



Anti-aging nutritional products

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Nutrition products for anti-aging and the skin system





Skin nourishing food

Skin nourishing food should be food that is rich in vitamin C and low in fat, such as vegetables and fruits.

mackerel salad



Ingredients	Amount
The grilled fish weighs 150 grams each.	3 pieces
Vegetable oil	1 cup
Roasted peanuts	3 tablespoons
Red onion	1/4 cup
Pickled garlic	1/4 cup
Wild betel leaves for wrapping	





Skin nourishing food

Skin nourishing food should be food that is rich in vitamin C and low in fat, such as vegetables and fruits.

Miang sauce



Ingredients	Amount
Palm sugar	1/4 cup
Fish sauce	1/4 cup
Lime juice	1/4 cup





Skin-boosting foods

Fruit salad



Ingredients	Amount
Black grapes	8 pieces
Apple	10 pieces
Banana	1 piece
Avocado	1½ piece
Cantaloupe	8 pieces
Pineapple	8 pieces
Crispy fish	2-3 tablespoons
Winter lettuce for lining the plate	
Cilantro, for garnish	





Skin-boosting foods

Spicy lime dressing



Ingredients	Amount
Tamarind juice	¼ cup
Lime juice	1 tablespoon
Fish sauce	2 teaspoons
Palm sugar	½ cup
Salt	½ teaspoon
Fresh bird's eye chilies	5 pieces
Dried bird's eye chilies	1 teaspoon
Crispy fish	½ cup





Skin-boosting foods

Stir-fried pork with ginger and onions



Ingredients	Amount
Pork	1 cup
Vegetable oil	2 tablespoons
Chopped garlic	1 tablespoon
Onion, sliced into wedges	2 bulbs
Wood ear mushrooms	6-7 flowers
Fermented soybean paste	1 tablespoon
Young ginger	¼ cup
Tomato, sliced into wedges	1 fruit
Fish sauce	2 teaspoons
Sugar	2 teaspoons
Spring onions, cut into 1-inch pieces	3 stalks
Diagonal cut spring onions for garnish.	



Foods that help wounds heal faster

Fish fermented sausage dip

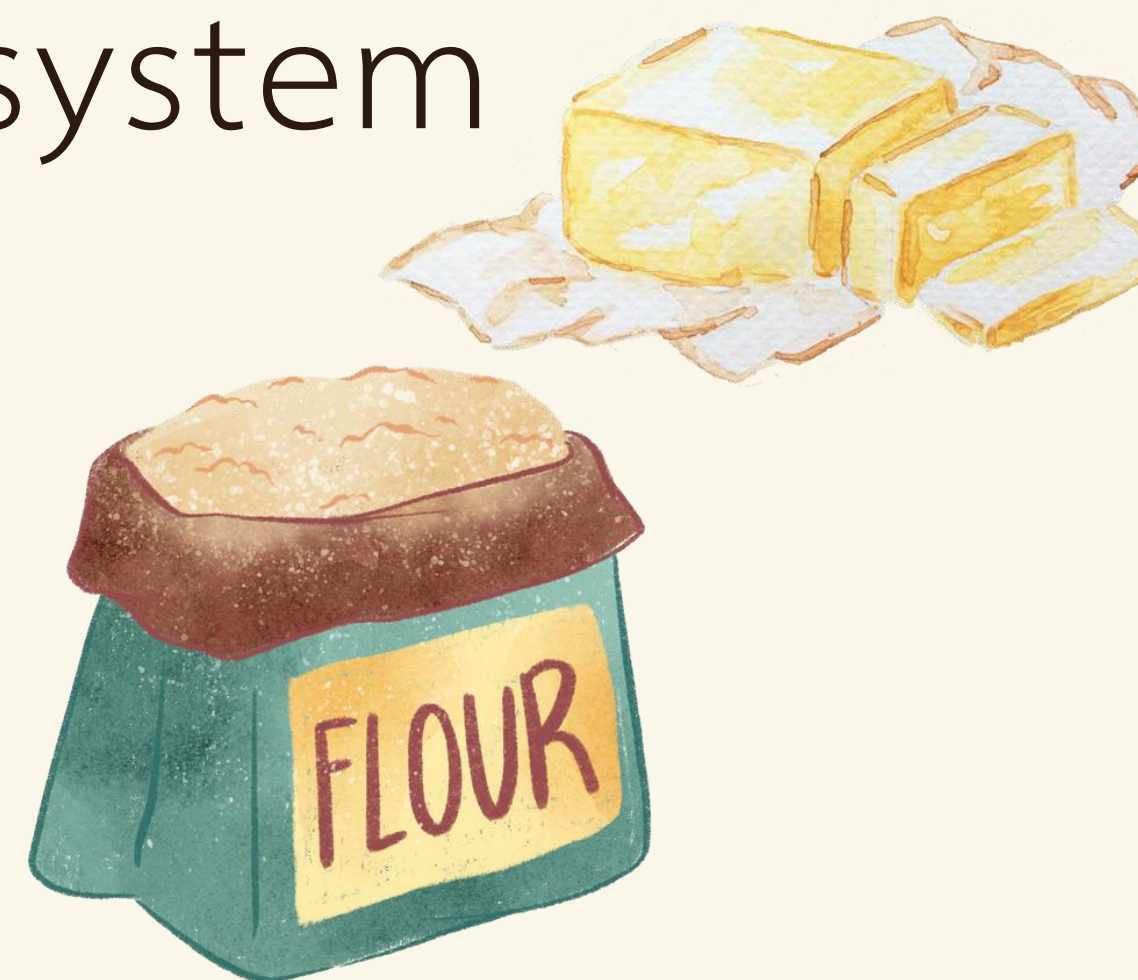
To help wounds heal faster, you should consume foods that are high in protein and vitamin C. High-protein foods include various types of meat and eggs. For vitamin C, it is abundant in fresh vegetables and fruits.

