



دائرة الصحة  
DEPARTMENT OF HEALTH



مركز أبوظبي  
للصحة العامة  
ABU DHABI PUBLIC  
HEALTH CENTRE

عيادات  
صحة  
SEHA  
CLINICS

PUREHEALTH<sup>+</sup>

# BARAKAT AL SEHA

Culture-crafted  
Wellness





# **BARAKAT AL SEHA**

Culture-crafted  
Wellness

Cover and dividers illustrations: Ivan Sidenko

# ABOUT THE INITIATIVE

Barakat Al Seha – meaning “Blessings of Health” in Arabic – began as a competition encouraging employees to share their healthy habits, tips, and recipes for adopting and maintaining healthier lifestyles. The name reflects our belief that good health is a gift to be nurtured through consistent effort and mindful habits. This initiative was created as a fun and engaging way to inspire positive change, foster teamwork, support individual wellbeing, and promote long-term health.

With the demands of modern work-life balance, many of us struggle to prioritise fitness, nutrition, and mental wellbeing. Sedentary office

routines, high stress levels, and poor dietary habits can lead to fatigue, reduced productivity, and an increased risk of chronic illness. Recognising these challenges, we launched an initiative to empower individuals to take charge of their health in a supportive, motivating environment.

Barakat Al Seha – SEHA CLINICS is more than just an initiative – it’s a movement towards a healthier, more energised community. It’s about balance – nourishing the body, mind, and soul. As we continue on this journey, we look forward to seeing lasting improvements in the overall wellbeing of our communities.



At SEHA CLINICS, our mission has always been rooted in supporting the long-term wellbeing of our community. As we look ahead, we recognise that true health is not just about treating illness—it's about cultivating a culture of longevity, where both physical and mental wellbeing are prioritised, valued, and nurtured.

This initiative was born from our commitment to empowering individuals with the knowledge and tools to make informed, healthy choices. From balanced nutrition and regular movement to mindfulness and emotional

resilience, these habits are simple yet profoundly transformative.

We believe that small, consistent changes can have a lasting impact. By embracing a lifestyle that puts wellness first, we're not only improving our quality of life today—we're also investing in a healthier, more vibrant tomorrow.

It's been a joy bringing these pages to life, and I invite you to enjoy this journey, building small habits that create a healthier tomorrow for everyone.

**Dr. Khadija Al Marashda**  
**CEO, SEHA CLINICS**

ABOUT  
SEHHI

The SEHHI Food Programme, developed by the Abu Dhabi Public Health Centre, guides the community in making healthier food choices and adopting balanced eating habits. This initiative supports the emirate's vision of building a healthier society by empowering people to eat well and live well.

The SEHHI stamp, which appears on recipes and nutritional information throughout this book, is a mark of approval confirming that meals meet recognised health standards.

Foods carrying the SEHHI logo are:

- Lower in fat, sugar, and salt
- Higher in fibre
- Carefully assessed to support balanced, nutritious diets

By choosing recipes endorsed by SEHHI, you can feel confident that you are preparing meals thoughtfully designed to support your health and wellbeing.





We, at the Abu Dhabi Public Health Centre remain committed to building a healthier, more preventive community by leading efforts to promote public health and preventive health practices in Abu Dhabi. We are dedicated to fostering healthy life choices that help community members lead longer, healthier lives.

From day one, our mission has been to inspire positive change, raising awareness about proper nutrition, encouraging proactive health habits, and uniting efforts towards a healthier future.

Today, as we continue this inspiring journey, we are excited to participate in this new initiative, designed to make healthier choices simple, accessible, and delicious for all. Through this effort, we reaffirm our commitment to empowering individuals to embrace a vibrant, healthy living lifestyle. Together, we can create a brighter, healthier tomorrow for everyone.

**HE Dr. Omniyat Mohammed Al Hajeri**  
**Executive Director of Community**  
**Health Sector**

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# RECIPES



VIBRANT  
MORNINGS

# BANANA DATE POWER SMOOTHIE

## Ingredients

- 5 soft dates (pitted and chopped)
- 1 banana
- 2 tbsp rolled oats
- ½ tsp cinnamon powder
- 1 tbsp peanut butter
- 1 cup milk (dairy or plant-based)
- Ice cubes (as needed)
- Honey (optional, for sweetness)

## Instructions

- Remove pits from the dates and chop them into smaller pieces.
- In a blender, combine the chopped dates, banana, rolled oats, cinnamon powder, peanut butter, and milk.
- Blend until smooth and creamy.
- Taste the smoothie and add honey if you prefer it sweeter.
- Add ice cubes and blend again (briefly) if desired.
- Pour into a glass and serve immediately.



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>115</b>
%DV	
<b>Total Fat</b> 2.2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 2.8mg	<b>1%</b>
<b>Sodium</b> 40.3mg	<b>2%</b>
<b>Total Carbohydrate</b> 20.6g	<b>7%</b>
Dietary Fiber 1.4g	5%
Total Sugars 11.9g	24%
Added Sugars 0.0g	0%
<b>Protein</b> 4.0g	
Vitamin D 0.6mcg	3%
Calcium 85.3mg	7%
Iron 0.5mg	3%
Potassium 273.3mg	6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Noushad Ali Moideen Kutty**  
General Pharmacist  
The Life Corner

I'm Noushad Kutty, General Pharmacist at SEHA Al Rahba Hospital, OP Pharmacy, and I'm from India.

This smoothie is my go-to for a quick, energising boost—perfect for busy mornings or post-workout recovery. Packed with dates, banana, oats, milk, and peanut butter, it's a simple, wholesome blend that keeps me full and refreshed all day.

# HEALTHY PORRIDGE

## Ingredients

- 1 tbsp oil
- 1 small piece of cinnamon stick (about ½ inch)
- 1 tbsp Egyptian dal (chana dal)
- 1/2 medium onion, chopped
- 1/4 cup green peas
- 1/4 cup minced meat
- 3 garlic cloves
- 1/2 cup raw rice (broken rice can be used)
- 1/4 tsp salt 1 clove
- 1 cardamom pod
- 3/4 tsp fenugreek seeds
- 1/4 cup soaked chickpeas (white chana)
- 1/2 tomato, chopped
- 5 slices of carrot
- 1/2 tsp ginger-garlic paste
- 1 green chilli
- 4 cups water
- 2 sprigs each of coriander, mint, and curry leaves

## Instructions

- Heat oil in a pressure cooker and add the clove, cardamom, and cinnamon. Add the fenugreek seeds, chana dal, white chana, and green chili, and fry on low heat for 3–4 minutes until lightly roasted (but not browned).
- Add the onion, ginger-garlic paste, coriander, mint, curry leaves, garlic cloves, green peas, carrot, and tomato. Then add the raw rice, salt, and water. Cover the cooker and cook until you hear 4 whistles (about 10 minutes), then turn off the heat and let the pressure release naturally.
- Open the cooker and stir well to combine until you get a porridge-like consistency.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>56</b>
%DV	
<b>Total Fat</b> 1.3g	<b>2%</b>
Saturated Fat 0.4g	2%
Trans Fat 0g	
<b>Cholesterol</b> 4.6mg	<b>2%</b>
<b>Sodium</b> 130.9mg	<b>6%</b>
<b>Total Carbohydrate</b> 9.1g	<b>3%</b>
Dietary Fiber 0.9g	3%
Total Sugars 0.4g	1%
Added Sugars 0g	0%
Protein 2.6g	
Vitamin D 0mcg	0%
Calcium 13.2mg	1%
Iron 0.8mg	4%
Potassium 49.8mg	1%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Ayisha Sithika**  
Coordinator - Administration  
PureLab

I'm Ayisha Sithika, Coordinator of Administration at Al Qassimi Laboratory, Sharjah, and I'm from India. This wholesome porridge is a childhood favourite—pure, simple, and free from anything artificial. It's a warm reminder that true wealth begins with good health.

# REFRESHING BEET JUICE

## Ingredients

- 2 medium beetroots (beets), peeled and chopped
- 1 medium apple (for natural sweetness)
- 1 medium carrot (optional, for added nutrients)
- 1/2 lemon, juiced
- 1-inch piece of ginger (for a zesty kick)
- 1 cup cold water (or more, to achieve a desired consistency)
- Ice cubes (optional, for serving)



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>25</b>
%DV	
<b>Total Fat</b> 1.8g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 9.5mg	<b>0%</b>
<b>Sodium</b> 54.1mg	<b>0%</b>
<b>Total Carbohydrate</b> 14.7g	<b>2%</b>
Dietary Fiber 2.7g	4%
Total Sugars 0.7g	6%
Added Sugars 0.0g	0%
<b>Protein</b> 5.7g	
Vitamin D 0mcg	0%
Calcium 13.8mg	0%
Iron 1.1mg	0%
Potassium 130.7mg	1%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Sophia Rani Anthonisamy**  
Charge Nurse  
SEHA

I'm Sophia Anthonisamy, Charge Performance & Excellence Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India.

I'm drawn to meals that celebrate health, tradition, and the spirit of togetherness. These dishes are simple, nourishing, and full of flavour; perfect for sharing and staying well.

# JEERA PORRIDGE

## Ingredients

- 1 cup rice (preferably white or brown broken rice)
- 1–2 tsp cumin seeds (jeera)
- 1 tbsp ghee (clarified butter) or oil
- 1 small green chili, finely chopped (optional)
- 1/2 tsp grated ginger (optional)
- 1/2 tsp turmeric powder
- Water (approximately 3 cups)
- Salt to taste
- Fresh coriander leaves (optional, for garnish)

## Instructions

- Wash the rice thoroughly under cold water and set aside.
- In a pot, heat ghee or oil over medium heat. Add the cumin seeds and allow them to splutter. You can add chopped green chili and grated ginger at this stage for extra flavor, if desired.
- Add the washed rice to the pot and stir with the cumin for 1–2 minutes to lightly toast the rice. This helps infuse the rice with cumin flavor.
- Pour in 3 cups of water, add turmeric powder, and salt to taste. Bring to a boil, then reduce the heat and cover the pot. Let it simmer for about 15–20 minutes, or until the rice is fully cooked and the water is absorbed.
- Once cooked, fluff the rice with a fork. Garnish with fresh coriander leaves and a squeeze of lemon juice, if desired. Serve hot.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>91</b>
%DV	
<b>Total Fat</b> 0.4g	<b>1%</b>
Saturated Fat 0.1g	0%
Trans Fat 0.0g	
<b>Cholesterol</b> 0.6mg	<b>0%</b>
<b>Sodium</b> 81.8mg	<b>4%</b>
<b>Total Carbohydrate</b> 19.3g	<b>7%</b>
Dietary Fiber 0.5g	2%
Total Sugars 0.0g	0%
Added Sugars 0g	0%
<b>Protein</b> 1.8g	
Vitamin D 0mcg	0%
Calcium 11.7mg	1%
Iron 1.2mg	7%
Potassium 38.4mg	1%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Syed Munavvar Valiyakkathodi**  
General Pharmacist  
The Life Corner

I'm Syed Munavvar Valiyakkathodi, a Pharmacist at The Life Corner, SEHA Al Rahba Hospital OP Pharmacy. I'm from Kerala, India.

Inspired by my mother's timeless recipes, I truly believe that healthy food has the power to heal, uplift, and energise us. For me, eating well means enjoying joyful, colourful meals that are deeply satisfying. Eat well, feel well—it's always worth the effort.

