

HEALTHY EATING GOES A LONG WAY

健康饮食 让您走得更远

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Helen Tan

义工的故事：曾靖喜

I am Helen Tan, and I am 59 years old this year. I was diagnosed with a tumour on my right breast in January 2006, which was removed in March within the same year. It was stage 2 breast cancer. I went through chemotherapy 8 times, electrotherapy 25 times, and have been taking anti-hormone medicine for more than 4 years. During treatment, I lost my hair, could not keep my food down, and did not sleep well. But thanks to the continuous encouragement from my family and children, I was able to complete my treatment. As a result of having irregular heartbeats, I have been experiencing thyroid problems for the past 2 years, for which I am taking medication to keep it under control.

In 2007, I participated in the 10 Cancer Fighters Programme organised by 365 Cancer Prevention Society (365CPS), which lasted for 7 months. During this programme, I was pleased to have met 15 other cancer fighters. In the past 12 years, we have fought cancer together while supporting, helping, meeting, and sharing with one another. The sad thing is that some of these cancer fighters have left us.

After attending the 10 Cancer Fighters Programme, some of the cancer fighters became volunteers like me. The first volunteering experience I had was visiting cancer patients. The first time I saw a patient passed away, I was upset for several days. The whole experience was just very hard to forget.

Apart from that, whenever I have free time, I will help out in the kitchen for the Society's Love Lunch event every month. After attending the 10 Cancer Fighters Programme, I started joining them for their detox exercises too. I am currently leading a detox exercise group at Ang Mo Kio Garden (opposite Ang Mo Kio Public Library). I have also joined 365CPS's Voice of Angels to care and console the families of cancer fighters, offering them some comfort, hope, and encouragement.

Since my illness, my mindset has changed. I wanted to have a healthy diet, therefore, I attended nutrition classes and health talks, and started to exercise regularly. Being a volunteer enabled me to share my experiences and help those who are fighting the same battle as me.

I would like to express my gratitude to the staff and other volunteers at the 365 Cancer Prevention Society for their concern, help and understanding. To all my friends who donated to 365 Cancer Prevention Society, I would also like to thank you for your love and generosity!

Let's keep up the fight, cancer fighters!



我是曾靖喜，今年59岁。

2006年1月被诊断右边乳房有肿瘤，3月切除，是第二期乳癌。作了8次化疗，25次电疗，服用4年多抗荷尔蒙药片。在治疗中会脱发，而且吃不下食物，睡眠也不好。因着家人和孩子们的鼓励，使我坚持地完成全部的疗程。由于心跳不规律，这两年我有甲状腺问题，在吃药控制。

2007年我参加365防癌教育协会为期7个月的十大生命斗士课程，很高兴认识了15位生命斗士。这12年来，我们一起抗癌，互相扶持，帮助，分享和相聚。可惜的是，有几位斗士已离我们而去。

参加了十大生命斗士的课程后，当中有几位斗士也跟我一样成为义工。我第一次当义工是探访病人。当第一次看到我探访的病人去世时，我伤心了好几天，也让我非常难忘。

此外，每个月的爱心午餐，只要我有时间，我都会到协会的厨房帮忙。参加了十大生命斗士的课程后，我也开始了排毒操运动。现在我是在宏茂桥公园(宏茂桥图书馆对面)带操。我也加入天使之声，把爱，关怀，慰问传给这些勇士的家人，给他们带来一点安慰，希望和鼓励。

自从我生病之后，我的想法也有所转变。我想要吃得更健康，于是，我开始上食疗课，听健康讲座和运动。当义工后，我能够和同样生病的朋友分享经验，并帮助需要帮助的人。

我要感谢365防癌教育协会的同工和其他的义工们，谢谢他们的关心，帮助和理解。对于为365防癌教育协会捐款的朋友，真的要谢谢你们的爱心和慷慨解囊！

生命斗士们，我们一起来加油吧！

Sanda

生命斗士故事 : Sanda

My name is Sanda Kaniahpitchamuthu.

I am 64 this year and I have multiple myeloma cancer, stage 3.