Ingredients	Amount
Fish fermented sausage	1/2 cup
Coconut milk	1 1/2 tablespoons
Shallots	1/2 cup
Coarsely chopped shrimp	1/2 cup
Tamarind juice	1-2 tablespoons
Sugar	1 teaspoon
Salt	1/2-1 teaspoon
Cilantro and red chili, sliced into rings for garnish	
Fresh vegetables include water spinach, cabbage, cucumber, and eggplant	





Nutrition products for anti-aging and the musculoskeletal system





Foods that alleviate symptoms of osteoporosis

Three-flavor fish

Ingredients	Amount
Crispy fried fish	272 grams
Chopped garlic	2 tablespoons
Vegetable oil	2 tablespoons
Finely ground palm sugar	8 tablespoons
Tamarind juice	8 tablespoons
Ground chili powder	





Foods that alleviate symptoms of arthritis

Stir-fried broccoli

Ingredients	Amount
Chopped broccoli	272 grams
Chopped garlic	1 teaspoon
Vegetable oil	2 tablespoons
Sugar	1 teaspoon
Low-sodium soy sauce	2 tablespoons
Chicken broth	1/3 cup





Foods that alleviate muscle cramp symptoms

Green banana in coconut curry



Ingredients	Amount
Bananas	5 pieces
Boneless chicken breast	100 grams
Coconut milk	136 grams
Red curry paste	2 tablespoons
Fish sauce	1 tablespoon
Sugar	1 teaspoon
Basil and kaffir lime leaves	



Foods that alleviate knee pain (Osteoarthritis)

Ginger stir-fried fish

Ingredients	Amount
Grouper fish	150 grams
Vegetable oil	1 tablespoon
Chopped garlic	1 tablespoon
Young ginger	¼ cup
Yellow chili	2 pieces
Onion	1 cup
Water or broth	¼ cup
Light soy sauce	1 tablespoon
Fermented soybean paste	½ tablespoon
Spring onions	¼ cup

Knee pain that is not related to gout can be alleviated with food, such as consuming dishes made with ginger. Examples include miang kham, ginger chicken stir-fry, ginger juice, hung ley curry, tam som pla krabok, or ginger stir-fried fish.





Bone-strengthening foods

Spicy curry with betel leaves and catfish

Betel leaves contain calcium levels similar to milk, which helps strengthen bones and teeth. They also contain other vitamins and minerals, such as vitamin A, vitamin B1, vitamin B2, vitamin C, and phosphorus.

Ingredients	Amount
Catfish 250-300 grams	1 pieces
Coconut milk	1 1/2 cups
Betel leaves	3 cups
Fish sauce	1 tablespoon





Bone-strengthening foods

Currypaste



Ingredients	Amount
Large dried chilies	5 pieces
Dried bird's eye chilies	10 pieces
Black pepper	10 pieces
Ground salt	½ teaspoon
Finely chopped galangal	1 teaspoon
Sliced lemongrass	1 tablespoon
Thai garlic, small cloves	10 cloves
Finely chopped kaffir lime zest	2 teaspoons
Sliced shallots	5 heads
Shrimp paste	1 teaspoon
Sliced fingerroot	1 tablespoon



Foods that alleviate symptoms of beriberi

Beriberi is caused by a deficiency in vitamin B1 or by consuming foods that destroy vitamin B1 in excess, such as tea leaves, fermented fish, miang leaves, and betel nuts. It can also occur in situations where the body's metabolism increases and requires more vitamin B1, such as in pregnant women, breastfeeding women, laborers, and patients with chronic liver disease. These individuals may be at risk of beriberi because the liver cannot properly utilize vitamin B1. In older children and adults, early symptoms may include fatigue, loss of appetite, constipation, and numbness, with no abnormal findings on physical examination.