# SHAKSHUKA



## Ingredients

- 2 tbsp olive oil
- 1 onion, chopped
- 1 bell pepper (red or green), chopped
- 3 cloves garlic, minced
- 4 ripe tomatoes, chopped, or 1 can diced tomatoes
- 1 tbsp tomato paste
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp chili powder (optional)
- Salt and black pepper to taste
- 4-6 eggs
- Fresh parsley or coriander for garnish
- Feta cheese (optional)
- Crusty bread or pita for serving

## Instructions

- Heat olive oil in a pan over medium heat. Add the chopped onion and bell pepper, and cook until softened.
- Stir in the garlic, cumin, paprika, and chili powder. Add the tomatoes and tomato paste. Let the sauce simmer for 10–15 minutes until it thickens.
- Create small wells in the sauce and crack the eggs into them.
- Cover the pan and cook for 5–7 minutes, until the egg whites are set but the yolks remain runny.
- Sprinkle with fresh parsley or coriander and feta cheese on top. Serve with crusty bread or warm pita.

Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>100</b>
%DV	
<b>Total Fat</b> 6.7g	<b>9%</b>
Saturated Fat 2.1g	10%
Trans Fat 0.0g	
<b>Cholesterol</b> 237.4mg	<b>79%</b>
<b>Sodium</b> 107.3mg	<b>5%</b>
<b>Total Carbohydrate</b> 3.1g	<b>1%</b>
Dietary Fiber 0.9g	3%
Total Sugars 1.1g	2%
Added Sugars 0.2g	0%
<b>Protein</b> 8.8g	
Vitamin D 1.3mcg	6%
Calcium 46.9mg	4%
Iron 1.6mg	9%
Potassium 187.1mg	4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Vasudevi Soma Sundaram**  
Staff Nurse  
SEHA

I'm Vasudevi Sundaram, a Staff Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India. Some of the most comforting dishes I know come from my time in a ladies' hostel, the flavours were new yet instantly familiar. It's experiences like these that shaped my love for cooking, which to me is all about connection: sharing stories, cultures, and warmth with every meal.

# POWER FALAFEL: A HEALTHY TWIST ON A CLASSIC

## Ingredients

- 1 cup chickpeas (soaked overnight)
- 1/4 cup cooked quinoa
- 1/2 cup fresh parsley
- 2 garlic cloves
- A small amount of boiled chicken (optional)
- 1 small red onion
- 1 tsp cumin powder
- 1 tsp coriander powder
- Juice of 1/2 lemon
- 1 tbsp olive oil
- Salt and pepper to taste

## Tahini Sauce (Optional)

- 2 tbsp tahini paste
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp garlic powder
- 1/2 tsp salt
- Water (as needed for blending)

## Hummus sauce

- 240g Cooked chickpeas
- 10g Garlic
- 1g Salt
- 2g Olive oil

## Instructions

- In a food processor, blend all falafel ingredients until the mixture is coarse but well combined.
- Shape the mixture into small falafel patties or balls.
- Preheat the oven to 400°F (200°C).
- Line a baking sheet with parchment paper and lightly grease it.
- Place the falafel patties on the tray and bake for 20-25 minutes, flipping halfway through.
- Tahini Yogurt Sauce: Blend tahini paste, olive oil, lemon juice, garlic powder, cumin powder, salt, and water until smooth.
- Hummus Sauce: Blend cooked chickpeas, garlic, salt, and olive oil until smooth.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>110</b>
%DV	
<b>Total Fat</b> 2.9g	<b>4%</b>
Saturated Fat 0.3g	2%
Trans Fat 0g	
<b>Cholesterol</b> 268.4mg	<b>0%</b>
<b>Sodium</b> 17.1mg	<b>12%</b>
<b>Total Carbohydrate</b> 4.7g	<b>6%</b>
Dietary Fiber 2.4g	17%
Total Sugars 0g	5%
Added Sugars 0g	0%
<b>Protein</b> 5.2g	
Vitamin D 0mcg	0%
Calcium 68.8mg	5%
Iron 2.6mg	15%
Potassium 234.0mg	5%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Zoya Sheikh**

Coordinator - Medical Maintenance  
One Health

I'm Zoya Sheikh, a Biomedical Coordinator in Medical Maintenance at SEHA CLINICS, Abu Dhabi, and I'm from India.

To me, cooking healthy meals is more than just preparing food, it's an act of love and self-care. It nourishes both body and mind through wholesome, natural ingredients, turning every meal into a source of energy, healing, and joy.



SIP STRONG WITH  
HEALTHY SOUPS

# MOLOKHIA (EGYPTIAN GREEN SOUP)

## Ingredients

- 1 bunch fresh molokhia (jute leaves) or 200g frozen molokhia
- 4 cups chicken or vegetable broth
- 1 tbsp olive oil or butter
- 6 cloves garlic, minced
- 1 tsp ground coriander
- 1 bay leaf (optional)
- ½ tsp salt (adjust to taste)
- ½ tsp black pepper
- Cooked rice or bread
- 1 tsp lemon juice

## Instructions

- If using fresh molokhia, wash, dry, and finely chop the leaves. If using frozen, let them thaw.
- In a pot, bring the chicken or vegetable broth to a gentle simmer. Optionally, add a bay leaf for extra flavor.
- In a separate pan, heat olive oil or butter. Sauté the minced garlic until golden brown. Add the ground coriander and mix well.
- Add the garlic-coriander mixture into the simmering broth. Stir in the molokhia and cook on low heat for 5–7 minutes. Be careful not to boil, as it can become slimy.
- Add salt, black pepper, and a squeeze of lemon juice to the soup.
- Serve with cooked rice, bread or grilled chicken.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>21</b>
	%DV
<b>Total Fat</b> 0.6g	<b>1%</b>
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240.9mg	<b>10%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 0.4g	1%
Total Sugars 0.4g	1%
Added Sugars 0g	0%
<b>Protein</b> 1.3g	
Vitamin D 0mcg	0%
Calcium 41.1mg	3%
Iron 1.0mg	5%
Potassium 110.5mg	2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Vasudevi Soma Sundaram**  
Staff Nurse  
SEHA

I'm Vasudevi Sundaram, a Staff Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India. Some of the most comforting dishes I know come from my time in a ladies' hostel, the flavours were new yet instantly familiar. It's experiences like these that shaped my love for cooking, which to me is all about connection: sharing stories, cultures, and warmth with every meal.

# SPICY FISH SOUP

## Ingredients

- 500g fish pieces (including fish bones for soup)
- 2 green chili peppers, chopped
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 tomatoes, chopped
- 1 tsp fennel powder (or ground fennel)
- 1 tsp salt (or to taste)
- 2 garlic cloves, minced
- 1 tsp ginger-garlic paste
- ½ cup dill, chopped
- 1 green onion, chopped
- 1 tsp soy sauce
- 4 cups hot water

## Instructions

- In a pot, heat olive oil over medium heat and sauté the green chili peppers for 1 minute.
- Add the fish pieces and stir briefly with the chili.
- Pour in the hot water and bring to a simmer over medium heat.
- Stir in the tomatoes, onion, fennel powder, and salt. Mix well.
- Cover the pot and simmer on low heat until the ingredients soften and the flavours blend.
- Add the dill, green onions, ginger-garlic paste, soy sauce, and stock cube.
- Continue cooking the soup until all ingredients are well combined and the flavours fully develop.
- Serve the soup hot, garnished with fresh dill and green onions.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>36</b>
%DV	
<b>Total Fat</b> 1.0g	<b>1%</b>
Saturated Fat 0.2g	1%
Trans Fat 0g	
<b>Cholesterol</b> 13.9mg	<b>5%</b>
<b>Sodium</b> 71.4mg	<b>3%</b>
<b>Total Carbohydrate</b> 1.9g	<b>1%</b>
Dietary Fiber 0.5g	2%
Total Sugars 0.9g	2%
Added Sugars 0g	0%
<b>Protein</b> 4.7g	
Vitamin D 0.3mcg	2%
Calcium 12.8mg	1%
Iron 0.2mg	1%
Potassium 127.8mg	3%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Faiza Ali**  
Charge Nurse  
SEHA CLINICS

I'm Faiza Ali, a Charge Nurse, part of SEHA CLINICS team and working at Zayed Higher Organization for People of Determination in Abu Dhabi. I'm from Yemen. My husband's traditional soup recipe is what first sparked my love for heartfelt cooking. Since then, preparing wholesome dishes has become my passion—meals that nourish both body and soul, blending the richness of heritage with the goodness of health in every spoonful.

# BROCCOLI ALMOND SOUP

## Ingredients

- 2 cups broccoli, cut into florets
- 4 small garlic cloves, finely chopped
- 2 cups water
- Black pepper, crushed or ground (to taste)
- 2 handfuls raw almonds (preferably soaked in water for 6–8 hours)
- Salt to taste
- Almond flakes (for garnish)

## Instructions

- In a pan, boil the broccoli florets with water. Cover with a lid and cook for a few minutes until the broccoli is half-cooked.
- Meanwhile, sauté the chopped garlic and set it aside.
- Lightly toast a few almond flakes for garnish.
- Once the broccoli has cooled, transfer it to a blender along with the soaked almonds (peeled, if preferred) and the sautéed garlic.
- Add salt to taste and blend until smooth.
- Pour the blended mixture back into the pan and bring it to a boil for a few minutes.
- Adjust the consistency by adding more water if needed.
- Garnish with the toasted almond flakes and a sprinkle of black pepper.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>38</b>
	%DV
<b>Total Fat</b> 2.3g	<b>3%</b>
Saturated Fat 0.2g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 238.4mg	<b>12%</b>
<b>Total Carbohydrate</b> 3.5g	<b>1%</b>
Dietary Fiber 1.4g	5%
Total Sugars 0.2g	0%
Added Sugars 0g	0%
<b>Protein</b> 1.8g	
Vitamin D 0mcg	0%
Calcium 27.9mg	2%
Iron 0.4mg	2%
Potassium 117.5mg	2%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Adarsh Pattanoor Edathil**  
Senior Biomedical Engineer  
One Health

I'm Adarsh Edathil, a Senior Biomedical Engineer with One Health at SEHA Al Rahba Hospital, and I'm from India. This quick and healthy recipe brings back memories of the meals I lovingly prepared for my wife during her pregnancy. Made with natural ingredients and suitable for all ages, it's more than just food. Cooking has become my creative outlet, a way to eat mindfully and take better control of my nutrition. It's also my favourite way to unwind after a long day.