One day back in 2015 I began experiencing severe back pain so my husband, Krishna, brought me to A&E at NUH to find out what was wrong with me. After a few days of thorough checking, the doctors could not find anything wrong with me so they discharged me and I went home with my husband. A few days later, my back started hurting badly again and my husband brought me back to A&E at NUH again. This time round I was admitted to the hospital for a few days. The doctor checked my lumbar spine and said that my S11 had cracked. The doctor suspected that I must have had a fall earlier which caused the crack but I told him that I did not. He was surprised. Thereafter, they conducted some intensive checks on me such as a biopsy, CT scans and blood tests. A few days later, they broke the bad news to my husband that I have multiple myeloma cancer stage 3.


The most difficult period of this entire ordeal was back in 2015 when I was first diagnosed with cancer. I could not walk and I could not eat. I was physically very weak and my mind was not in the clearest state. I became very forgetful; my mood was very bad and more often than not, I could not taste the flavours in food for a while. After the news of my cancer, they transferred me to an isolation ward, kept me there for about 2 months and performed a stem cell transplant for me. I felt helpless when I was isolated in that ward but at the same time, I felt happy that my husband was very supportive of me, physically and mentally. He helped me in every possible way. He helped me bathe and fed me when I could not do all those things by myself. My daughters came to visit me during the weekends as well. Staying in the isolation ward was very boring and there was nothing to look forward to. I was not even allowed to be pushed downstairs in a wheelchair to enjoy the fresh air and cool breeze. I felt very disconnected from the world.



My family - especially my husband and daughters - was the biggest motivator for me to endure that trying time. My husband took tender and constant care of me and without him, I would not have made it through 2015.

Prior to my cancer diagnosis, my diet was simply not in check. I ate a lot of fried kuay teow, fried rice, prata, kambing soup, etc. They were all unhealthy food choices. After my diagnosis and my consultation with the dietitian, my meal plan was altered to mostly wholemeal bread and coffee with glucerna in the morning. My lunch and dinner now consist of vegetables with meat and warm water although sometimes due to religious practices, I switch to a full vegetarian meal for a week or so.

Back in 2015 when I was admitted to the hospital, one of the nurses told me about 365CPS. I contacted the Society and went over to register as a member. The helpful staff passed me the application form and assisted me in filling it up. A few days later, they called me and said that my application had been approved and they granted me financial assistance as well. Thereafter, they sent a staff over to visit me and help me with future financial assistance renewal. My impression of them is very good because I feel that they truly care for us and take care of us. My husband is also very appreciative of their help.



I have benefitted from the healthy food prepared for us and the services provided such as TCD (Traditional Chinese Dietary). I used to wind down at their recreation room with massage chairs as well. Unfortunately, due to my mobility issue back then, I was not able to join their activities. All the staff are very helpful in rendering assistance to me and my husband in times of need. My husband said, "Whenever Sanda comes back home from 365CPS, she seems very happy and keeps smiling. Seeing her happy makes me happy as well."

To the generous donors and volunteers, I am very appreciative of your help, be it monetary or physical help. Because of your donations and volunteering works, many cancer fighters like myself get to benefit greatly from them. To my fellow cancer fighters, I have been through this. I know the pain you are suffering from. Don't be scared, be happy always. Persevere and continue to go through your life, pray and everything will be fine.

我叫Sanda Kaniahpitchamuthu,
今年64岁,患有第3期多发性骨髓瘤。

那是2015年的一天,我突然出现严重的背部疼痛,因此我的丈夫Krishna带我前往国立大学医院的急诊室就诊,希望找出疼痛的原因。在经过几天的彻底检查后,医生并没有发现任何问题,因此他们让我出院。但是就在我和丈夫回家的短短几天之后,我的背部再次开始剧烈疼痛,我的丈夫又再次带我前往国立大学医院急诊室就诊。这次我在医院住了几天,医生检查了我的腰椎后告诉我,我的S11号骨骼已经破裂。医生怀疑我是早些时候曾经跌倒而导致的骨裂,但我告诉他,我并没有跌倒过。医生非常惊讶。之后,他们又对我进行了更加全面的检查,包括活检、CT扫描、血液检查等。几天之后,他们向我的丈夫宣布了一个坏消息:我患有第3期多发性骨髓瘤。