Foods that alleviate symptoms of beriberi

Fish baked with soy sauce

Ingredients	Amount
Grouper fish 150 grams	1 pieces
Black pepper	1/4 teaspoon
Olive oil	1 teaspoon
Sliced spring onions	1 tablespoon

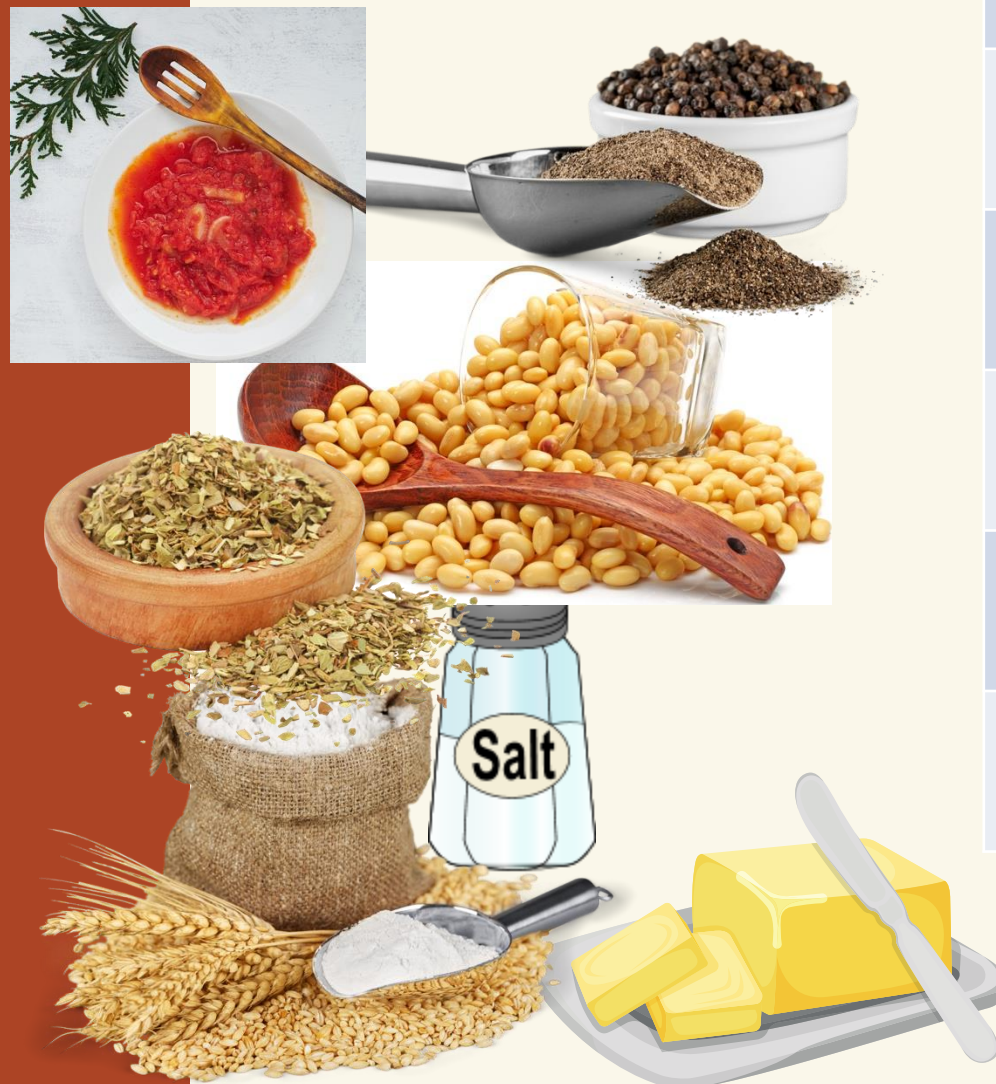




Foods that alleviate symptoms of beriberi

Soy sauce

Ingredients	Amount
Unsalted butter	1 teaspoon
Flour	1 teaspoon
Water or broth	½ cup
Soybeans	¼ cup
Ground salt	½ teaspoon
Ground black pepper	¼ teaspoon
Oregano	¼ teaspoon
Crushed tomatoes	1 tablespoon





Foods that alleviate symptoms of degenerative disc disease

Degenerative disc disease refers to the condition where the cartilage that acts as a cushion between the bones wears down. This cartilage allows bones to move in various directions. When degeneration occurs, the fluid in the discs dries out and they flatten, reducing the ability to support the bones.