# GRANDMA'S HOMEMADE CHICKEN NOODLE SOUP

## Ingredients

- 1 whole chicken
- 1 large onion
- 5 carrots
- 1 parsnip
- 5 celery stalks with leaves
- 4 garlic cloves
- 200g egg noodles
- Salt to taste
- Black pepper to taste
- A handful of fresh parsley
- A handful of fresh dill

## Instructions

- Cut the chicken into 8 pieces and place it in a large pot, keeping the skin and fat attached.
- Cover the chicken with water, leaving about 10 cm from the top of the pot. Turn the heat to maximum.
- When the water reaches a rapid boil, skim off and discard any foam that forms.
- Chop the onion, carrots, parsnip, and celery into large chunks. Add them to the pot along with salt and the peeled garlic cloves.
- Once the pot comes to a boil again, reduce the heat.
- Simmer gently, stirring occasionally, for about 2½ hours.
- Season to taste with salt and black pepper.
- Add the parsley during the final 15–30 minutes of cooking, and the dill shortly before turning off the heat.
- Strain the soup through a colander into a large bowl to separate the broth from the chicken and vegetables.
- In a separate pot, cook the noodles according to package instructions.
- To serve, ladle the broth into bowls and add noodles, along with some of the cooked chicken and vegetables.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>63</b>
	%DV
<b>Total Fat</b> 2.0g	<b>3%</b>
Saturated Fat 0.0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 2.0mg	<b>1%</b>
<b>Sodium</b> 41.2mg	<b>2%</b>
<b>Total Carbohydrate</b> 3.7g	<b>1%</b>
Dietary Fiber 0.8g	3%
Total Sugars 0.6g	1%
Added Sugars 0g	0%
<b>Protein</b> 6.9g	
Vitamin D 0.0mcg	0%
Calcium 17.7mg	1%
Iron 0.8mg	4%
Potassium 77.4mg	2%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Laura Margot Paquette**  
Genetic Counsellor  
SEHA

I'm Laura Paquette, a Genetic Counselor from Canada, now part of SEHA's Corporate Medical and Clinical Affairs team.

My mom and grandmother's homemade chicken soup taught me that fresh, quality ingredients—and love—make all the difference. Every bowl I make is a warm reminder of family, care, and comfort.

# SHORBAT ADAS (ARABIC LENTIL SOUP)



## Ingredients

- 1½ cups yellow lentils, rinsed
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 medium carrot, diced
- 2 medium tomatoes, chopped
- 6 cups vegetable broth (or water)
- 1 tsp ground cumin
- ½ tsp ground turmeric
- ½ tsp ground coriander
- ½ tsp ground cinnamon
- 2 tbsp olive oil
- Salt and black pepper to taste
- Juice of 1 lemon
- Fresh coriander for garnish

## Instructions

- Heat olive oil in a large pot over medium heat. Add the chopped onion and cook for 5–7 minutes until softened and translucent.
- Add the minced garlic and cook for another 1–2 minutes until fragrant.
- Stir in the diced carrots and chopped tomatoes. Cook for 3–4 minutes, allowing the tomatoes to soften and release their juices.
- Sprinkle in the cumin, turmeric, coriander, cinnamon, salt, and black pepper. Stir the spices into the vegetables to coat them well.
- Add the yellow lentils to the pot, followed by the vegetable broth (or water). Bring the mixture to a boil, then lower the heat to simmer.
- Cook uncovered for 25–30 minutes, or until the lentils are tender and the vegetables are soft. Stir occasionally.
- If you prefer a smoother soup, use an immersion blender to blend the soup to your desired consistency, or blend a portion of it and return it to the pot.
- Taste the soup and adjust the seasoning with more salt, pepper, or spices as necessary. Add the lemon juice and stir well.
- Garnish with fresh coriander leaves before serving.

Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>55</b>
%DV	
<b>Total Fat</b> 0.4g	<b>0%</b>
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 267.1mg	<b>12%</b>
<b>Total Carbohydrate</b> 13.0g	<b>5%</b>
Dietary Fiber 5.2g	19%
Total Sugars 1.5g	3%
Added Sugars 0.0g	0%
<b>Protein</b> 4.4g	
Vitamin D 0mcg	0%
Calcium 15.6mg	1%
Iron 1.0mg	5%
Potassium 38.9mg	1%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Sophia Rani Anthonisamy**  
Charge Nurse  
SEHA

I'm Sophia Anthonisamy, Charge Performance & Excellence Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India.

I'm drawn to meals that celebrate health, tradition, and the spirit of togetherness. These dishes are simple, nourishing, and full of flavour; perfect for sharing and staying well.





OVEN AND AIR

# GRILLED KING FISH FILLET WITH CHARRED TOMATO SALSA



## Ingredients

- 2 king fish fillets (150g each)
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp garlic paste
- 1/2 tsp cumin powder
- 1/2 tsp paprika
- 1/2 tsp salt
- 1/4 tsp black pepper
- 2 medium tomatoes (charred and chopped)
- 1/2 small red onion (finely chopped)
- 1 small green chili (optional, finely chopped)
- 1 tbsp fresh coriander (chopped)
- 1/2 tsp cumin powder
- 1 tbsp lemon juice
- 1/2 tsp salt
- 1/2 tsp olive oil

## Instructions

- In a bowl, mix olive oil, lemon juice, garlic paste, cumin, paprika, salt, and black pepper.
- Coat the king fish fillets evenly with the marinade and let them rest for 15–20 minutes.
- Preheat a grill pan or outdoor grill. Cook the fish for 3–4 minutes per side until golden brown and cooked through.
- Char the tomatoes on an open flame or grill until the skin is blackened. Let them cool, then peel and chop them finely.
- Mix the charred tomatoes with onion, green chili, coriander, cumin, lemon juice, salt, and olive oil.

Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>94</b>
%DV	
<b>Total Fat</b> 2.7g	<b>3%</b>
Saturated Fat 0.4g	2%
Trans Fat 0g	
<b>Cholesterol</b> 37.5mg	<b>12%</b>
<b>Sodium</b> 297.0mg	<b>13%</b>
<b>Total Carbohydrate</b> 2.1g	<b>1%</b>
Dietary Fiber 0.5g	2%
Total Sugars 0.6g	1%
Added Sugars 0g	0%
<b>Protein</b> 14.9g	
Vitamin D 0mcg	0%
Calcium 37.5mg	3%
Iron 2.0mg	11%
Potassium 362.1mg	8%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Vasudevi Soma Sundaram**  
Staff Nurse  
SEHA

I'm Vasudevi Sundaram, a Staff Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India. Some of the most comforting dishes I know come from my time in a ladies' hostel, the flavours were new yet instantly familiar. It's experiences like these that shaped my love for cooking, which to me is all about connection: sharing stories, cultures, and warmth with every meal.

# SHISH BARAK

## Ingredients

- 2 cups all-purpose flour
- ½ tsp salt
- ½ cup water (adjust as needed)
- 1 tbsp olive oil
- 250g minced lamb or beef
- 1 small onion, finely chopped
- 1 tbsp pine nuts (optional)
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp allspice
- ½ tsp cinnamon
- 2 cups plain yogurt
- 1 tbsp cornstarch (mixed with ¼ cup water)
- 2 cloves garlic, minced
- 1 tsp dried mint
- ½ tsp salt

## Instructions

- Mix the flour, salt, olive oil, and water to form a smooth dough. Cover and let it rest for 30 minutes.
- Sauté the finely chopped onions and minced meat until cooked through. Add the spices and pine nuts. Let the mixture cool.
- Roll out the dough and cut it into small circles. Place a little filling in each circle, fold into a half-moon shape, and seal the edges tightly.
- Lightly bake or pan-fry the dumplings for extra flavour, if desired.
- In a pot, heat the yoghurt. Add the cornstarch mixture and stir continuously until the sauce thickens. Add garlic and dried mint to the sauce.
- Gently add the dumplings into the simmering yoghurt sauce and cook for 10 minutes.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>185</b>
%DV	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.6g	3%
Trans Fat 0g	
<b>Cholesterol</b> 15.1mg	<b>5%</b>
<b>Sodium</b> 194.5mg	<b>8%</b>
<b>Total Carbohydrate</b> 34.5g	<b>13%</b>
Dietary Fiber 1.6g	6%
Total Sugars 1.2g	2%
Added Sugars 0g	0%
<b>Protein</b> 9.5g	
Vitamin D 0mcg	0%
Calcium 42.2mg	3%
Iron 0.5mg	3%
Potassium 111.7mg	2%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Vasudevi Soma Sundaram**  
Staff Nurse  
SEHA

I'm Vasudevi Sundaram, a Staff Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India. Some of the most comforting dishes I know come from my time in a ladies' hostel, the flavours were new yet instantly familiar. It's experiences like these that shaped my love for cooking, which to me is all about connection: sharing stories, cultures, and warmth with every meal.

# AIR-FRIED PINK CHICKEN

## Ingredients

- Raw chicken - 800g
- ½ small beetroot, blended into a puree
- ¼ cup Greek yogurt
- 1 tbsp olive oil
- ½ tsp saffron threads and 1 tbsp warm water (optional)
- ½ tsp salt
- ¼ tsp black pepper
- 1½ tsp pomegranate molasses (for glaze)
- ½ tsp garlic powder
- ½ tsp paprika

## Instructions

- In a bowl, mix together beetroot puree, Greek yogurt, olive oil, saffron water (if using), garlic powder, paprika, salt, and black pepper.
- Rub the marinade thoroughly all over the chicken, including under the skin and inside the cavity. Let it marinate for at least 1 hour or preferably overnight in the fridge for deeper flavor.
- Preheat air fryer to 180°C (350°F). Place the chicken breast-side down in the basket and cook for 20 minutes. Flip the chicken to breast-side up and cook for another 15–20 minutes, or until golden and internal temperature hits 75°C (165°F).
- Brush the chicken with pomegranate molasses. Air fry for an extra 3–5 minutes at 200°C (400°F) to give it a shiny, caramelised finish.
- Let the chicken rest for 5 minutes before carving. Serve warm.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>95</b>
	%DV
<b>Total Fat</b> 3.0g	<b>4%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 4.3mg	<b>1%</b>
<b>Sodium</b> 40.91mg	<b>2%</b>
<b>Total Carbohydrate</b> 3.8g	<b>1%</b>
Dietary Fiber 0.5g	2%
Total Sugars 1.7g	3%
Added Sugars 0.1g	0%
<b>Protein</b> 12.8g	
Vitamin D 0.3mcg	1%
Calcium 39.5mg	3%
Iron 0.8mg	5%
Potassium 11.9mg	0%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Joanne Barroga**  
Staff Phlebotomist  
PureLab

I'm Joanne Barroga, a Phlebotomist at PureLab, Disease Prevention and Screening Center (DPSC) in Al Ain, and I'm from the Philippines.

Quick, colorful, and healthy meals are my favourite to make. With a family history of health issues, I've come to truly value nutritious food, and now every choice I make in the kitchen is guided by mindfulness and care.

# AIR-FRIED VEGETABLE CUTLET

## Ingredients

- 2 potatoes (boiled and mashed)
- 2 medium carrots (cooked and mashed)
- 10 green beans (chopped and cooked)
- A handful of peas (cooked)
- 2 medium onions (chopped)
- 1 tbsp ginger garlic paste
- 3 green chilies (chopped)
- ¼ tsp turmeric powder
- ¾ tsp garam masala
- ¼ to ½ tsp pepper powder
- Oil (for sautéing and brushing)
- Breadcrumbs (as needed)
- Egg white or 3 tbsp all-purpose flour
- Water (to make maida slurry)
- Salt (to taste)
- 1 string curry leaves (chopped)
- Fresh coriander leaves (chopped)

## Instructions

- Cook all vegetables until soft. Boil and mash the potatoes. Mash the remaining vegetables as well.
- In a pan, heat oil. Add chopped onion, ginger garlic paste, green chili, and curry leaves. Sauté until the raw smell disappears. Add turmeric powder and garam masala; sauté briefly. Add the cooked vegetables and mashed potatoes. Mix well.
- Add salt, coriander leaves, and pepper powder. Mix thoroughly and cook until the mixture becomes dry.
- Let the mixture cool. If it's too moist, add bread crumbs for better binding.
- Wet your palms and shape the mixture into cutlets. Dip each cutlet in a slurry of all-purpose flour and water (or egg white), then coat with bread crumbs. Chill and then place the cutlets in the freezer for 15–20 minutes to firm up.
- Preheat your air fryer. Place the cutlets inside and air fry both sides until golden brown.
- Serve hot with ketchup or a dip of your choice.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>70</b>
	%DV
<b>Total Fat</b> 0.6g	<b>1%</b>
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 161.8mg	<b>7%</b>
<b>Total Carbohydrate</b> 14.6g	<b>5%</b>
Dietary Fiber 2.6g	9%
Total Sugars 2.7g	5%
Added Sugars 0g	0%
<b>Protein</b> 2.5g	
Vitamin D 0mcg	0%
Calcium 28.1mg	2%
Iron 0.8mg	4%
Potassium 271.5mg	6%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Smitha Jiju**  
Staff Nurse  
SEHA

I'm Smitha Jiju, a Staff Nurse at Sila Hospital part of SEHA Al Dhafra Hospitals, and I'm from Kerala, India. Cooking has been a passion of mine since childhood, and it deepened even more as I started cooking for my children. I'm dedicated to creating healthy recipes that nurture my loved ones and help ward off lifestyle diseases—after all, health truly is our greatest wealth.