我不得不承认,2015年我第一次被确诊患有癌症的那段岁月,是我与癌症抗争的整个过程中最为艰难的时期。当时,我无法行走、也不能进食,我的身体异常虚弱,而且我的思维也处于混沌状态。我变得非常健忘,情绪也非常糟糕,而且经常品尝不到食物的味道。在得知我患癌后,医生将我转移到一间隔离病房,让我在那里住了大约2个月并为我做了干细胞移植手术。住在隔离病房里的日子,让我感到非常无助,但与此同时让我倍感欣慰的是,我的丈夫在身体和精神上都给予我大力支持。他尽可能地以各种方式来帮助我。

当我无法自己冲凉和进食时,他会帮助我完成。我的女儿们也会在周末来看望我。住在隔离病房里非常无聊,没有什么值得期待的事情,连坐在轮椅上被推到楼下去享受新鲜空气与凉风都不可以。我觉得自己与这个世界彻底隔绝了。我的家人,特别是我的丈夫和女儿们,是支撑我度过那段艰难岁月的最大动力。我的丈夫一直都细心地照顾我,没有他,我不可能撑过2015年。

在癌症确诊前,我完全没在意日常饮食。我经常吃炒粿条、炒饭、印度煎饼、印度羊肉汤等不健康的食物。当我被确诊患癌并咨询过营养师后,我改变了自己的饮食习惯:早餐主要吃全麦面包搭配加入葡胜纳(Glucerna)的咖啡,午餐和晚餐现在会包含蔬菜和肉类,并搭配温水。不过有时候因为宗教信仰的缘故,我也会在一周左右的时间里转吃全素的餐食。

早在2015年我住院时,就有一位护士告诉我有关365防癌教育协会(365CPS)的资讯,于是我打电话跟他们联络,后来又去注册成为了协会的会员。热心的协会员工协助我填写了申请表。几天后他们就打电话通知,我的申请已获得批准,并为我提供了经济援助。之后,他们又派遣了一名员工来看望我,帮助我继续申请后续的经济援助。我对他们的印象非常好,因为我觉得他们是真正关心和照顾我们的人。我的丈夫也非常感激他们的帮助。

我从协会专门为我们这些患者准备的健康食品和服务(例如传统中医膳食)中受益。此外,我还会去协会配备按摩椅的娱乐室放松身心。不幸的是,由于我当时的运动能力不佳,因此无法参加他们的活动。在有需要时,协会的所有员工都非常乐于为我和我的丈夫提供帮助。我的丈夫说:"每次Sanda从365CPS回到家时,她都会非常开心。看到她开心,让我也很开心。"

我要感谢慷慨的捐助者和义工,感谢你们不论是从经济还是实际行动方面所给予的帮助。你们的慷慨捐赠和义工服务,让很多像我这样与癌症抗争的患者受益匪浅。此外,我要告诉与我一样对抗癌症的斗士,我也经历了这个过程。我明白你正在遭受的痛苦,但是不要害怕,永远保持快乐的心情。只要坚持不懈,认真地对待生活,虔诚的祈祷,一切都会好起来的。

Salwani

生命斗士故事 : Salwani



I am Salwani, 55 years old, and I was diagnosed with breast cancer in December 2018.

At the beginning of 2018 during a shower, I noticed there was a small lump on my breast. I didn't think it was a concern initially until the lump grown in size and it was impossible to miss. I raised the issue to my children who advised me to see a doctor. I went to a polyclinic and the doctor referred me to National University Hospital (NUH), where the doctor proceeded to do a Biopsy and Mammogram Screening. Those tests confirmed my diagnosis of breast cancer, stage 3. I was stunned when I heard the news and found it hard to believe. I discussed the matter with my children who suggested I sought a second opinion. Accompanied by them, I went to the National Cancer Centre Singapore, where I met Dr Lee. She explained very patiently on the entire chemotherapy process which helped in my decision to go ahead with the treatment.

During my first chemotherapy treatment, I was put through 4 cycles every 3 weeks. I will never forget the side effects which I was unprepared for, such as change in appetite, rise in body temperature, mood swings and constipation. I frequently found myself struggling to adapt the changes. Later, I progressed to my second chemotherapy treatment which required me to go through 12 cycles. I experienced a lot of side effects again and the most obvious one was the shedding of hairs as well as numbness of hands and legs. It affected my balance and mobility. My tastebuds changed tremendously, and I experienced bloating and tightness in my muscles. I endured these treatments, their unpleasant side effects and even the roller coaster of emotions. I kept going forward simply because I want to witness my children getting married, see my future grandchildren and have more family bonding time together.

