



Cooking process for Anti-aging

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Choosing and Storing Vegetables and Fruits

Vegetables and fruits should be stored in a cool, dark place with good ventilation. The temperature in the storage area is usually just slightly above freezing to keep the food fresh for a longer period and prevent it from spoiling quickly.



Foods that contain antioxidants for anti-aging

Sweet Potato

A root vegetable with high nutritional value and a sweet taste. Sweet potatoes are a source of vitamin C. The orange variety contains beta-carotene (a carotenoid with antiviral, anticancer, and antioxidant properties), which the body can convert into vitamin A, an antioxidant that helps fight cancer. Additionally, sweet potatoes are rich in vitamin E, which is essential for healthy skin. This plant is high in dietary fiber, especially in the skin, which helps lower cholesterol and supports the digestive system.

Nutrients: Vitamin B6, Vitamin C, Vitamin E, Beta-Carotene, Iron, Potassium, Dietary Fiber.



Summer Sweet Potato Salad.

| Ingredients | Amount |
|---|-----------------|
| Boiled sweet potatoes with skin, cut into cubes | 3 bulbs |
| Green onions | 4 stalks |
| Celery stalks | 2 stems |
| Walnuts | 70 grams |
| Green bell pepper | 1 piece |
| Heavy cream | 200 milliliters |
| White wine vinegar | 2 tablespoons |

Cooking method:

Place all the ingredients in a large salad bowl and toss them together. Serve as a side dish.



Foods that contain antioxidants for anti-aging

Carrot

Carrots are a rich source of beta-carotene, which the body can convert into vitamin A, an antioxidant that strengthens cells to fight viruses, cancer, and also prevent heart disease. Additionally, it aids in vision. The vitamin K in carrots helps with blood clotting and wound healing, while the fiber in carrots supports digestion and keeps the heart healthy. Chromium found in carrots helps regulate blood sugar levels, making this vegetable particularly beneficial for managing diabetes and sugar cravings.

Nutrients: Vitamin K, Beta-Carotene, Folate, Calcium, Chromium, Iron, Zinc, Dietary Fiber.



Carrot juice

| Ingredients | Amount |
|--------------|----------|
| Carrot | 8 pieces |
| Apple | 4 fruits |
| Fresh ginger | 1 piece |

Cooking method:

Juice all the ingredients using a juicer.



Foods that contain antioxidants for anti-aging

Potato

Potatoes are an easily accessible and affordable source of vitamins. Vitamin C is a nutrient that helps strengthen the immune system. Fresh potatoes contain more antioxidants than stored potatoes. Dietary fiber, which aids digestion and reduces cholesterol, is mostly found in the potato skin.

Nutrients: Vitamin B1, Vitamin B3, Vitamin B6, Vitamin C, Folate, Copper, Iron, Potassium, Dietary Fiber.



Crushed garlic

| Ingredients | Amount |
|---|-----------------|
| 1 medium-sized potato, peeled and diced | 6 cloves |
| Garlic | 5 cloves |
| Milk or soy milk | 300 milliliters |
| Olive oil | 4 tablespoons |
| Salt | 1 teaspoon |
| Black pepper | A pinch |
| Ground nutmeg | 1 teaspoon |



Foods that contain antioxidants for anti-aging

Red Bell Pepper

Red bell peppers are one of the best sources of vitamin C, which is essential for immune function. They also contain flavonoids, which enhance the antioxidant power of vitamin C by increasing its ability to protect the body from infections. Red bell peppers are rich in beta-carotene, which the body converts into vitamin A to fight viruses and boost immunity. They also contain dietary fiber, which is important for preventing cholesterol buildup.

Nutrients: Vitamin B6, Vitamin C, Beta-Carotene, Dietary Fiber.



Stuffed bell peppers

| Ingredients | Amount |
|-----------------------------|---------------|
| Olive oil | 3 tablespoons |
| Bell peppers, seeds removed | 4 pieces |
| Tomatoes | 200 grams |
| Garlic | 2 cloves |
| Shallots | 1 bulb |
| Fresh basil | 1 bunch |
| Mozzarella cheese | 100 grams |
| Parmesan cheese | 100 grams |



Foods that contain antioxidants for anti-aging

Tomato

Tomatoes are a great source of vitamin C, which helps fight viruses and is essential for various immune system functions. They also contain lycopene, a carotenoid that helps protect against cancer, particularly prostate cancer. Tomatoes are high in beta-carotene, which is necessary for the production of vitamin A, helping to keep the thymus, which plays a crucial role in immune response, healthy and functioning normally. Furthermore, tomatoes are a source of vitamin E, which helps protect the body from toxins.

