in iron
- ✓ High in fiber
- ✓ Green & yellow bananas has compounds to help better absorb calcium in bones
- ✓ Antacid for heartburn relief
- ✓ Vitamin B6 and B12
- ✓ Potassium and magnesium



Photo by Ellyse Lopez



Photo by Ellyse Lopez

Cymbopogon aka Lemongrass (*Sluck krey*)

Uses:

- ✓ Soups
- ✓ Used to make dips/ paste for soups
- ✓ Tea

Nutrition Facts:

- ✓ Helps to cope with fever, cough and cold, stress, and excessive fats in body
- ✓ Lowers the cholesterol level
- ✓ Helps to cleanse the body by eliminating toxic substances
- ✓ Cleanses other organs of our body including kidney, pancreas, liver, bladder etc.
- ✓ Helps to improve the digestive system and improve blood circulation
- ✓ Helps to deal with menstrual problems
- ✓ Proves beneficial to cope with acne and pimples



Photo by Ellyse Lopez



<http://southeastasianfood.about.com/od/marinadesdipssauc2/r/BasicKroeung.htm>

Chives

(Sleuk Kachaiy)

Uses:

- ✓ Stir fry
- ✓ Soup
- ✓ Stew
- ✓ Sauces
- ✓ Salads
- ✓ Rice cakes

Nutrition Facts:

- ✓ Potassium
- ✓ Calcium
- ✓ BetaOcarotene
- ✓ Folic acid
- ✓ Vitamin K
- ✓ Antioxidants (Glutathione)
 - ✓ Identifies toxins and other cancer-causing substance and eliminates them.
- ✓ Allicin
 - ✓ Lowers LDL and increases HDL levels managing cholesterol
 - ✓ Lower blood pressure and prevents blood clots



Photo by Ellyse Lopez



Brassica juncea **aka** **Mustard Green** **(*S-pey*)**

Uses:

- ✓ Pickled
- ✓ Soups/stews
- ✓ Stir fry
- ✓ Used to dip into sauces/paste

Nutrition Facts:

- ✓ Vitamin A
- ✓ Carotenes
- ✓ Vitamin K
- ✓ Flavonoid anti-oxidants
- ✓ Folic acid
- ✓ Vitamin C
- ✓ Regular assumption known to prevent:
 - ✓ arthritis, osteoporosis, iron deficiency anemia and believed to protect from cardiovascular diseases,



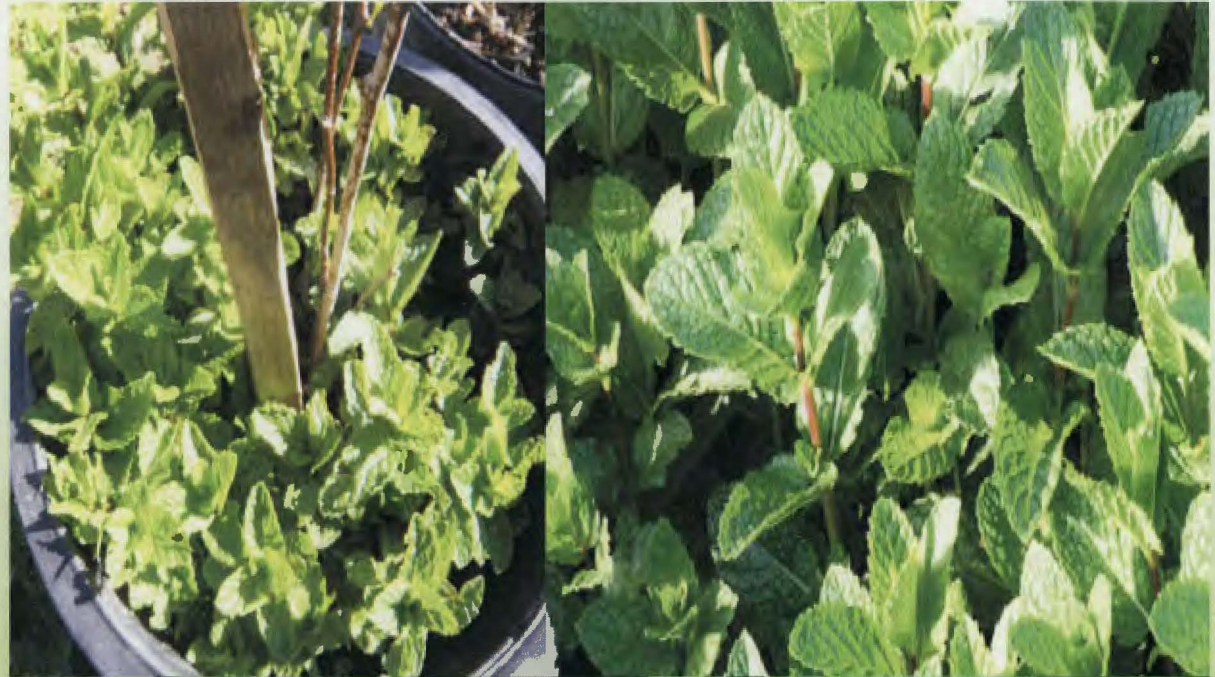
Menthal aka Mint (*Chee angkam*)

Uses:

- ✓ Soups
- ✓ Salads
- ✓ Curries
- ✓ Tea

Nutrition Facts:

- ✓ High in Calcium
- ✓ High in Carotene
- ✓ Folic Acid
- ✓ Magnesium
- ✓ Oxalic Acid
- ✓ Soothes digestive tract
- ✓ Helps eliminate toxins from body
- ✓ Reduces bacteria and fungus in body if consumed on regular basis
- ✓ Crushed mints helps whiten teeth
- ✓ Rid of headaches and migraines, cures asthma and other allergic conditions
- ✓ Perillyl alcohol in mint believe to help prevent colon, skin and lung cancer.



Taro aka Elephant Ear (*Ka-dat*)

Uses:

- ✓ Soups
- ✓ Used to dip in other foods
- ✓ Leaves:
 - ✓ Carrying water
 - ✓ Storing rice

Nutrition Facts:

- ✓ High in iron
- ✓ Aids in digestion
- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Vitamin B1
- ✓ Calcium
- ✓ Iron



Photo by Ellyse Lopez



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<http://www.youtube.com/watch?v=hQdP3mTCLik>



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