My turning point started when I decided to register with 365CPS in January 2019. Being a member of 365CPS has shaped my mindset, changed my lifestyle and enabled me to be myself. When other members share with me their personal encounters with cancer, it helps me to understand that I am not alone. Attending the activities here and making new friends have helped me change my perspective towards my health. My favourite activity in 365CPS is Line Dance and I enjoyed it a lot. 365CPS sees the needs of their members and provides services like counselling (to ensure our fighting spirit stays strong to fight on), Dietitian Consultation (which helps us plan meals and learn to eat right) and Traditional Chinese Dietary Consultation (which helps to strengthen the body).

I have also benefited from 365CPS because after I registered my membership, the case officer assigned to me have been following up with me closely. 365CPS staff are very professional and committed. They journeyed with me, motivated me and, and helped me understand that it is a recovery process that I need to go through. My case officer is there for me regardless of whether I am at home or hospitalized. Without the case officer, I would have lost touch with 365CPS and wouldn't be able to witness the process of building up my self-confidence. With the support of 365CPS, I have someone to walk alongside me in the hardest moments of this journey and share my deepest fears and pain with.

I want to thank all the volunteers and donors for your contribution. I may not know you but all of your hearts have filled my heart with warmth. All your love and care for me have helped me step out to be someone brave enough to embrace life. Your contributions allow 365CPS staff to work, the Day Activity Centres to run and the case officers to walk with us. I am grateful because all your deeds - no matter how big or small - have impacted our lives.

365CPS truly touch our lives and motivates us to keep moving forward.

To all my fellow warriors, we are not fighting this battle alone and it is not the end. The battle may be hard, but with time, patience and hope, we will be able to overcome all hardships.



我是Salwani，今年55岁，于2018年12月确诊患上了乳癌。

2018年初，我在冲凉时发现自己的乳房上有一个小肿块。期初我并没有在意，可是过了一段时间后，我发现肿块逐渐增大，让我无法忽视。于是，我告诉我的孩子，他们建议我就医。我去了一间综合诊疗所，那里的医生将我转介至国立大学医院（NUH）。国大医院的医生为我进行了活检和乳房X光检查，最终确诊我患有第3期乳癌。当我知道检查结果时无比震惊，而且难以接受。我和孩子们进行了讨论，他们建议我换家医院再检查一次。在孩子们的陪同下，我去了新加坡国立癌症中心。在那里李医生接待了我，并且耐心地向我清楚解释了整个化疗过程。我发现通过她的讲解，我更愿意接受治疗了。

我的第一次化疗疗程，共有4个周期，每3周接受一次化疗。我永远都不会忘记那些令我猝不及防的副作用。当时的副作用包括食欲变化、体温升高、情绪波动以及便秘。我经常难以适应这些变化。后来，我又接受了第二轮长达12个周期的化疗。其间我再次出现了很多副作用，其中最明显的就是全身毛发脱落以及四肢麻木。这些副作用严重影响了我的平衡和行动能力。我的味觉也发生了巨大的变化，还出现了腹胀和肌肉紧绷的症状。我忍受着这些治疗以及它们所带来的那些令人痛苦不堪的副作用，甚至还有情绪上的巨大波动。我一直坚持接受治疗，因为我希望看到自己的孩子结婚成家，看到我的孙子孙女出生，希望能有多一些和家人在一起的时光。



但当我于2019年1月注册寻求365防癌教育协会（365CPS）的帮助时，我的生活发生了巨大改变。成为365防癌教育协会（365CPS）的会员后，协会帮助我重塑了心态并改变了生活方式，让我能够做真正的自己。协会的其他成员会与我分享他们与癌症斗争的亲身经历，这帮助我明白自己并不孤单。而参加协会的活动和结交新朋友也都帮助我改变了对自己健康状况的看法。365CPS的排舞是我最喜欢的活动，它使我感到非常开心。365CPS理解所有成员的需求，为我们提供咨询服务（确保我们始终拥有与癌症抗争的奋斗精神）、营养建议（帮助我们制定膳食计划并帮助我们学会如何正确饮食）和传统中医膳食的建议（帮助我们增强体质）。