For degenerative disc disease, it is important to consume foods rich in calcium, such as small fish, shrimp paste, dried shrimp, milk, cassava leaves, betel leaves, water spinach, neem shoots, stink beans, and Thai eggplant.



Foods that alleviate symptoms of degenerative disc disease

Shrimp paste chili dip, boiled vegetables, sweet shrimp

Ingredients	Amount
Roasted shrimp paste	2 tablespoons
Bird's eye chili	1 ½ tablespoons
Small Thai garlic cloves	6 cloves
Mango (peeled, sliced thinly)	¼ cup
Rambutan flesh	¼ cup
Crushed dried shrimp	3 tablespoons
Round eggplant	2 tablespoons
Palm sugar	4 tablespoons
Lime juice	4-5 tablespoons
Boiled water	2-3 tablespoons





Nutrition products for anti-aging and the nervous system and brain





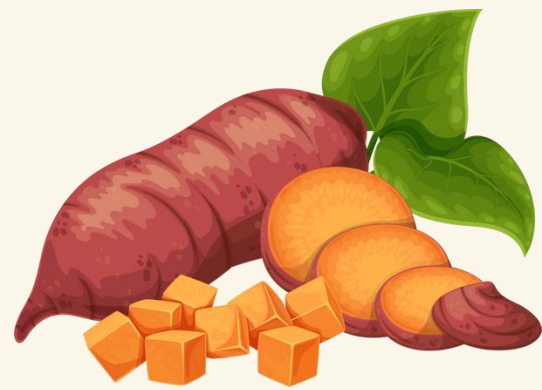
Foods that help alleviate migraine symptoms

Migraine is a condition characterized by one-sided headache that starts on one side of the head and spreads around the head. The pain is often described as throbbing or pulsating, similar to a heartbeat.

To help prevent migraines, the diet should consist of low-fat foods. It is recommended to eat brown rice, soybeans, milk, dairy products, eggs, fish, beef, and certain fruits and vegetables that contain substances to help reduce pain. Examples include chili, garlic, ginger, and onions.



Foods that help alleviate migraine symptoms



Sweet potato and egg tempura

Ingredients	Amount
Sweet potato	½ kilogram
Tempura flour	136 grams
Egg	1 egg
Water	1 cup
Vegetable oil	½ tablespoon





Foods that help alleviate migraine symptoms

Green tea with ginger

Ingredients	Amount
Green tea	1 bag
Hot water	1 cup
Fresh ginger	½ inch
Skim milk	2 tablespoons
Sugar or honey	1 tablespoon

Brew the green tea in hot water, add fresh ginger, and then add milk, sugar, or honey to enhance the flavor.





Foods that help alleviate migraine symptoms

Spicy and Sour Tender Pork Ribs Soup



Ingredients	Amount
Tender pork ribs	600 grams
Clean water	14 cups
Finely chopped galangal	2 tablespoons
Sliced lemongrass	2 tablespoons
Chopped shallots	3 tablespoons
Sliced kaffir lime leaves	½ tablespoon
Chopped coriander roots	5 roots
Pickled garlic	2 cloves
Palm sugar	3 small cubes

Ingredients	Amount
Salt	2 teaspoons
Fish sauce	6 tablespoons
Finely minced chicken breast	3 tablespoons
Lime juice	6 tablespoons
Roasted chili powder	3 tablespoons
Pounded toasted rice	6 tablespoons
Sliced spring onions	¼ cup
Sliced cilantro	¼ cup
Basil leaves	¼ cup
Basil leaves for garnish	