# CHICKEN AND VEGETABLE TRAY BAKE



## Ingredients

- 1.5 lbs boneless, skinless chicken thighs/breasts
- 2 bell peppers (cut into chunks)
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp paprika
- Fresh parsley/coriander for garnish (optional)
- 1 large red onion (cut into wedges)
- 1 courgette (cut into chunks)
- 1 head of broccoli (cut into florets)
- 1 tbsp lemon juice
- 1 tsp dried thyme
- Salt and pepper to taste

## Instructions

- Preheat your oven to 400°F (200°C).
- In a large bowl, combine the red onion, bell peppers, courgette, broccoli, and cherry tomatoes.
- Drizzle the vegetables with 1 tablespoon of olive oil, and season with salt, pepper, oregano, and thyme. Toss to coat evenly.
- In a separate bowl, toss the chicken pieces with the remaining 1 tablespoon of olive oil, lemon juice, paprika, salt, and pepper.
- Spread the vegetables in a single layer on a large baking sheet. Place the chicken pieces evenly among the vegetables.
- Bake for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.
- Garnish with fresh parsley or coriander before serving, if desired.



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>76</b>
%DV	
<b>Total Fat</b> 1.6g	<b>2%</b>
Saturated Fat 0.3g	1%
Trans Fat 0.0g	
<b>Cholesterol</b> 40.3mg	<b>13%</b>
<b>Sodium</b> 115.2mg	<b>5%</b>
<b>Total Carbohydrate</b> 2.5g	<b>1%</b>
Dietary Fiber 1.0g	4%
Total Sugars 0.9g	2%
Added Sugars 0.0g	0%
<b>Protein</b> 13.3g	
Vitamin D 0mcg	0%
Calcium 26.1mg	2%
Iron 1.0mg	6%
Potassium 250.8mg	5%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Ali Saeed**  
Billing And Revenue Recovery  
Officer, Sheikh Shakhbout  
Medical City (SSMC)

I'm Ali Saeed, Billing and Revenue Recovery Officer at Sheikh Shakhbout Medical City (SSMC), and I'm from Yemen.

This dish was born from my love of fresh produce and the simplicity of one-pan cooking. I love cooking healthy meals because I truly believe that what we eat fuels not just our bodies; but our energy, mood, and overall well-being.

# GRILLED CHICKEN WITH GREEK YOGHURT AND SMOKED PAPRIKA MARINADE



## Ingredients

- 4 bone-in, skin-on chicken thighs
- 4 chicken drumsticks with skin
- ¾ cup Greek yoghurt (0% fat)
- 1 tbsp tomato paste
- 4 tsp smoked paprika
- 2 tsp garlic powder
- 2½ tsp ground black pepper
- 1 tsp salt
- ⅛ tsp cayenne pepper

## Instructions

- In a bowl, combine garlic powder, smoked paprika, cayenne pepper, black pepper, salt, tomato paste, and Greek yoghurt. Mix thoroughly until smooth and well combined.
- Coat the chicken thighs and drumsticks with the yoghurt marinade. Place in a resealable plastic bag or shallow dish and refrigerate for at least 2 hours, preferably overnight.
- Preheat grill to medium-high heat. Grill chicken, turning occasionally, for 25–30 minutes, or until internal temperature reaches 165°F (75°C) and the chicken is golden brown and fully cooked.
- Serve hot with your favourite side dishes like roasted vegetables or a fresh salad.



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>116</b>
%DV	
<b>Total Fat</b> 3.0g	<b>4%</b>
Saturated Fat 0.7g	3%
Trans Fat 0g	
<b>Cholesterol</b> 53.1mg	<b>18%</b>
<b>Sodium</b> 173.6mg	<b>8%</b>
<b>Total Carbohydrate</b> 5.3g	<b>2%</b>
Dietary Fiber 0.8g	3%
Total Sugars 3.4g	7%
Added Sugars 0g	0%
<b>Protein</b> 14.7g	
Vitamin D 0.6mcg	3%
Calcium 81.7mg	6%
Iron 0.7mg	4%
Potassium 152.1mg	3%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Mariyam Zuberi**  
Coordinator - Administration  
PureLab

I'm Mariyam Zuberi, Coordinator – Administration at PureLab Abu Dhabi, and I'm from Pakistan. I've always been drawn to the vibrant colours and rich traditions of our cuisine. This dish brings together flavour and nourishment—my way of promoting wellness through every bite.

# SPINACH STIR-FRY WITH AIR-FRIED TOFU



## Ingredients

- 2 cups baby spinach
- 1 medium onion (chopped)
- 4 tbsp soy sauce
- 100g tofu (cut into squares)
- 3 cloves garlic or 2 tsp minced garlic
- 1 tbsp olive oil

## Instructions

- Wrap tofu in paper towels and press to remove excess moisture.
- Cut into square pieces.
- Air fry at 400°F for 10 minutes, shaking the basket halfway through. Set aside.
- In a frying pan, heat olive oil and sauté the garlic until golden brown. Set aside to garnish.
- Add chopped onions and remaining garlic. Cook until caramelised.
- Stir in soy sauce (adjust to taste).
- Add spinach and air-fried tofu to the pan.
- Stir-fry for 1–2 minutes until well combined.
- Remove from heat.
- Sprinkle reserved garlic on top.
- Serve as-is or with rice for 2 people.

Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>64</b>
	%DV
<b>Total Fat</b> 2.8g	<b>4%</b>
Saturated Fat 0.5g	2%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 177.1mg	<b>8%</b>
<b>Total Carbohydrate</b> 6.2g	<b>2%</b>
Dietary Fiber 1.5g	5%
Total Sugars 2.9g	6%
Added Sugars 0.0g	0%
<b>Protein</b> 4.1g	
Vitamin D 0mcg	0%
Calcium 85.8mg	7%
Iron 1.1mg	6%
Potassium 232.8mg	5%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Marycris Malabaguio**  
Officer - Master Data Management  
PureHealth

I'm Marycris Malabaguio, a Specialist in Master Data Management at PureHealth. I am from the Phillipines.

Inspired by my father's love for growing vegetables, I created this spinach and tofu dish as a wholesome take on a Filipino classic. It brings the spirit of home to my kitchen and continues to shape the way I cook and care for my health here in the UAE.

# TRIDA (MKAFTA) ALGERIAN DISH

## Ingredients

- 400g Lamb, cubed for stew or kabob (leg and shoulder)
- 500g Trida pasta (square-shaped semolina pasta)
- 2 tbsp vegetable oil
- Chicken or lamb, cut into pieces
- 2 cloves garlic, minced
- 1 tbsp tomato paste
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- Salt to taste
- 1.5 litres water or chicken broth
- 1 courgette, cut into chunks
- 1 tbsp butter
- A pinch of salt
- 1 large onion, finely chopped
- 2 tomatoes, grated
- 1 tsp paprika
- ½ tsp black pepper
- ½ tsp turmeric
- 3 tbsp vegetable oil
- 200g chickpeas (soaked overnight or canned)
- 1 carrot, cut into chunks



## Instructions

- Lightly steam the Trida pasta in a steamer for about 20 minutes or until softened.
- Transfer to a bowl, drizzle with vegetable oil, mix well, and let cool.
- Repeat the steaming process once more to ensure it's tender but not mushy.
- In a large pot, heat the vegetable oil over medium heat.
- Add the chopped onion and garlic; sauté until soft and fragrant. Add lamb and brown on all sides. Stir in the spices (paprika, cinnamon, black pepper, ginger, turmeric). Add the grated tomatoes and tomato paste; mix well.
- Pour in the water or broth, bring to a boil, then reduce to a simmer. Add the chickpeas and cook for about 45 minutes until the meat is tender. Add the carrots and courgette, and cook for another 10–15 minutes.
- Place the steamed Trida pasta in a large serving dish. Pour the sauce over the pasta, mixing gently to absorb the flavors. Arrange the meat and chickpeas on top, and garnish with fresh parsley or coriander.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>96</b>
	%DV
<b>Total Fat</b> 1.8g	<b>2%</b>
Saturated Fat 0.4g	2%
Trans Fat 0g	
<b>Cholesterol</b> 9.5mg	<b>3%</b>
<b>Sodium</b> 54.1mg	<b>2%</b>
<b>Total Carbohydrate</b> 14.7g	<b>5%</b>
Dietary Fiber 2.7g	10%
Total Sugars 0.7g	1%
Added Sugars 0.0g	0%
<b>Protein</b> 5.7g	
Vitamin D 0mcg	0%
Calcium 13.8mg	1%
Iron 1.1mg	6%
Potassium 130.7mg	3%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Sabrina Hesas**  
Laboratory Technologist  
PureLab

I'm Sabrina Hesas, a Medical Laboratory Technologist at PureLab, and I'm from Algeria. Trida is a dish close to my heart—rich with family tradition and cultural pride. I love preparing healthy meals that nourish my loved ones and keep our heritage alive.



LEAF AND LADLE

# COTTAGE CHEESE EGG SALAD



## Ingredients

- 4 large eggs
- ¼ cup cottage cheese
- 2 tsp lemon juice, freshly squeezed
- 2 tsp Dijon mustard
- 1 tbsp chives, chopped
- 1 tbsp parsley leaves, chopped
- ¼ cup red onion, finely diced
- ¼ tsp ground black pepper
- ½ tsp salt
- ½ cup whole grain bread or quinoa (optional, for serving)

## Instructions

- Boil the eggs: Bring water to a boil in a pot, then gently add eggs. Set a timer for 12 minutes. Once done, immediately transfer the eggs to a bowl of ice-cold water to cool.
- While the eggs are boiling and cooling, finely dice the onion and chop the parsley and chives.
- Peel the eggs and slice them in half lengthwise. Remove the yolks from two of the four eggs.
- Chop the two whole eggs and the two remaining egg whites, then transfer them to a medium mixing bowl.
- In a mini food processor, blend the cottage cheese, Dijon mustard, lemon juice, and the two reserved egg yolks until smooth. You may need to stop and scrape down the sides.
- Add the blended mixture to the bowl with the chopped eggs. Add the chopped onions, parsley, chives, salt, and pepper.
- Mix everything with a spoon or rubber spatula until well combined. Taste and adjust seasoning if needed.
- Serve with whole grain bread or quinoa for a healthy source of fiber.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>116</b>
%DV	
<b>Total Fat</b> 3.0g	<b>4%</b>
Saturated Fat 0.6g	3%
Trans Fat 0g	
<b>Cholesterol</b> 50.3mg	<b>17%</b>
<b>Sodium</b> 44.2mg	<b>2%</b>
<b>Total Carbohydrate</b> 16.9g	<b>6%</b>
Dietary Fiber 2.3g	8%
Total Sugars 1.2g	2%
Added Sugars 0g	0%
<b>Protein</b> 5.4g	
Vitamin D 0.3mcg	2%
Calcium 26.9mg	2%
Iron 1.5mg	8%
Potassium 174.7mg	4%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Cindrella Petric**  
Staff Nurse  
SEHA

I'm Cindrella Petric, a Staff Nurse at SEHA Corniche Hospital, and I'm from India. My cottage cheese egg salad is a protein-packed, mayo-free upgrade to the classic recipe. I love cooking healthy meals because they support my well-being, encourage self-care, and give me a chance to explore delicious, wholesome flavours.