我也从中受益匪浅，因为我在注册成为会员后，负责照顾我的协会员工一直都有紧密跟进我的情况。他们非常专业并致力于提供帮助，在我对抗癌症的旅程中时刻陪伴着并激励着我，并帮助我了解患病后所经历的一切都是我必需的康复过程，而无论我在家中还是住院治疗时，照顾我的协会员工都会陪伴在我身边。如果没有这位陪伴者，我同365CPS就缺少沟通，也无人见证我建立自信的过程。在365CPS的支持下，有个人陪伴我走过这段最艰难的人生旅程，并能够倾听和分担我内心最深处的恐惧与痛苦。

我要感谢所有义工和捐助者的帮助。我可能并不认识每一个人，但你们每一位的爱心都让我的心里充满温暖。是你们的爱心与关怀帮助我走出患病的阴影，去勇敢地拥抱生活。你们的帮助让365CPS得以维持，让日间活动中心得以运作，让照顾我们的协会员工能够陪伴我们走过每一次或幸或不幸的癌症抗争之旅。我非常感激大家，因为你们的帮助，无论大或小、多或少，都对我们的生活产生了重要的积极影响。

365CPS实实在在地为我们的生活带来了益处，并鼓励我们继续积极地应对疾病与生活。

而对于与我同样面对癌症的勇士们，我们并非孤军奋战；患癌并非人生的终结。尽管与癌症抗争之路会异常艰苦，但是我们必须抱有希望，相信有耐心就能够见证自己的情形慢慢有所好转。

TO JUICE? OR NOT TO JUICE? 该不该饮用蔬果汁?

Question 问题:

I've heard that juicing is an important part of a cancer-fighting diet. I've also recently heard that fruit juice is linked to increased risk of cancer. Should I be juicing?

我听说，蔬果汁是抗癌饮食的重要组成部分。但最近又听说，果汁与患癌风险的增加有关。那么，我是否应该饮用蔬果汁？

The benefits and recommendations of F&V

Fruits and vegetables are rich in vitamins, minerals, dietary fibre, antioxidants, and phytochemicals. High intake of F&V is associated with reduced risk for cancers in the lung, mouth, larynx, pharynx, stomach, and colorectal.

Most national dietary guidelines recommend intake of 2 servings of fruits and 2-3 servings of non-starchy vegetables daily; or fill up half of your Healthy Plate.

If you are feeling well

People who have no problems chewing, swallowing, and digesting their foods normally, should obtain their first 5 servings of F&V as whole foods. Whole F&V are better than juices because it contains more dietary fibre, promote satiety, lower glycemic index, improve glucose control, help in weight management, and reduce risk of obesity.

If you are on cancer treatment

If you are faced with eating problems such as loss of appetite, chewing, swallowing, digestive problems, poor oral intake, or unintentional weight loss, then juicing would be a good strategy for you to obtain valuable nutrients in an easy-to-drink nourishing liquid.

You are encouraged to add High-bioavailability (HBV) Protein such as milk, yogurt, soya milk, silken tofu and healthy unsaturated fats from avocados and nuts into your blenderized beverages, making them nutrient-dense.

Risks of sugary drinks

Commercially packed fruit juices are generally very low in dietary fibre, but concentrated in refined sugars (~20-30g @ 4-6 teaspoon sugar/serving).

High intake of sugars, is strongly associated with increased risks for obesity and diabetes, and indirectly increase risks for cancers related to obesity: colorectal, breast, gallbladder, kidney, liver, oesophagus, ovary, pancreas, prostate, stomach and endometrium.

If you need to make home-made juices

1. Use the blender to keep the dietary fibre content.
2. Do not add refined sugar (white sugar, brown sugar, honey etc), as fruits already contain natural sugars (fructose).
3. Limit fruits to 1 serving per glass of juice
4. Add bulk or volume by incorporating:
 - Zero-low sugar vegetables: Cucumber, tomato, celery, ginger, leafy greens, cruciferous vegetables.
 - Low-sugar fruits: Avocado, lemon, lime
5. Eat a rainbow. Embrace variety of brightly-coloured F&V to obtain antioxidants & phytochemicals for stronger cancer protection.
6. May add chia seed to increase dietary fibre & promote satiety.