Brain-boosting and health-promoting foods

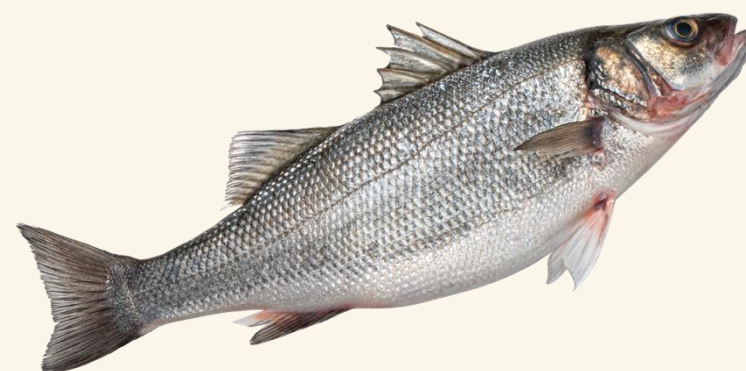
Brain-boosting foods include vitamin B1, vitamin B2, manganese, zinc, and lecithin. These nutrients are abundant in egg yolks, pork, chicken, seafood, liver, milk, brown rice, corn, wheat, sunflower seeds, red beans, soybeans, peanuts, sesame, apples, leafy green vegetables, and citrus fruits. Additionally, it is important to consume vitamin C and vitamin E together, which are found in abundance in vegetables and fruits.



Brain-boosting and health-promoting foods

Orange sauce

Ingredients	Amount
Freshly squeezed sweet orange juice	¼ cup
Lime juice	3 tablespoons
Chopped old ginger	1 tablespoon
Chopped garlic	1 tablespoon
Vegetable oil	1 tablespoon
Seasoning sauce	2 tablespoons
Pounded coriander roots	1 tablespoon
Toasted black sesame seeds	½ teaspoon



Grilled fish with orange sauce

Ingredients	Amount
White snapper fillet 200 grams	1 piece
Toasted black sesame seeds	½ teaspoon
Thinly sliced bird's eye chili for garnish	





Brain-boosting and health-promoting foods

Brown Rice Stir-fried with Beans

Ingredients	Amount
Brown Rice	2 cups
Vegetable Oil	2 tablespoons
Chopped Garlic	1 tablespoon
Diced Onion	¼ cup
Cooked Red Beans	½ cup
Cooked Diced Carrot	½ cup
Cooked Corn Kernels	½ cup
Diced Tomato	½ cup
Light Soy Sauce	1 tablespoon
Salt	½ teaspoon
Ground Pepper	2 teaspoons
Coarsely Ground Toasted Black Sesame Seeds	1 tablespoon





Brain and Health-Boosting Foods

Gold Firework Cake



Ingredients	Amount
Wheat flour	1 cup
Jasmine flower water	½ cup
Salted butter	2 tablespoons
Salt	¼ teaspoon
Egg	3 eggs
Vegetable oil	
Syrup (water: sugar 1:1)	



Nutrition products for anti-aging and the cardiovascular system





Foods to Relieve Heart Disease Symptoms

Vegetables with Chili and Salmon

Ingredients	Amount
Salmon	300 grams
Thai eggplant	68 grams
Vegetable oil	2 teaspoons
Fish sauce	2 teaspoons
Sugar	1 teaspoon
Chopped garlic	¼ teaspoon
Chopped bird's eye chili	





Foods to Relieve Heart Disease Symptoms

Herb-Boiled Fish

Ingredients	Amount
White or Red Snapper, cut into 1-inch-thick pieces	300 grams
Water or broth	4 cups
Smashed shallots	5 bulbs
Sliced galangal	5 slices
Smashed garlic	8 cloves
Tamarind paste	1 teaspoon
Fish sauce	1 teaspoon
Holy basil leaves	¼ cup
Coriander stalks	1 stalk
Fried dried bird's eye chilies	5 pieces
Lime juice	1 teaspoon
Pickled Garlic Cloves for Garnishing	





Foods to Relieve Heart Disease Symptoms

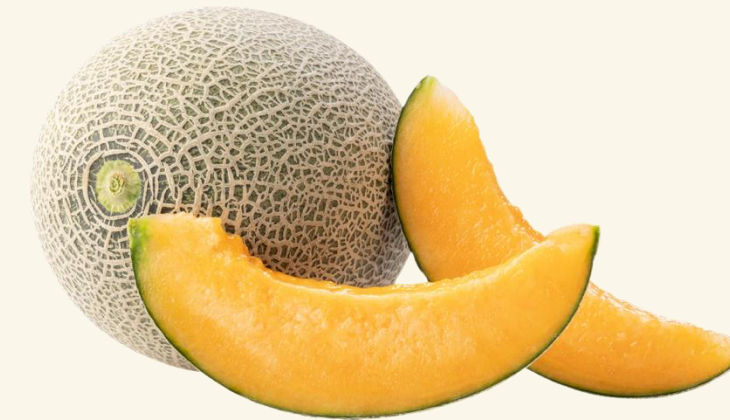
Stir-fried Catfish with Spicy Herbs

Ingredients	Amount
Catfish, 500 grams	1 fish
Green and red bird's eye chilies	15 pieces
Small Thai garlic cloves	10 cloves
Vegetable oil	2 tablespoons
Water or broth	3 tablespoons
Fish sauce	3 tablespoons
Palm sugar	1 teaspoon
Holy basil leaves	½ cup
Sliced fingerroot (galangal)	¼ cup