Nutrients: Vitamin B3, Vitamin C, Vitamin E, Beta-Carotene, Lycopene, Potassium.



Cold vegetable soup Gazpacho

| Ingredients | Amount |
|----------------------------|--------------------------|
| Tomatoes | 6 tomatoes |
| Finely chopped onion | Half a cucumber |
| Cucumber, peeled and diced | Half a green bell pepper |
| Green bell pepper, diced | 1 lemon |
| Lemon juice | 1 clove |
| Garlic | 3 cloves |
| Parsley | 3 tablespoons |
| Vegetable bouillon powder | 2 teaspoons |

Cooking method:

Place all the ingredients in a blender and blend until smooth. Divide into 4 bowls and refrigerate for 30 minutes before serving.



Foods that contain antioxidants for anti-aging

Pumpkin

Orange-fleshed pumpkins are high in carotenoids, which help protect against certain types of cancer, including colorectal cancer, and heart disease. Pumpkins are also packed with vitamin C, an antioxidant essential for immune system function and for fighting viruses like the common cold, as well as boosting general resistance to infections. Additionally, pumpkins are rich in dietary fiber, which helps lower cholesterol and supports healthy digestion by promoting regular waste elimination.

Nutrients: Vitamin C, Beta-Carotene, Dietary Fiber.



Fried Pumpkin Fritters

| Ingredients | Amount |
|-----------------------|-----------------|
| Medium-sized pumpkin | 1 piece |
| Whole wheat flour | 175 grams |
| Salt | ½ teaspoon |
| Baking powder | ½ teaspoon |
| Crushed caraway seeds | 2 teaspoons |
| Egg | 1 egg |
| Water | 175 milliliters |
| Onion | 1 head |



Foods that contain antioxidants for anti-aging

Spinach

Spinach is high in carotenoids, which the body converts into antioxidants and vitamin A, helping to stimulate the immune system's response to fight infections. This vegetable helps protect against lung, breast, and cervical cancers, as well as combating heart disease. The vitamin C in spinach helps maintain strong skin and tissues. Vitamin B supports energy levels and the nervous system.

Nutrients: Vitamin B2, B3, Vitamin C, Vitamin E, Carotenoids, Folate, Calcium, Magnesium, Zinc, Dietary Fiber.



Spinach Risotto

| Ingredients | Amount |
|----------------------|---------------------|
| Olive oil | 1 tablespoon |
| Unsalted butter | 55 grams (2 ounces) |
| Finely chopped onion | 2 onions |
| Arborio rice | 275 grams |
| White wine | 1 small glass |
| Vegetable broth | 850 milliliters |
| Fresh spinach | 4 handfuls |
| Parmesan cheese | 100 grams |



Foods that contain antioxidants for anti-aging

Broccoli

Broccoli contains antioxidants and vitamin C, which are essential for immune response. It is also an important source of carotenoids, which are vital for the thymus gland, the organ that ensures proper immune function. Broccoli also provides B vitamins that are crucial for both the immune system and a healthy nervous system.

Nutrients: Vitamin B3, B5, Vitamin C, Vitamin E, Folate, Beta-carotene, Calcium, Iron, Zinc.



Broccoli

| Ingredients | Amount |
|--------------|---------------|
| Broccoli | 1 head |
| Sesame Oil | 2 tablespoons |
| Fresh Ginger | 1 knob |
| Garlic | 1 clove |



Foods that contain antioxidants for anti-aging

Guava

Guava contains beta-carotene, which the body can convert into vitamin A, an essential nutrient for inhibiting viruses and preventing cancer. It acts as an antioxidant that works with vitamin C to eliminate free radicals that cause damage, helping to keep the body's organs strong and healthy. Guava is high in dietary fiber and has detoxifying properties. Additionally, it helps alleviate disorders caused by autoimmune conditions, such as rheumatoid arthritis.

Nutrients: Vitamin B3, Vitamin C, Beta-carotene, Dietary fiber.



Guava Juice

| Ingredients | Amount |
|-----------------------------|----------|
| Peeled and Diced Guava | 1 fruit |
| Peeled and Segmented Orange | 1 fruit |
| Diced Green Apple | 2 fruits |
| Lemon for Garnish | 1 piece |

Cooking Method:

Juice all the fruits using a juicer.
Serve with ice and garnish with lemon.