蔬果的益处与建议

水果和蔬菜都含有丰富的维生素、矿物质、膳食纤维、抗氧化剂和植物营养素。大量食用蔬果可降低罹患肺癌、口腔癌、喉癌、咽癌、胃癌及大肠癌的风险。

大多数国家的饮食指南都建议每天食用2份水果和2至3份不含淀粉的蔬菜；也就是说，果蔬应占到餐食的一半。

当您身体健康时

能够正常进食的人士应当食用5份完整的蔬果。完整的蔬果优于蔬果汁，因为它含有更多膳食纤维，能够促进饱腹感，降低血糖指数，改善血糖控制状况，有助于体重管理，还能降低肥胖风险。

当您在接受抗癌治疗时

如果您出现食欲不振，或咀嚼、吞咽、消化问题，进食量不足，或无故消瘦等问题时，蔬果汁则是一个不错的选择，可帮助您从易于饮用的营养汁液中获取宝贵的营养成分。

我们建议您在打汁饮料中加入生物利用度高 (HBV) 的蛋白质，例如牛奶、优格乳、豆浆、嫩豆腐，以及来自鳄梨和坚果的健康不饱和脂肪，让饮料的营养更加丰富。

含糖饮料的风险

市场上售卖的包装蔬果汁中的膳食纤维含量通常很低，而且往往浓缩在精制糖中（每份含大约4至6匙糖，或20至30克糖。）

糖摄入量过高与肥胖及糖尿病风险的增加具有密切关联，因此可间接提高罹患肥胖相关癌症的风险：例如大肠癌、乳腺癌、胆囊癌、肾癌、肝癌、食道癌、卵巢癌、胰腺癌、前列腺癌、胃癌及子宫内膜癌。

如果您需要在家中自制蔬果汁

1. 使用搅拌机可保持膳食纤维含量。
2. 切勿添加精制糖（白糖、红糖、蜂蜜等），因为水果中已经含有天然糖份（果糖）。
3. 每杯蔬果汁仅可使用1份水果。
4. 可以添加以下蔬果来增加蔬果汁的分量：
 - 无糖或低糖的蔬菜：黄瓜、番茄、芹菜、生姜、绿叶蔬菜、十字花科蔬菜等；
 - 低糖的水果：牛油果、柠檬、酸柑等
5. 选择多种颜色的蔬果。饮用由各种不同颜色的蔬果搅拌成的蔬果汁，可获取抗氧化剂和植物营养素，从而增强抗癌能力。
6. 可添加奇亚籽，来增加膳食纤维并提高饱腹感。





Mango Pomelo Chia Seed Dessert

杨枝甘露

(serves 4)



Instructions 煮法

1

Fruit Topping: Reserve 1/4 of the mango cubes and 2 wedges of pomelo sacs as topping.

水果装饰: 预留1/4的芒果颗粒及2瓣柚子粒作为装饰

2

Chia seed pudding: Mix well and soak 2 tbsp chia seed with 3/4 cup low fat milk for at least 3 hours in the refrigerator until chia seeds expand.

奇亚籽布丁: 充分混合2汤匙的奇亚籽和3/4杯的低脂牛奶, 并浸泡至少3小时于冰箱内, 直至奇亚籽膨胀。

3

Mango Puree: Blend 3/4 of the cut mango chunks + 1/4 cup milk or yogurt + a dash of vanilla essence (optional) + ice cubes (optional)

芒果酱: 将3/4块状的芒果, 1/4杯牛奶或酸奶, 少许香草精华 (可选), 冰块 (可选) 充分搅打均匀。

4

In a serving glass, layer mango puree and chia pudding, then top with mango cubes and pomelo sacs. Serve chilled.