Food for Low Blood Pressure



It is caused by a deficiency in nutrients such as protein, iron, and vitamins, especially vitamin C. Foods rich in iron include dark leafy vegetables such as Thai basil leaves, sweet basil leaves, ivy gourd, morning glory, Chinese kale, kale, eggs, and animal products. The diet should consist of all five food groups, with a focus on liver, vitamin C, and low-fat milk.





Food for Low Blood Pressure

Stir-fried Sea Bass with Fermented Soybean Paste and Thai Basil Leaves

Ingredients	Amount
Sea bass, cut into 1-inch thick pieces	200 grams
Vegetable oil	2 tablespoons
Chopped garlic	1 tablespoon
White fermented soybean paste	2 tablespoons
Onion, sliced	1 head
Fish sauce	1 teaspoon
Sugar	½ teaspoon
Thai basil leaves	1 cup
Red chili peppers, sliced diagonally	1 piece





Food for High Blood Pressure

High blood pressure can lead to narrowing or rupture of the arteries in the brain, causing a stroke. It also increases the risk of heart disease and kidney inflammation. Over time, symptoms such as dizziness, blurred vision, headaches in the back of the head, insomnia, and chest tightness may occur. People with high blood pressure should limit salty and fatty foods and incorporate Thai herbs into their diet. There are several herbs that can help lower blood pressure, such as garlic, Thai basil leaves, and onions.





Food for High Blood Pressure

Stir-fried Tofu with Cashew Nuts



Ingredients	Amount
Soft white tofu	1 piece
Vegetable oil	2 cups
Chopped garlic	2 tablespoons
Sweet bell pepper	½ cup
Onion	½ cup
Roasted cashew nuts	¼ cup
Mashed tomatoes	2 tablespoons
Soy sauce	2 tablespoons
Sugar	1 teaspoon

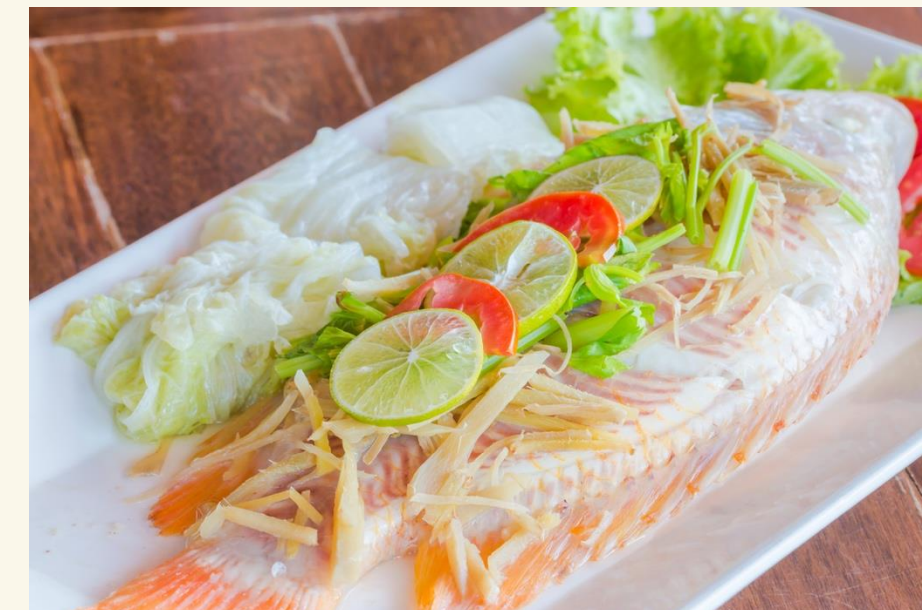




Food for High Blood Pressure

Steamed Sea Bass with Lemon

Ingredients	Amount
120 grams of sea bass fillet	2 pieces
Sliced bird's eye chilies	2 tablespoons
Sliced garlic	¼ cup
Fish sauce	2 tablespoons
Lime juice	3 tablespoons
Coriander leaves and red chili peppers for garnish	





Food for Blood Nourishment

Food for blood nourishment refers to foods that are **high in folic acid**, which is abundant in all types of **leafy green vegetables**, such as **moringa leaves**, **kale**, and **spinach**. For the body to absorb and utilize folic acid effectively, it is important to also consume foods rich in vitamin B12. Additionally, drinking fresh orange juice helps the body use folic acid more quickly.