# HEALTHY CHICKEN AND VEGGIE SALAD

## Ingredients

- 1 chicken breast (skinless, boneless)
- 2–3 cloves garlic, minced
- 1 cup broccoli florets, steamed
- ½ cup bell pepper, chopped
- ½ cup corn kernels (fresh, frozen, or canned)
- 1 tbsp lemon juice (optional)
- Salt and pepper to taste
- Herbs for garnish (optional)
- ½ cup tomatoes, halved
- 1 tbsp olive oil (for sautéing)

## Instructions

- Slice the chicken breast into small, bite-sized pieces or thin strips. In a pan, heat olive oil over medium heat. Add the minced garlic and sauté for 1–2 minutes until fragrant. Add the chicken pieces to the pan and cook until golden brown and fully cooked (about 6–8 minutes). Season with salt and pepper to taste.
- Steam the broccoli florets in boiling water for 2–3 minutes until tender but still vibrant green. Immediately transfer them to ice water to keep their crisp texture.
- Chop the bell pepper into small pieces. If using fresh corn, grill or steam the corn on the cob, then cut the kernels off. If using frozen or canned corn, drain and rinse before using. Halve the tomatoes into small pieces.
- In a large bowl, combine the sautéed garlic chicken, steamed broccoli, bell pepper, corn, and tomatoes.
- Drizzle with lemon juice (if desired) and season with salt and pepper to taste.
- Gently toss the salad to combine all ingredients.
- Garnish with fresh herbs for extra flavour and freshness. Serve immediately.



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>57</b>
%DV	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.3g	1%
Trans Fat 0g	
<b>Cholesterol</b> 14.0mg	<b>5%</b>
<b>Sodium</b> 151.4mg	<b>7%</b>
<b>Total Carbohydrate</b> 6.2g	<b>2%</b>
Dietary Fiber 1.7g	6%
Total Sugars 1.4g	3%
Added Sugars 0g	0%
<b>Protein</b> 6.0g	
Vitamin D 0mcg	0%
Calcium 20.8mg	2%
Iron 0.5mg	3%
Potassium 271.6mg	6%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Joice Alex**  
Staff Nurse  
SEHA

I'm Joice Alex, a Registered Nurse at SEHA Corniche Hospital, and I'm from India. During Ramadan, I was inspired to create a light yet nourishing chicken and vegetable salad. It's light, flavourful, and the perfect way to fuel the body and comfort the soul.

# CHICKPEA SALAD



## Ingredients

- 25g chickpeas
- 1 small cup cucumber, diced
- 1 tbsp carrot, diced
- 1 tsp olive oil
- 2 tbsp bell pepper, sliced
- 2 tbsp onion, chopped
- ¼ cup cherry tomatoes
- Salt to taste

## Instructions

- Soak chickpeas in a pot of water for at least 8 hours.
- Wash and drain the chickpeas.
- Add salt to taste and boil until the chickpeas are tender.
- Transfer the cooked chickpeas to a bowl.
- Add all the diced vegetables (bell pepper, cucumber, onions, carrots, and cherry tomatoes).
- Add olive oil, salt, and lemon juice.
- Mix everything well.
- Enjoy this simple yet nutritious salad!

Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>52</b>
%DV	
<b>Total Fat</b> 2.3g	<b>3%</b>
Saturated Fat 0.4g	2%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 14.6mg	<b>1%</b>
<b>Total Carbohydrate</b> 6.7g	<b>2%</b>
Dietary Fiber 1.8g	6%
Total Sugars 2.6g	5%
Added Sugars 0g	0%
<b>Protein</b> 1.7g	
Vitamin D 0mcg	0%
Calcium 22.4mg	2%
Iron 0.7mg	4%
Potassium 158.4mg	3%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Athulya Shyjith**  
Staff Nurse  
SEHA

I'm Athulya Shyjith, a Registered Nurse at SEHA Corniche Hospital, and I'm from India. My journey toward an energetic diet, packed with whole grains, nuts, and probiotics, truly began when my husband was diagnosed with Grade 2 fatty liver. That chickpea salad was a turning point. Since then, healthy cooking has transformed our lives. It's true what they say: food really is the best medicine.

# SHRIMP TACO MEAL

## Ingredients

- 20 medium shrimp, peeled and deveined
- 1 clove garlic, minced
- ½ tsp chili powder
- ¼ tsp kosher salt
- 1 cup black beans, drained and rinsed
- 1 cup tomatoes, diced
- 2 tbsp coriander, minced
- 1 tbsp olive oil
- ½ tsp ground cumin
- ¼ tsp onion powder (optional)
- 2 cups cooked brown rice
- 1 cup corn, drained and rinsed
- ½ cup cheddar cheese, grated
- 1 lime, cut into 4 slices

## Instructions

- In a medium bowl, whisk together half the olive oil, garlic, cumin, chili powder, onion powder (optional), and salt. Add the shrimp and toss to coat completely. Cover and refrigerate for at least 10 minutes or up to 24 hours.
- Heat a large heavy-duty or cast iron skillet over high heat for 2 minutes. Add remaining olive oil and the shrimp. Cook the shrimp on medium-high heat until pink and cooked through, about 5 minutes.
- Divide the brown rice into 2 meal prep containers (1 cup each). Top each with 10 shrimp, a scoop of black beans, corn, tomatoes, a sprinkle of cheese, coriander, and a slice of lime.
- Heat the bowls in the microwave for 2 minutes or until heated thoroughly. Drizzle with lime juice and top with salsa, sour cream, or guacamole if desired.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>106</b>
%DV	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.6g	3%
Trans Fat 0g	
<b>Cholesterol</b> 18.8mg	<b>6%</b>
<b>Sodium</b> 183.9mg	<b>8%</b>
<b>Total Carbohydrate</b> 15.7g	<b>6%</b>
Dietary Fiber 3.3g	12%
Total Sugars 1.5g	3%
Added Sugars 0g	0%
<b>Protein</b> 6.0g	
Vitamin D 0.0mcg	0%
Calcium 40.4mg	3%
Iron 1.2mg	6%
Potassium 250.8mg	5%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Lekshmy Suseela Raj**  
Staff Nurse  
SEHA CLINICS

I'm Lekshmy Raj, a Registered Nurse at SEHA CLINICS, Disease Prevention and Screening Center (DPSC) in Mussafah, and I'm from India. There's something joyful about transforming everyday ingredients into something healthy and delicious like my shrimp taco bowls. Light, flavourful, and heart-smart; they feed the body and soul.

# VEGGIE TOFU



## Ingredients

- 300g extra-firm tofu, diced (50 cal)
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 small onion, chopped
- 1 clove garlic, minced
- 2 tbsp miso paste
- 3g black olives
- A pinch of crushed chilli
- 1 spring onion, sliced
- Vegetable oil, for frying and sautéing

## Instructions

- Fry the tofu until light brown. Set aside.
- In a pan, sauté the onion and garlic in oil.
- Add a pinch of crushed chilli.
- Stir in the miso paste.
- Add the bell peppers and black olives; sauté for 2 minutes.
- Return the fried tofu to the pan and cook for 1 minute.
- Garnish with sliced spring onion and serve hot.
- Serving Tip: Best enjoyed with rice, Arabic flatbread (khubz), or pita bread.

Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>74</b>
%DV	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.7g	4%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 64.8mg	<b>3%</b>
<b>Total Carbohydrate</b> 4.2g	<b>2%</b>
Dietary Fiber 1.6g	6%
Total Sugars 1.3g	3%
Added Sugars 0g	0%
<b>Protein</b> 5.1g	
Vitamin D 0mcg	0%
Calcium 102.3mg	8%
Iron 1.0mg	6%
Potassium 164.5mg	4%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Rosemarie Badillo Solima**  
Radiographer (General)  
SEHA CLINICS

I'm Rosemarie Solima, a General Radiographer at Madinat Zayed Disease Prevention & Screening Center, and I'm from the Philippines.

My husband's dialysis and kidney transplant journey inspired me to cook with more care and intention. Preparing simple, nourishing meals became a meaningful way to support him and to give thanks for his recovery and continued health.

# GREEK-STYLE CHICKEN SALAD BOWL

## Ingredients

### Chicken Marinade

- 500g chicken thigh fillets
- Zest and juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper, to taste
- 4 cloves garlic, grated
- 3 tbsp Greek yogurt
- 2 tsp dried oregano

### Dressing

- 2 tomatoes, grated
- 1 tbsp red wine vinegar
- 2 tbsp olive oil

### Salad

- 1 × 400g tin chickpeas, drained
- ½ cucumber, chopped
- 80g feta cheese, crumbled
- Pickled onions (to serve)
- 200g cherry tomatoes, halved
- 50g pitted black olives
- A handful of chopped mint leaves

### Yogurt Base

- 400g Greek yogurt
- A handful of finely chopped mint
- 1 clove garlic, crushed
- Salt, to taste



## Instructions

- In a mixing bowl, combine the chicken, garlic, lemon zest and juice, Greek yoghurt, 1 tbsp olive oil, oregano, salt, and pepper. Mix well and marinate for at least 30 minutes or overnight in the fridge.
- Preheat the oven to 180°C (fan). Heat an ovenproof frying pan with the remaining olive oil. Sear the chicken in batches for 3–4 minutes per side, until golden. Return all the chicken to the pan and bake for 8–10 minutes, or until fully cooked. Alternative method: Sear on a hot griddle for 2–3 minutes per side, then finish on a baking sheet in the oven for 8–10 minutes.
- In a large bowl, whisk together the grated tomatoes, olive oil, and red wine vinegar. Add the chickpeas, cherry tomatoes, cucumber, olives, feta, and mint. Toss to combine.
- In a bowl, mix the Greek yoghurt with garlic, chopped mint, and a pinch of salt. To serve, swirl the yoghurt onto serving plates. Top with the salad, slices of chicken, and pickled onions. Finish with extra mint and a drizzle of olive oil.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>93</b>
%DV	
<b>Total Fat</b> 3.8g	<b>5%</b>
Saturated Fat 0.8g	4%
Trans Fat 0.0g	
<b>Cholesterol</b> 29.5mg	<b>10%</b>
<b>Sodium</b> 132.0mg	<b>6%</b>
<b>Total Carbohydrate</b> 6.3g	<b>2%</b>
Dietary Fiber 1.8g	6%
Total Sugars 2.1g	4%
Added Sugars 0g	0%
<b>Protein</b> 9.0g	
Vitamin D 0mcg	0%
Calcium 45.8mg	4%
Iron 1.1mg	6%
Potassium 167.9mg	4%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Sabrina Hesas**  
Staff Nurse  
SEHA CLINICS

I'm Nehal Al-Zarae, a Registered Nurse, part of SEHA CLINICS team and working at Zayed Higher Organization for People of Determination in Abu Dhabi. I am from Jordan.