逐层将芒果酱和奇亚籽放入杯中, 最后以芒果颗粒和柚子粒点缀即可。冷吃。



Ingredients 材料

2-3 medium mangoes, cubed
2 wedges of pomelo peeled into sacs
2 tbsp chia seeds
1 cup low fat milk OR low fat yogurt for thicker consistency
A dash of vanilla essence (optional)
Ice cubes (optional)

2-3粒中型芒果, 切成块状
将2瓣柚子分至粒状
2汤匙奇亚籽
一杯低脂牛奶或低脂酸奶以增加浓稠感
少许香草精 (可选)
冰块 (可选)

Healthy Modification 健康改良版

In this classic dessert recipe which traditionally uses Coconut Milk or Condensed Milk, we substitute it with plain Low Fat Milk/Yogurt for lower fat and sugar content, while gaining more Protein, Calcium, and probiotics.

经典的杨枝甘露使用椰奶或炼奶, 但我们用低脂牛奶/酸奶替代它。这能够减低脂肪及糖分的摄取量, 并提高较多蛋白质, 钙质及益生菌。

Starchy sago pearls are replaced with Chia seeds for higher dietary fibre content and lower Glycemic Index. 以奇亚籽取代西米露以增加较多的膳食纤维及降低血糖含量。



No refined sugar or syrup was added, as natural sweetness from fruits would suffice.

这甜点并没有添加任何精制糖或糖浆, 因为水果的天然甜味就足够了。



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UPCOMING EVENTS 近期活动

OCT 2019 十月份

● 12/10

Love Lunch @ AMK
Day Activity Centre
爱心午餐于宏茂桥日间活动中心

NOV 2019 十一月份

● 09/11

Love Lunch @ AMK
Day Activity Centre
爱心午餐于宏茂桥日间活动中心

DEC 2019 十二月份

● 14/12

Christmas Party @ AMK
Day Activity Centre
圣诞节节目于宏茂桥日间活动中心

For Clients Only 课程只限会员

Monday : Nagomi Pastel Art, Balloon Sculpting, Zumba Gold	星期一 : 和谐粉彩画, 气球雕刻, 尊巴
Tuesday : Detox Exercise, Chinese Painting	星期二 : 淋巴排毒操, 水墨画
Wednesday : Life Support Station, Nutrition Support Station, Wellness Support Station	星期三 : 营养加油站, 生命加油站, 养生加油站
Thursday : Detox Exercise, Intermediate Ukulele Class	星期四 : 淋巴排毒操, 乌克兰中级班
Friday : Line Dance, Art Class, Vocal Class	星期五 : 排舞, 绘画班, 声乐班

ANG MO KIO (AMK) SCHEDULE 宏茂桥活动

Address: Day Activity Centre (Ang Mo Kio)
Blk 621, Ang Mo Kio Ave 9, #01-68,
Singapore 560621

OCT 2019 十月份

● 19/10

Love Lunch @ BKP Day Activity
Centre
爱心午餐于武吉班让日间活动中心

NOV 2019 十一月份

● 16/11

Love Lunch @ BKP Day Activity
Centre
爱心午餐于武吉班让日间活动中心

DEC 2019 十二月份

● 21/12

Love Lunch @ BKP Day Activity
Centre
爱心午餐于武吉班让日间活动中心

For Clients Only 课程只限会员

Monday : Detox Exercise, Art Class	星期一 : 淋巴排毒操, 绘画班
Tuesday : Karaoke Singing, Basic Ukulele Class	星期二 : 卡拉OK歌唱, 乌克兰基础班
Wednesday : Dance Fit, Life Support Station, Nutrition Support Station, Wellness Support Station, Balloon Sculpting	星期三 : 舞蹈建操, 生命加油站, 营养加油站, 养生加油站, 气球制作
Thursday : 365 Restorah Exercise, Chinese Calligraphy	星期四 : 365 修复操, 书法
Friday : Line Dance, Drama Class	星期五 : 排舞恰恰恰, 戏剧班

BUKIT PANJANG (BKP) SCHEDULE 武吉班让活动

Address: Day Activity Centre (Bukit Panjang)
Blk 108, Gangsa Road, #01-171, Singapore 670108