Food for Blood Nourishment

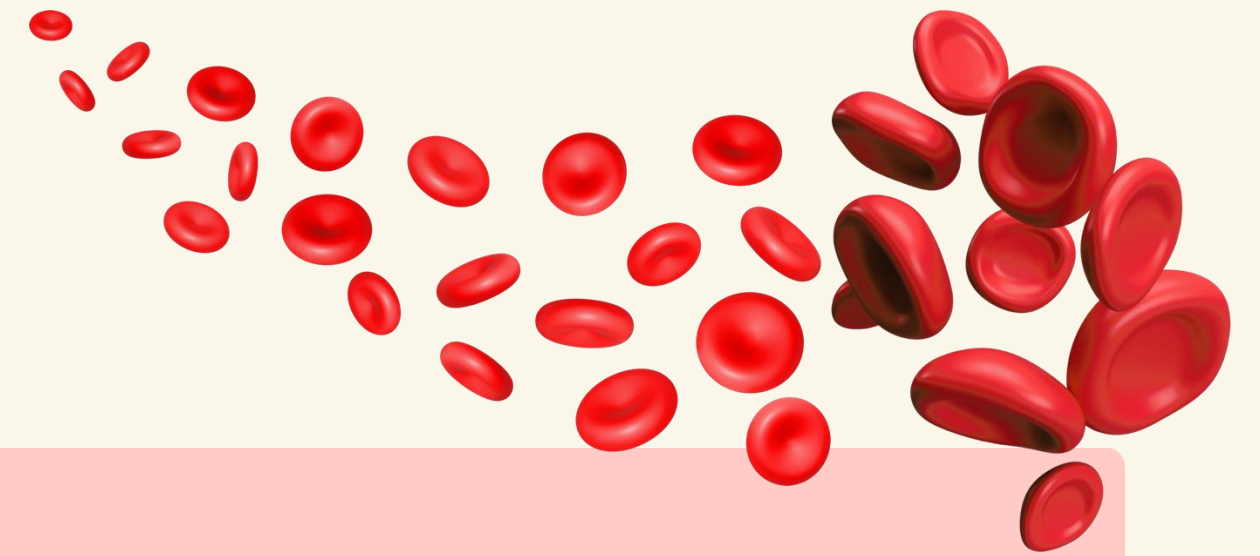
Stir-fried Moringa Leaves with Fermented Soybean Paste

Ingredients	Amount
Shredded moringa leaves	2 cups
Vegetable oil	1 tablespoon
Pork liver	200 grams
Chopped garlic	2 tablespoons
Fermented soybean paste	1 tablespoon
Red chili peppers	2 pieces
Fish sauce	2 teaspoons
Sugar	½ teaspoon





Food for Anemia



Anemia is caused by a deficiency of iron and vitamin B12. It is important to consume foods rich in both of these nutrients, such as pork liver, beef liver, chicken liver, clams, oysters, various meats, eggs, cheese, kale, morning glory, ivy gourd, dry beans, and more.



Food for Anemia

Stir-fried Clams

Ingredients	Amount
Clams	500 grams
Vegetable oil	3 tablespoons
Chopped garlic	2 tablespoons
Crushed bird's eye chilies	8 pieces
Oyster sauce	2 tablespoons
Chili paste	1 tablespoon
Fermented soybean paste	1 ½ tablespoons
Fish sauce	2 tablespoons
Sugar	2 teaspoons
Thai basil leaves	1 cup
Unsweetened fresh milk	3 tablespoons
Thai basil leaves for garnish	





Nutrition products for anti-aging and the endocrine system





Foods to Relieve Symptoms of Diabetes Mellitus

Diabetes Mellitus is a condition where the body produces insufficient insulin to meet its needs, resulting in excessively **high blood sugar levels** that are excreted through the kidneys into urine. The cause is often due to a dysfunction in the pancreas, which either cannot produce enough insulin or cannot produce any at all, preventing the body from properly metabolizing sugar.