Inspired by fresh seasonal ingredients, this dish celebrates simplicity and great taste. For me, cooking healthy is a way to care for my diabetic husband; making sure every meal is nourishing, flavourful, and made with love.

# HOT HONEY BEEF BOWL



## Ingredients

- 200g ground beef
- 1 tsp olive oil or butter
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp paprika or cumin (optional)
- 1 medium sweet potato, peeled and cubed
- 1 tsp olive oil
- ½ tsp salt
- ½ tsp garlic powder (optional)
- ½ avocado, sliced
- ¼ cup cottage cheese
- 1 tsp hot honey
- ½ tsp cinnamon or paprika (optional)

## Instructions

- Preheat oven to 200°C (400°F). Toss cubed sweet potatoes with olive oil, salt, and paprika or cinnamon. Spread on a baking tray and roast for 20–25 minutes, flipping halfway.
- Heat 1 tsp oil in a pan over medium heat. Add ground beef and break it apart while cooking. Season with salt, pepper, garlic powder, and paprika or cumin. Cook for 6–8 minutes, stirring occasionally until browned.
- Slice avocado and place it on a plate. Add roasted sweet potatoes and cooked ground beef. Scoop cottage cheese on the side and drizzle with hot honey.

Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>141</b>
%DV	
<b>Total Fat</b> 5.8g	<b>7%</b>
Saturated Fat 1.8g	9%
Trans Fat 0g	
<b>Cholesterol</b> 35.4mg	<b>12%</b>
<b>Sodium</b> 293.6mg	<b>13%</b>
<b>Total Carbohydrate</b> 10.2g	<b>4%</b>
Dietary Fiber 1.7g	6%
Total Sugars 3.2g	6%
Added Sugars 0.3g	0%
<b>Protein</b> 11.4g	
Vitamin D 0mcg	0%
Calcium 23.3mg	2%
Iron 1.7mg	9%
Potassium 286.1mg	6%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Leilani Payson Medina**  
Staff Nurse  
SEHA

I'm Leilani Medina, Postnatal Nurse at SEHA Corniche Hospital, and I'm from the Philippines.

The Hot Honey Beef Bowl is my go-to feel-good fuel. It reminds me that when I nourish my body with wholesome food, I'm able to give better care to every new mum and baby I support.

# GRILLED CHICKEN SALAD BOWLS

## Ingredients

- 2 boneless, skinless chicken breasts
- 2 tbsp lemon juice (for marinating the chicken)
- 1 clove garlic, minced
- 1 tsp Italian seasoning or paprika
- 1 tbsp olive oil (for cooking the chicken)
- Salt and pepper to taste (for chicken)
- 3 tbsp lemon juice (for the dressing)
- 2 tbsp olive oil (for the dressing)
- Salt and pepper to taste (for dressing)
- 4 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, sliced
- 1 avocado, sliced
- 1/4 cup shredded carrots
- 2 tbsp toasted sunflower seeds or almonds
- 1 tsp Dijon mustard
- 1 tsp honey or maple syrup

## Instructions

- In a small bowl, mix lemon juice, garlic, Italian seasoning, olive oil, salt, and pepper. Coat the chicken breasts with the mixture and marinate for 15–20 minutes. Preheat a grill or skillet over medium heat. Cook the chicken for 4–5 minutes per side, or until cooked through. Let rest for 5 minutes, then slice into thin strips.
- In a large bowl, toss together the mixed greens, cherry tomatoes, cucumber, shredded carrots, and avocado slices. Add sunflower seeds or almonds, if desired.
- In a small jar or bowl, whisk together lemon juice, olive oil, Dijon mustard, honey, salt, and pepper until smooth.
- Divide the salad into individual bowls. Top each with slices of grilled chicken.
- Drizzle dressing over the salad. Garnish with herbs or a wedge of lemon, if desired.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>75</b>
	%DV
<b>Total Fat</b> 2.3g	<b>3%</b>
Saturated Fat 0.3g	1%
Trans Fat 0g	
<b>Cholesterol</b> 30.3mg	<b>10%</b>
<b>Sodium</b> 120.2mg	<b>5%</b>
<b>Total Carbohydrate</b> 3.6g	<b>1%</b>
Dietary Fiber 0.6g	2%
Total Sugars 1.1g	2%
Added Sugars 0.3g	1%
<b>Protein</b> 10.4g	
Vitamin D 0mcg	0%
Calcium 15.3mg	1%
Iron 0.4mg	2%
Potassium 230.6mg	5%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Eslam Saied Ibrahim**  
Practical Nurse  
SEHA

I'm Eslam Ibrahim, a Practical Nurse at SEHA Al Dhafra Hospitals, and I'm from Egypt. Driven by a passion for energy and wellness, I started exploring healthy recipes. Cooking nutritious meals quickly became a joyful habit—combining creativity and balance to support a healthier lifestyle.

# DANGO: A BOWL OF WARMTH FROM EMIRATI HERITAGE



## Ingredients

- 1 cup dried chickpeas
- Water for soaking and boiling
- Pinch of cumin (optional)
- Pinch of black pepper (optional)

## Instructions

- Soak the dried chickpeas overnight.
- Drain and rinse them the next day.
- Boil gently over low heat until soft and tender.
- Add a pinch of cumin or black pepper (optional) just before turning off the heat.
- Serve warm and savour every bite.

Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>165</b>
%DV	
<b>Total Fat</b> 2.6g	<b>3%</b>
Saturated Fat 0.3g	1%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 7.3mg	<b>0%</b>
<b>Total Carbohydrate</b> 27.5g	<b>10%</b>
Dietary Fiber 8.0g	28%
Total Sugars 4.7g	9%
Added Sugars 0g	0%
<b>Protein</b> 8.9g	
Vitamin D 0mcg	0%
Calcium 54.3mg	4%
Iron 3.0mg	17%
Potassium 309.0mg	7%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



**Faiza Moh Ali**  
Charge Nurse  
SEHA CLINICS

I'm Faiza Ali, a Charge Nurse, part of SEHA CLINICS team and working at Zayed Higher Organization for People of Determination in Abu Dhabi. I'm from Yemen.

My husband's traditional soup recipe is what first sparked my love for heartfelt cooking. Since then, preparing wholesome dishes has become my passion—meals that nourish both body and soul, blending the richness of heritage with the goodness of health in every spoonful.

# SHAWARMA RICE BOWL

## Ingredients

- 500g boneless chicken breast, cut into bite-sized pieces
- 1 tsp cumin
- 1 tsp paprika
- ½ tsp salt
- 2 tbsp lemon juice
- 1 cup basmati rice
- ½ tsp turmeric
- Salt to taste
- 2 cloves garlic, minced
- 1 tsp coriander
- ½ tsp turmeric
- ¼ tsp black pepper
- 2 tbsp fat-free yogurt
- 2 cups chicken broth or water
- ¼ tsp cumin (for rice)
- 1 tsp olive oil
- ½ cup fat-free Greek yogurt
- 1 clove garlic, minced
- Salt and pepper to taste
- ¼ red onion, thinly sliced
- 1 tbsp lemon juice
- 1 tbsp chopped parsley
- Salad ingredients
- cucumber, tomato, onion, parsley, mint
- Lemon juice, sumac, and salt

## Instructions

- In a bowl, combine the chicken, garlic, cumin, coriander, paprika, turmeric, salt, black pepper, lemon juice, and yogurt. Marinate for at least 30 minutes, or longer for deeper flavor. Cook over medium-high heat for about 5–7 minutes per side, or until fully cooked.
- Wash the rice thoroughly. In a saucepan, heat the olive oil, then add turmeric and cumin and cook for 30 seconds. Add the rice and stir to coat. Pour in the broth or water, add salt, and bring to a boil. Cover and cook on low heat until the liquid is absorbed, about 12 minutes. Fluff with a fork before serving.
- In a bowl, mix the Greek yogurt, lemon juice, garlic, parsley, salt, and pepper. Chill until ready to serve.
- Dice the cucumber and tomato. For the sumac onions, rub the red onion slices with lemon juice, sumac, parsley, and salt.
- Place 1 cup of yellow rice in a bowl. Top with 4 oz of cooked shawarma chicken, arrange the salad on the side, and drizzle with the yogurt sauce.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>112</b>
%DV	
<b>Total Fat</b> 2.4g	<b>3%</b>
Saturated Fat 0.4g	2%
Trans Fat 0g	
<b>Cholesterol</b> 30.2mg	<b>10%</b>
<b>Sodium</b> 195.5mg	<b>8%</b>
<b>Total Carbohydrate</b> 10.0g	<b>4%</b>
Dietary Fiber 2.8g	10%
Total Sugars 1.9g	4%
Added Sugars 0g	0%
<b>Protein</b> 12.5g	
Vitamin D 0mcg	0%
Calcium 27.8mg	2%
Iron 1.5mg	8%
Potassium 159.3mg	3%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Presy Sindhu Jose**  
Sales Performance Specialist  
Daman

I'm Presy Jose, Sales Performance Specialist at Daman, and I'm from India. Healthy cooking is a passion of mine, and I love crafting balanced meals that are both wholesome and satisfying. Nourish Bowls are my favourite—versatile, nutritious, and a fun way to give family favourites a healthy upgrade.



INDULGE WITH  
BALANCE

# 3-INGREDIENT HEALTHY COOKIES

## Ingredients

- 9 dates (80g)
- 1 cup shredded coconut (80g)
- Dark chocolate (optional, for topping)

## Instructions

- Preheat your oven to 170°C (340°F).
- Blend the dates and coconut until smooth.
- Shape the mixture into 16 small cookies.
- Bake for 10 minutes or until golden.
- Top with melted dark chocolate, if desired.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>468</b>
%DV	
<b>Total Fat</b> 32.3g	<b>41%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 19mg	<b>1%</b>
<b>Total Carbohydrate</b> 49.2g	<b>18%</b>
Dietary Fiber 11.5g	41%
Total Sugars 36.6g	73%
Added Sugars 0g	0%
<b>Protein</b> 4.2g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0.5mg	2%
Potassium 348mg	7%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Marihan AwdAllah**  
Assistant Manager  
Strategic Marketing  
PureHealth

I'm Marihan AwdAllah, Assistant Manager – Strategic Marketing at PureHealth, and I'm from Egypt. As a mum, I love creating healthier, delicious alternatives to sugary snacks for my kids. For me, balanced eating should be sustainable and fun, because nourishing our bodies should still mean enjoying what we eat.