OCT 2019 十月份

● 26/10

Love Lunch @ CW Day
Activity Centre
爱心午餐于联邦日间活动中心

NOV 2019 十一月份

● 23/11

Love Lunch @ CW Day
Activity Centre
爱心午餐于联邦日间活动中心

DEC 2019 十二月份

● 18/12

Christmas Party @ CW Day
Activity Centre
圣诞派对于联邦日间活动中心

For Clients Only 课程只限会员

Monday : Detox Exercise, Vocal Class	星期一 : 淋巴排毒操, 声乐班
Tuesday : Line Dance, Basic Ukulele Class	星期二 : 恰恰排舞, 乌克兰基础班
Wednesday : Life Support Station, Nutrition Support Station, Wellness Support Station	星期三 : 生命加油站, 营养加油站, 养生加油站
Thursday : Zumba Gold, Knitting & Crochet	星期四 : 尊巴, 钩针编织
Friday : Nagomi Pastel Art, Chinese Calligraphy	星期五 : 和谐粉彩画, 书法

COMMONWEALTH (CW) SCHEDULE 联邦活动

Address: Day Activity Centre (Commonwealth)
1 Commonwealth Lane, #03-10,
One Commonwealth Building, Singapore 149544

OCT 2019 十月份

● 3/10

Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督恩典堂

● 5/10

Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院

NOV 2019 十一月份

● 2/11

Love Lunch @ St Andrew's
Community Hospital
爱心午餐于圣安德烈社区医院

● 7/11

Love Lunch @ Bukit Batok
Reach Youth Powerhouse
爱心午餐于武吉巴督恩典堂

DEC 2019 十二月份

● No Love Lunch
没有爱心午餐

OTHER LOVE LUNCH VENUES 其他爱心午餐地点

365 Lymphatic Detox Exercise

淋巴排毒操



Anglican Senior Centre Tampines 📅 Every Tue, 9:30am	Bukit Gombak Stadium 📅 Mon to Sat, 7am	704A Pasir Ris St 72 📅 Mon to Fri, 7:30am	257 Tampines St 21 📅 Mon to Fri, 7:20am except Thu; 📅 Wed, 8:15pm
Ang Mo Kio Town Garden West (Opp. AMK Community Library) 📅 Tue to Sat, 6:30am	Commonwealth Field 📅 Mon to Fri, 6:45am	112 Rivervale 📅 Mon to Fri, 6:30am	494C Tampines Ave 9 Void Deck 📅 Mon to Sat, 7:30am
Bedok Reservoir Park 📅 Mon to Fri, 7:50am	107 Gangsa Road 📅 Every Tue, 7pm	106 Simei St 1 Street Soccer Court 📅 Tue & Fri, 7:15am	9 Toh Yi Drive 📅 Mon to Fri, 6am (Garden); 📅 Sat, 6am (Basketball Court)
639 Bedok Reservoir Rd Badminton Court 📅 Thu, 8pm	9 Holland Avenue 📅 Every Tue, 8pm	149 Simei St 1 Badminton Court 📅 Mon to Fri, 7:30am; 📅 Sat, 7:15am	407 Yishun Ave 6 📅 Mon to Fri, 6:30am

OUR SERVICES 我们的服务项目



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Counselling
心理辅导



Nutritional Support
营养咨询



Physical Exercise
体能活动



Health Education
健康讲座



Financial Assistance
经济援助

About Us 关于我们

365 Cancer Prevention Society is a society with approved Institution of Public Character (IPC) status, registered under Singapore's National Council of Social Service.

Our mission is to serve the community through cancer prevention measures. This is accomplished through health and nutrition education, promotion of healthy lifestyle and lymphatic detox exercise programs.

We also provide practical and emotional support and care for patients and their family members in their battle against cancer through residential and hospital visitations, counselling and therapy services.

365防癌教育协会是一个被政府承认的社区慈善机构,也是一所以“防癌”和抗癌为中心的机构。

“防癌”,就是通过传达健康资讯和鼓励运动,教导社会大众过一个健康的生活。

“抗癌”,就是与病患及其家属并肩作战,通过食疗、调整生活起居以及控制情绪,来增强病患体内免疫系统,促进身心灵的健康。

365防癌教育协会是从“身、心、灵”三个方面入手,缺一不可。目前,协会开设的服务包括运动指导,如排毒操和有氧舞蹈、食疗实践、心灵辅导以及心灵关怀四大项目。

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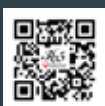
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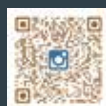
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