Foods to Relieve Symptoms of Diabetes Mellitus

Stir-fried Chicken with Eggplant

Ingredients	Amount
Chopped chicken breast	200 grams
Sliced eggplant	544 grams
Chicken broth	3/4 cup
Chopped garlic	½ teaspoon
Vegetable oil	2 tablespoons
Fish sauce	1 tablespoon
Sugar	1 teaspoon
Chopped bird's eye chilies (to taste)	





Foods to Relieve Symptoms of Diabetes Mellitus

Tuna Salad

Ingredients	Amount
Tuna in brine	1 can
Sliced onions	68 grams
Shredded carrots	34 grams
Lettuce	136 grams
Lime juice	2 tablespoons
Fish sauce	1 tablespoon
Sugar	½ tablespoon
Chopped bird's eye chilies (to taste)	





Foods to Relieve Symptoms of Diabetes Mellitus

Stir-fried Bitter Melon with Salted Egg and Pickled Garlic

Ingredients	Amount
Young Bitter Melon	15 pieces
Chicken Egg	1 egg
Salted Egg (roughly chopped)	2 eggs
Vegetable Oil	2 tablespoons
Garlic (minced)	1 tablespoon
Fish Sauce	1 teaspoon
Sugar	¼ teaspoon
Pickled Garlic (sliced thin)	1/3 cup
Thinly sliced red chili for garnish	





Foods to Relieve Symptoms of Diabetes Mellitus

Steamed Flower Fish with Pickled Garlic

Ingredients	Amount
100g of flower fish fillet	2 pieces
Sliced pickled garlic	¼ cup
Soy sauce	1 ½ tablespoons
Sesame oil	1 teaspoon
Chopped spring onion	¼ cup
Sliced carrot	¼ cup
Pickled garlic for garnish	
Fresh vegetables: sliced spring onions and carrots	



Foods to Relieve Symptoms of Diabetes Mellitus



Sour Soup with Water Spinach and Snakehead Fish

Ingredients	Amount
Tumbling leaves and shoots	3 cups
Snakehead fish fillet, cut into ½ inch thick pieces	300 grams
Water or broth	2 ½ cups
Fish sauce	1 tablespoon
Lime juice	2 tablespoons
Tomatoes, sliced into wedges	2 pieces
Tender leaves of climbing spinach for garnish	

Ingredients	Amount
spice paste	
Bird's eye chili	3 pieces
Shallots	3 cloves
Shrimp paste	1 teaspoon
Salt	1 teaspoon



Foods to Relieve Symptoms of Diabetes Mellitus

Grilled Snakehead Fish with Mixed Vegetables in Spicy Herb Soup

Ingredients	Amount
Grilled snakehead fish	300 grams
Water or broth	2 ½ cups
Shredded banana flower	1 cup
Tangled yam leaves and tips	2 cups
Acacia leaves	1 cup
Fish sauce	2 tablespoons
Holy basil leaves	1 cup

Ingredients	Amount
Spice paste	
Whole black peppercorns	6 teaspoons
Sliced shallots	¼ cup
Shrimp paste	1 teaspoon
Ground salt	1 teaspoon
Grilled snakehead fish fillet	¼ cup



Food to Relieve Triglycerides

Triglycerides are responsible for absorbing vitamins A, D, E, and K. They are found in animal products, foods high in sugar, and some hard-shelled fruits. Additionally, drinking alcoholic beverages increases triglyceride levels in the blood.

For individuals with high triglyceride levels, it is recommended to eat lean meats, foods that are not overly sweet, and mostly incorporate vegetables into their diet.



Food to Relieve Triglycerides

Boiled Fish with Local Vegetables

Ingredients	Amount
1 ½ inch thick slices of snakehead fish	300 grams
Water or broth	3 cups
Sliced shallots	½ cup
Ground pepper	½ teaspoon
Fish sauce	2 tablespoons
Tamarind juice	2 tablespoons
Young tamarind leaves	1 cup
Young tamarind leaves	1 cup
Lime juice	1 tablespoon



Summary

Anti-aging nutritional products play an important role in maintaining health at the cellular level and across various body systems, especially in slowing down age-related deterioration. A variety of foods and recipes can effectively nourish the body or help relieve physical symptoms.

Foods rich in vitamin C and low in fat, derived from fresh fruits and vegetables—such as fruit salad and mackerel leaf wraps (Miang Pla Too)—contribute to healthier skin and help reduce facial oiliness. Meanwhile, dishes like stir-fried pork with ginger and onion support both skin health and the immune system. Bone and muscle conditions can be improved by consuming foods high in calcium and protein. Choosing nutritious and appropriate foods is a simple yet powerful approach to long-term self-care.



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THANK YOU

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