# FLOURLESS & EGGLESS BANANA CAKE

## Ingredients

- 3 ripe bananas
- 1 tsp baking powder
- ¼ cup maple syrup or honey
- ½ tsp cinnamon (optional)
- 1 cup almond flour (or oat flour for a nut-free option)
- 1 tsp vanilla extract
- ¼ cup unsweetened applesauce
- Pinch of salt

## Instructions

- Preheat oven to 350°F (175°C).
- In a large bowl, mash the bananas until smooth.
- Add the applesauce, maple syrup, and vanilla extract. Mix well.
- Stir in the almond flour, baking powder, cinnamon (optional), and salt. Mix until just combined.
- Pour the batter into a greased or parchment-lined baking pan and smooth the top.
- Bake for 25–30 minutes, or until a toothpick inserted in the centre comes out clean.
- Allow the cake to cool before slicing.
- Serve and enjoy.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>131</b>
%DV	
<b>Total Fat</b> 0.2g	<b>0%</b>
Saturated Fat 0.1g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 103.7mg	<b>5%</b>
<b>Total Carbohydrate</b> 32.3g	<b>12%</b>
Dietary Fiber 1.7g	6%
Total Sugars 24.6g	49%
Added Sugars 0.1g	0%
<b>Protein</b> 0.6g	
Vitamin D 0mcg	0%
Calcium 86.0mg	7%
Iron 0.2mg	1%
Potassium 423.6mg	9%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Naglaa Samy**  
**Abdelfattah Ahmed**  
 Clinical Resource Nurse  
 Sheikh Shakhbout Medical City

I'm Naglaa Samy, a Clinical Resource Nurse at Sheikh Shakhbout Medical City (SSMC), and I'm from Egypt. Inspired by my son Marwan, this egg-free banana cake is a dessert I truly love (even with my egg allergy). It became a joyful, healthy way for our family to connect; bringing us together through love, care, and sweet shared moments.

# TAHINI-DATE ENERGY BAR

## Ingredients

- 7 dates (160g)
- 1/3 cup tahini (80g)
- 15g dark chocolate (melted)
- Unsweetened coconut flakes (optional, for topping)

## Instructions

- Put the dates and tahini in a food processor blend until smooth.
- Firmly spread the mixture into a mold or a lined tray.
- Drizzle the melted dark chocolate over the top.
- Add optional coconut flakes for extra flavor.
- Place in the freezer for 1 hour.
- Slice into 7 bars.



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>365</b>
%DV	
<b>Total Fat</b> 19.2g	<b>25%</b>
Saturated Fat 13.7g	18%
Trans Fat 0g	
<b>Cholesterol</b> 0.4mg	<b>0%</b>
<b>Sodium</b> 37.3mg	<b>2%</b>
<b>Total Carbohydrate</b> 56.8g	<b>21%</b>
Dietary Fiber 7.6g	27%
Total Sugars 44.0g	88%
Added Sugars 0g	0%
<b>Protein</b> 6.8g	
Vitamin D 0mcg	0%
Calcium 177.5mg	14%
Iron 3.8mg	21%
Potassium 599.9mg	13%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Marihan AwdAllah**  
Assistant Manager  
Strategic Marketing  
PureHealth

I'm Marihan AwdAllah, Assistant Manager – Strategic Marketing at PureHealth, and I'm from Egypt. As a mum, I love creating healthier, delicious alternatives to sugary snacks for my kids. For me, balanced eating should be sustainable and fun, because nourishing our bodies should still mean enjoying what we eat.

# TRADITIONAL BANANA AND DATES OAT CAKE

## Ingredients

- 2 cups oats
- 1 cup almond milk
- 2 bananas
- ¼ cup honey
- ½ cup peanut butter
- ½ tsp salt
- ½ cup walnuts
- ½ cup almonds
- ½ cup dates
- ½ cup raisins
- 1 tsp cinnamon
- 1 tsp baking powder

## Instructions

- In a large bowl, mash the bananas and add almond milk, honey, peanut butter, cinnamon, salt, and baking powder. Mix well using a mixer.
- Add the oats and continue mixing. Then add the chopped walnuts, dates, and raisins, and mix again.
- Grease a cake pan with butter, pour the mixture in, and flatten it with a spoon.
- Spread the almonds on top for decoration.
- Bake at 200°C for 20 minutes or until golden brown.
- Let it cool before serving.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>283</b>
%DV	
<b>Total Fat</b> 13.2g	<b>17%</b>
Saturated Fat 1.1g	6%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 152.9mg	<b>7%</b>
<b>Total Carbohydrate</b> 36.5g	<b>13%</b>
Dietary Fiber 3.5g	13%
Total Sugars 17.5g	35%
Added Sugars 6.3g	13%
<b>Protein</b> 7.2g	
Vitamin D 0.2mcg	1%
Calcium 102.7mg	8%
Iron 2.6mg	14%
Potassium 361.7mg	8%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Hanadi Zouheir Hammoud**  
Staff Nurse  
Sheikh Shakhbout Medical City

I'm Hanadi Hammoud, a Registered Nurse from Palestine, working in the Surgical Outpatient Department at Sheikh Shakhbout Medical City (SSMC).

This banana and date oat cake takes me back to childhood and fuels my love for healthy eating. It's my go-to comfort treat; wholesome, energising, and perfect after a long shift.

# HEALTHY KUNAFYA CHOCOLATE BAR

## Ingredients

- 120g dark chocolate (70% cocoa)
- 20g tahini
- Stevia sugar
- 25g peanut butter
- 30g toasted kunafa

## Instructions

- Melt the chocolate in the microwave.
- Mix the peanut butter, tahini, stevia sugar and toasted kunafa until smooth.
- Pour a layer of melted chocolate into a mould and freeze for 10–15 minutes.
- Add the filling mixture, then top with the remaining chocolate. Freeze for 30 minutes.



Nutrition Facts	
Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>551</b>
%DV	
<b>Total Fat</b> 39.4g	<b>51%</b>
Saturated Fat 17.4g	87%
Trans Fat 0.0g	
<b>Cholesterol</b> 1.9mg	<b>1%</b>
<b>Sodium</b> 174.2mg	<b>8%</b>
<b>Total Carbohydrate</b> 37.4g	<b>14%</b>
Dietary Fiber 8.1g	29%
Total Sugars 16.3g	33%
Added Sugars 0g	0%
<b>Protein</b> 11.1g	
Vitamin D 0mcg	0%
Calcium 195.8mg	15%
Iron 14.2mg	78%
Potassium 512.3mg	11%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Marihan AwdAllah**  
Assistant Manager  
Strategic Marketing  
PureHealth

I'm Marihan AwdAllah, Assistant Manager – Strategic Marketing at PureHealth, and I'm from Egypt. As a mum, I love creating healthier, delicious alternatives to sugary snacks for my kids. For me, balanced eating should be sustainable and fun, because nourishing our bodies should still mean enjoying what we eat.

# STUFFED DATES WITH LABNEH AND PISTACHIOS

## Ingredients

- 12–16 large Medjool dates (pitted)
- ½ cup labneh (strained yogurt)
- 2 tbsp honey
- ¼ cup finely chopped pistachios
- 2 tbsp dried rose petals (optional, for garnish)
- 1 tbsp orange blossom water (optional)
- A pinch of sea salt

## Instructions

- Slice each date lengthwise and remove the pit. Be careful not to cut all the way through so the date stays intact.
- In a small bowl, combine the labneh, honey, and a pinch of sea salt. Stir until smooth and creamy. If using orange blossom water, add it for a subtle floral note.
- Fill each date with the labneh mixture using a spoon or piping bag. Be generous, but keep the filling inside.
- Roll the stuffed dates in finely chopped pistachios, pressing gently so they stick. Optionally, sprinkle dried rose petals on top for an elegant touch.
- Arrange the stuffed dates on a serving platter and serve immediately as a delicious and unique treat.



Nutrition Facts	
Serving size	[100g]
Amount per serving	
<b>Calories</b>	<b>284</b>
	%DV
<b>Total Fat</b> 10.0g	<b>13%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 19.3mg	<b>6%</b>
<b>Sodium</b> 172.6mg	<b>8%</b>
<b>Total Carbohydrate</b> 50.2g	<b>18%</b>
Dietary Fiber 3.9g	14%
Total Sugars 43.3g	87%
Added Sugars 6.3g	13%
<b>Protein</b> 3.5g	
Vitamin D 0mcg	0%
Calcium 66.2mg	5%
Iron 1.6mg	9%
Potassium 390.5mg	8%
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.	



**Sophia Rani Anthonisamy**  
Charge Nurse  
SEHA

I'm Sophia Anthonisamy, Charge Performance & Excellence Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC), Al Ain, and I'm from India. During the Holy Month, I'm drawn to meals that celebrate health, tradition, and the spirit of togetherness. These dishes are simple, nourishing, and full of flavour; perfect for sharing and staying well.



An illustration in a textured, painterly style. On the left, the back and right arm of a person wearing a blue tank top are visible, suggesting they are running. The person is on a wooden pier with a railing. In the background, a city skyline with various skyscrapers is visible across a body of water. The overall color palette is dominated by blues, greens, and oranges.

# HEALTHY HABITS



CULTURE &  
COMMUNITY

# HELPFULNESS



## **Be Kind and Helpful: Create a Better World and Support Your Mental Health**

- Exchanging a smile or a few kind words can be uplifting and comforting. Research shows that kindness benefits both the giver and the receiver. It can boost your mood, increase your sense of capability, strengthen your relationships, and even help you manage stress more effectively.
- If you're unsure where to begin, start with small but meaningful acts, such as smiling at someone or offering a kind word. You might brighten
- their day, and you'll likely feel better yourself. Friendly connections are essential for good mental health.
- You can also support others by volunteering or joining community efforts for a good cause. These activities foster a sense of belonging and purpose, helping you feel more connected to others and the world around you; both of which are excellent for your mental wellbeing.

### **Zill Huma Riaz Hussain**

Senior Pharmacist  
SEHA

My name is Zill Hussain, a Pakistani national working as a Senior Pharmacist in the In-Patient Pharmacy at Madinat Zayed Hospital, SEHA. Inspired by the Prophet Muhammad's (PBUH) words that "Nothing is heavier on the Scale of Deeds than one's good manners.". Small acts of goodness not only ease stress and worry but also inspire others.

# EMBROIDERY



- Guiding a needle and thread through fabric helps improve concentration. Focusing on the rhythm of the stitches, the colors used, and the emerging motifs encourages mindfulness of the task at hand. Each movement becomes intentional, gently pulling your attention away from distractions and toward the present moment. The slow, steady rhythm of stitching invites you to breathe more deeply, relax your shoulders, and settle into a calm, focused state of mind.
- By becoming fully present in this process, you clear your thoughts. The repetitive nature of stitching can feel meditative, creating a quiet mental space where worries fade into the background. It's extremely satisfying to create something with your own hands — to transform a stamped image on fabric into a textured, finished piece — and to watch your project progress steadily toward completion. With each stitch, you see proof of your time, focus, and care. These small, meaningful achievements gradually form something beautiful and lasting.
- Completed embroidery projects bring a deep sense of accomplishment and help build self-confidence. Even simple designs, when finished, serve as reminders that you can follow through, stay focused, and create something unique and meaningful. In today's fast-paced world, patience is a rare quality. Embroidery gently reminds us to slow down, to appreciate each step, and to find beauty in the process; not just the result.
- Hand embroidery requires patience and helps you develop it. Practising it in an eco-friendly way also supports the planet. Using natural fibers, upcycled thread, or repurposed fabric turns embroidery into a sustainable habit; one that nurtures creativity, mental wellness, and environmental awareness.



**Reem Mohamed Noureldeen**  
Medical Practitioner  
SEHA

I'm Reem Mohamed Noureldeen, a Medical Practitioner at Madinat Zayed Hospital part of SEHA Al Dhafra Hospitals, and I'm from Egypt. When I'm feeling low or can't find the energy to exercise, embroidery becomes my therapy. It calms my mind, helps me manage overthinking, and gives me precious bonding time with my older kids. Home decor is another creative outlet; it brings joy and a satisfying sense of achievement.