Foods that contain antioxidants for anti-aging

Cantaloupe

Cantaloupe is a fruit high in beta-carotene, which the body can convert into vitamin A, an important antioxidant for the production of lymphocytes that help fight infections. Cantaloupe also contains vitamin C, which is essential for various bodily functions, helps resist diseases, and protects against colds, cancer, and heart disease. The high water content in this fruit has a mild diuretic effect, helping to detoxify the body.

Nutrients: Vitamin B3, Vitamin C, Beta-carotene.



Red Melon Salad

| Ingredients | Amount |
|---------------------------------------|-----------|
| Cantaloupe, peeled, seeded, and diced | 2 pieces |
| Grapefruit, segmented | 1 piece |
| Raspberries | 10 pieces |
| Fresh ginger | 1 knob |

Cooking Method:

Mix the cantaloupe and grapefruit in a large bowl and let it sit for 30 minutes to allow the juices from the fruit to combine. Then, divide the mixture into smaller bowls and garnish with raspberries and ginger.



Foods that contain antioxidants for anti-aging

Passion fruit

Passion fruit is a rich source of vitamin C, which helps fight against viruses and bacteria. It also contains carotenoids that the body converts into vitamin A, an antioxidant essential in fighting cancer. Additionally, B vitamins support muscle and nervous system health, while maintaining stable energy levels. Passion fruit also provides dietary fiber, which is crucial for digestive and heart health.

Nutrients: Vitamin B2, B3, Vitamin C, Beta-carotene, Iron, Phosphorus, Zinc, Dietary fiber.



Passion Fruit Sorbet

| Ingredients | Amount |
|-----------------------|-----------------|
| Water | 100 milliliters |
| Raw cane sugar | 125 grams |
| Blended passion fruit | 400 milliliters |

Cooking Method:

In a pot, combine water and sugar, then set over low heat, stirring until the sugar dissolves. Once it boils, reduce the heat and let it simmer for another minute. Remove from heat and let it cool. Once cooled, add the passion fruit, then pour into a plastic container and refrigerate until firm. Stir before serving.



Foods that contain antioxidants for anti-aging

Oats

Oats are rich in vitamin E, which helps strengthen the immune system, and contain flavonoids, antioxidants that help dissolve cholesterol and prevent cancer, especially colorectal cancer. Oats are also high in fiber, which aids in digestion. Additionally, oats are a good source of silica, an anti-inflammatory mineral that helps relieve digestive discomfort. They are also packed with B vitamins, which help reduce stress and manage weight.

Nutrients: Vitamin B1, B2, B3, B5, Vitamin E, Folate, Iron, Magnesium, Selenium, Silica, Zinc, Flavonoids, Fiber, Protein.



Fruit porridge

| Ingredients | Amount |
|----------------------|-----------------|
| Unsweetened soy milk | 850 milliliters |
| Oats | 150 grams |
| Ground cinnamon | 1 teaspoon |
| Banana | 1 piece/fruit |
| Blueberries | 200 grams |
| Almond flakes | 2 tablespoons |

Cooking Method:

Add soy milk and oats to a pot, heat over low heat, and stir regularly for 5 minutes. Add cinnamon and banana, stir, and cook for another 2 minutes. Divide the mixture into two bowls, serve with blueberries on top, and sprinkle with almond flakes.



Foods that contain antioxidants for anti-aging

Rice

Brown rice is rich in B vitamins, which are essential for a healthy brain and nervous system. The protein in rice helps build muscles, skin, and hair. Rice is also a source of zinc and essential minerals like magnesium, phosphorus, and copper, which help strengthen the immune system. The high fiber content in rice helps lower cholesterol levels and is important for heart health. Rice is a complex carbohydrate that releases energy slowly and helps reduce frequent hunger.

Nutrients: Vitamin B1, B3, folate, iron, magnesium, manganese, phosphorus, copper, zinc, complex carbohydrates, fiber, protein.



Brown rice salad

| Ingredients | Amount |
|--------------------------------|-----------------|
| Brown rice | 55 grams |
| Spring onions | 2 stalks |
| Tomatoes | 4 pieces/fruits |
| Pitted and halved black olives | 100 grams |
| Garlic | 2 cloves |
| Coarsely chopped fresh basil | 3 tablespoons |
| Olive oil | 3 tablespoons |

Cooking Method:

Combine all the ingredients in a large salad bowl. Let it sit for 1 hour without refrigerating to allow the flavors to blend.



Foods that contain antioxidants for anti-aging

Soybeans

Soybeans are likely the highest-nutrient-dense seeds among all seeds and can be consumed in various forms such as sprouts, tofu, tempeh, yogurt, flour, milk, miso, and soy sauce. Soybeans are a staple food in Japan, which is believed to be the origin of soybeans. Due to the low incidence of certain types of cancer in Japan, soybeans have been extensively studied and researched for their medical benefits.

Nutrients: Vitamin B2, Vitamin B6, Vitamin E, Folate, Calcium, Iron, Magnesium, Manganese, Potassium, Zinc, Isoflavones, Protease inhibitors.



Tofu Scramble

| Ingredients | Amount |
|-----------------------------|---------------|
| Soy sauce | 1 tablespoon |
| Fresh basil | 1 tablespoon |
| Fresh parsley | 1 tablespoon |
| Olive oil | 2 tablespoons |
| Green onions (or scallions) | 2 stalks |
| Soft tofu | 225 grams |

Cooking Method:

Mix soy sauce and herbs in a bowl. Pour olive oil into a pan for frying, heat it, and fry the green onions until soft and golden. Add tofu and the soy sauce-herb mixture, stir-fry for 3 minutes. Serve on toasted rye bread.



Beverages containing antioxidants for anti-aging.

Broccoli and apple juice

Broccoli contains selenium and beta-carotene, which help fight antioxidants and have compounds that inhibit carcinogens and detoxify the body. The pectin in apples helps lower cholesterol levels and has cancer-fighting properties as it controls harmful bacteria while promoting beneficial bacteria in the intestines.

Ingredients

- Broccoli: 100 grams
- Apple: ½ piece
- Cold water: 100 milliliters





Beverages containing antioxidants for anti-aging.

Apple and avocado juice

Apples contain pectin, which helps fight antioxidants, and polyphenols that help eliminate heavy metals like lead. Avocados contain oleic acid, an unsaturated fat, which has cancer-fighting properties and helps reduce cholesterol levels.

Ingredients

- Apple: ½ piece
- Avocado: ½ piece
- Honey: 1 teaspoon
- Cold water: 150 milliliters





Beverages containing antioxidants for anti-aging.

Carrot and apple juice

Carrots contain detoxifying properties and are rich in beta-carotene, which is found in orange-colored foods. Both apples and carrots have warming properties, making them suitable for people with a "cold" body type, as they tend to accumulate more toxins and waste when consuming too much processed food.

Ingredients

- Carrot: 100 grams
- Apple: 100 grams
- Cold water: 100 milliliters





Beverages containing antioxidants for anti-aging.

Tomato and apple juice

Tomatoes have antioxidant properties that protect the body from harmful free radicals, while apples are rich in potassium and contain pectin, which is highly effective in detoxifying the body.

Ingredients

- Tomato: 100 grams
- Apple: 50 grams
- Cold water: 50 milliliters





Beverages containing antioxidants for anti-aging.

Cucumber and melon juice

Cucumbers have diuretic properties, which benefit the bladder and intestines by helping to eliminate waste from the body. Melons are rich in potassium, which helps flush out sodium, and have antioxidant properties.

Ingredients

- Cucumber: 50 grams
- Melon: 100 grams
- Lemon juice: 1 teaspoon
- Cold water: 50 milliliters





Beverages containing antioxidants for anti-aging.

Strawberry and banana juice

Strawberries help strengthen the liver and kidneys, nourish the skin, and contain antioxidants that fight cancer and viruses.

Ingredients

- Strawberry: 50 grams
- Banana: 50 grams
- Milk: 100 milliliters





Summary

Cooking plays a vital role in slowing down the aging process, as the food we consume directly affects overall health and the immune system. Choosing ingredients that are fresh, clean, and properly stored is essential to preserve their nutritional value. A well-planned diet should avoid foods high in fat, sugar, and salt, as well as processed foods such as fried items, smoked meats, or pickled products, which generate free radicals that accelerate cellular deterioration.

Consuming vegetables, fruits, whole grains, and natural, unprocessed foods helps strengthen the immune system and reduces the risk of chronic diseases. Especially important are foods rich in antioxidants like vitamin C, vitamin E, beta-carotene, lycopene, and dietary fiber. These can be found in various vegetables and fruits such as sweet potatoes, carrots, red bell peppers, beets, tomatoes, pumpkins, and tangy fruits like kiwis, oranges, and passion fruit. Additionally, simple home cooking using fresh ingredients with minimal oil and salt can maximize nutritional benefits.



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THANK YOU