# LAUGH MORE, LIVE BETTER



Laughter is a powerful tool for physical and mental wellbeing.

Here are its benefits and some simple ways to make it a daily habit:

## Benefits

- Reduces stress and anxiety
- Improves physical health
- Boosts mental well-being
- Strengthens social connections

## How To Make It a Daily Habit

- Watch comedies
- Read humorous content
- Spend time with people who make you laugh
- Engage in light-hearted or playful activities
- Learn to laugh at yourself and life's little mishaps

Make laughter a daily habit—it's a simple act that can transform your health and happiness.



**Habab Mohamed**  
Laboratory Technologist  
PureLab

I'm Habab Mohammed, a Medical Laboratory Technologist at PureLab in Fujairah, and I'm from Sudan. I believe that joy is contagious, and I do my best to spread it wherever I go. A positive mindset boosts not just my mental health, but also the energy and morale of the whole workplace.

# THE '20-20-20 RULE' FOR EYE HEALTH



## Why is this important?

With excessive screen time, digital eye strain has become a common issue. Staring at screens for long periods can cause headaches, blurry vision, and dryness. The 20-20-20 rule is a simple and effective habit to protect your eyes from fatigue.

## How to Apply the 20-20-20 Rule

- Every 20 minutes, look away from your screen.
- Focus on an object 20 feet away.
- Keep your gaze on it for 20 seconds.

## Bonus Tips for Eye Comfort

- Blink frequently to prevent dry eyes.
- Adjust screen brightness to reduce glare.
- Use artificial tears if you experience dryness.
- Maintain a good distance (at least an arm's length) from your screen.
- Follow the "palming technique" – rub your hands together and gently cover your eyes for instant relaxation.

## Benefit

Practising the 20-20-20 rule consistently can prevent long-term eye strain, improve focus, and support overall eye health.



**Mohammed Alkhraishi**  
Senior Clinical Nurse Educator  
SEHA

I'm Mohammed Alkhraishi, a Senior Clinical Nurse Educator at SEHA Al Dhafra Hospitals, and I'm from Jordan. My wellness routine includes a 10-minute morning stretch (neck, back, and leg movements), following the 20-20-20 rule to ease screen fatigue and support eye health, and applying the 80/20 approach to eating—prioritising nutritious foods while mindfully enjoying occasional treats. To me, wellness is about daily balance, consistency, and caring for both body and mind.

# TOP OXYGEN-PRODUCING AND AIR-PURIFYING HOUSEPLANTS

Growing oxygen-producing plants indoors offers numerous health, wellbeing, and environmental benefits. They improve air quality by increasing oxygen levels and reducing carbon dioxide. Plants such as Aloe Vera, Areca Palm, and Snake Plant not only release oxygen but also absorb CO<sub>2</sub>, creating a fresher indoor atmosphere. In addition, they help remove toxins and pollutants. According to NASA research, certain plants can filter out harmful chemicals such as formaldehyde, benzene, and ammonia, and they can also reduce indoor dust by trapping airborne particles.

Indoor greenery enhances mental wellbeing by reducing stress and anxiety, promoting relaxation, and boosting mood, concentration, and creativity. Some plants even support better sleep: Snake Plant and Aloe Vera release oxygen at night, helping to improve sleep quality, while Lavender and Jasmine offer calming scents that encourage deeper rest.

Plants also help regulate indoor humidity and temperature. By releasing water vapour into the air, they prevent dryness and can slightly

cool indoor spaces by absorbing heat. From a sustainability perspective, indoor plants reduce dependence on air purifiers and promote a greener lifestyle. Caring for plants fosters a connection with nature and encourages eco-friendly habits.

Some of the best oxygen-producing and air-purifying plants for your home include:

- Snake Plant – Ideal for bedrooms; removes toxins and releases oxygen at night.
- Areca Palm – Increases humidity and adds tropical charm.
- Aloe Vera – Purifies air and doubles as a soothing skincare remedy.
- Spider Plant – Beginner-friendly and effective at filtering air.
- Peace Lily – Filters ammonia and formaldehyde; beautiful and low maintenance.
- Money Plant – Versatile for different spaces.
- Bamboo Palm – Suited for larger areas; acts as a natural humidifier.

These plants not only purify your indoor air, but they also support a healthier, more mindful, and balanced living environment.



**Vasudevi Soma Sundaram**  
Staff Nurse  
SEHA

I'm Vasudevi Sundaram, a Staff Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC) in Al Ain, and I'm from India. Since Ramadan, I've been practicing intermittent fasting from 11 AM to 7 PM which has helped balance my sugar levels and support weight loss. I also like to surround myself with indoor plants as they give me fresh air and a sense of calm and positivity that energises me throughout the day.





MENTAL  
WELLBEING

# THE '5-5-5 METHOD': THE MOST EFFECTIVE MIND-BODY RESET ROUTINE



## What is it?

A simple 5-minute morning routine designed to reset your body and mind daily for optimal health.

## How to do it?

### 5 Minutes of Deep Breathing

Inhale for 5 seconds, hold for 5 seconds, and exhale for 5 seconds. Repeat for 5 minutes to oxygenate your brain and reduce stress.

### 5 Minutes of Mobility Stretches

Perform 5 slow, deep stretches (child's pose, spinal twist, shoulder stretch, and forward bend) to gently wake up your muscles.

## 5 Minutes of Mindful Gratitude

List 5 things you are grateful for to boost serotonin levels and set a positive tone for the day.

## Why is this unique?

Unlike standard morning routines, this combines breathwork, movement, and mindset training—all in just 15 minutes. It enhances lung capacity, flexibility, and mental clarity, making it a perfect science-backed wellness habit for busy individuals.



**Masood Ahmed**

Senior Sales Manager  
One Health

I'm Masood Ahmed, a Senior Sales Manager at One Health, and I'm from Pakistan. Since adopting this habit, I've felt a real shift; more energy, better focus, and a stronger emotional balance. That boost has transformed not just my work performance, but also how I connect with people. It's a simple change that's brought a healthier, happier rhythm to my everyday life.

# BE WITH NATURE



Spending time in nature can offer numerous benefits for your mind, body, and spirit:

### **Mental Relaxation and Stress Relief**

The calm environment and soothing sounds of birds help reduce stress and promote inner peace.

### **Spiritual Connection**

Observing nature can deepen your sense of gratitude and mindfulness, reminding you of the beauty of creation and enhancing spiritual reflection.

### **Gentle Physical Activity**

Walking through nature is a light form of exercise that boosts circulation and energy.

### **Fresh Air and Mental Clarity**

Being in nature provides fresh air, which can help clear your mind, increase focus, and elevate your mood.

### **Quality Time with Family or Friends**

It's a peaceful way to bond with loved ones while enjoying a shared experience in a serene environment.

### **Appreciation for Life and Patience**

Watching animals in their natural habitat teaches patience and presence.



**Leilani Payson Medina**  
Staff Nurse  
SEHA

I'm Leilani Medina, a postnatal nurse at SEHA Corniche Hospital, and I'm from the Philippines. Nothing recharges me like nature—whether it's a peaceful walk, a few deep breaths, or time under the trees, these quiet moments ground me. They help me stay calm, present, and ready to care for new mothers and their little ones with warmth and grace.



NUTRITION

# THE 80/20 EATING RULE

Promote a balanced approach to eating with the 80/20 rule:

80% of your diet should consist of whole, nutrient-dense foods (such as fruits, vegetables, whole grains, and lean proteins), while the remaining 20% can include your favourite treats or indulgences. This method supports a sustainable, long-term healthy eating habit without the pressure of rigid dieting.

## How It Works

### • Focus on Whole Foods:

- Aim to fill your plate with nutrient-rich, unprocessed foods 80% of the time. These provide essential vitamins, minerals, and fibre to support your overall health.
- Examples: fresh fruits, vegetables, nuts, seeds, whole grains (quinoa, brown rice, oats), lean proteins (chicken, fish, legumes), and healthy fats (avocado, olive oil).

## Allow Room for Treats

- The other 20% can be reserved for your favourite indulgent foods, whether it's chocolate, pizza, or dessert. The key is moderation.
- The idea is to enjoy these treats guilt-free, without overindulgence, knowing that the majority of your meals are nourishing your body.

## Mindful Eating

Practise mindfulness when enjoying treats. Savour each bite and focus on the experience, rather than eating on autopilot.

## Benefits

### Sustainability

The 80/20 rule encourages balance, making it easier to maintain healthy eating habits over time.

### Prevents Over-Restriction

By allowing flexibility, it helps avoid the frustration of strict dieting, which often leads to bingeing when cravings hit.

### Better Relationship with Food

It promotes a healthier mindset by removing guilt from enjoying treats and supports a positive, balanced lifestyle.

### Tip for Success

Keep healthy foods easily accessible and prepare meals in advance to help meet your 80% whole food target with ease.



**Mohammed Alkhraishi**  
Senior Clinical Nurse  
Educator  
SEHA

I'm Mohammed Alkhraishi, a Senior Clinical Nurse Educator at SEHA Al Dhafra Hospitals, and I'm from Jordan. My wellness routine includes a 10-minute morning stretch (neck, back, and leg movements), following the 20-20-20 rule to ease screen fatigue and support eye health, and applying the 80/20 approach to eating—prioritising nutritious foods while mindfully enjoying occasional treats. To me, wellness is about daily balance, consistency, and caring for both body and mind.



# STAYING HYDRATED



Dehydration is a common issue in daily life. Many people don't drink enough water leading to fatigue, headaches, and dizziness.

## To keep your body hydrated and healthy

- Drink at least 5–6 litres of water.
- Avoid salty, fried, and sugary foods – they increase thirst.
- Eat hydrating fruits and vegetables like watermelon, cucumber, and oranges.
- Limit caffeinated drinks (coffee, tea, sodas) – they cause dehydration.

- Pace your water intake – don't drink too much at once; sip frequently.
- Avoid outdoor activities under the sun during peak heat hours.
- Support your colleagues at work, practise good teamwork, and reduce your workload where possible.

Staying hydrated improves focus, productivity, and overall wellbeing. Keep water within reach and make hydration a daily habit.



**Muhammad Kawish Sabir**  
Laboratory Assistant  
PureLab

I'm Muhammad Kawish Sabir, a Laboratory Assistant at PureLab in Madinat Zayed Hospital, and I'm from Pakistan. Cycling is my daily escape—it boosts my stamina, sharpens my focus, improves my sleep, and lifts my mood. I also make alkaline water every morning and sip it throughout the day. It keeps me energised, hydrated, and even helps with throat comfort and voice clarity. It's the little habits that make a big difference.

# INTERMITTENT FASTING: HEALTH BENEFITS



Intermittent fasting offers several health benefits supported by research, including:

## **Weight Loss & Metabolism**

- Reduces calorie intake and boosts metabolism.
- Promotes fat burning and weight loss.
- Increases levels of norepinephrine, aiding fat breakdown.

## **Improved Insulin Sensitivity & Blood Sugar Control**

- Lowers blood sugar levels.
- Reduces insulin resistance, lowering the risk of type 2 diabetes.
- Helps regulate blood sugar spikes.

## **Heart Health**

- Lowers bad cholesterol (LDL).
- Reduces triglycerides.
- Helps lower blood pressure and inflammation.

## **Brain Health & Cognitive Function**

- Enhances brain function and memory.

- Increases production of brain-derived neurotrophic factor (BDNF), which supports brain cell growth.
- Reduces the risk of neurodegenerative diseases like Alzheimer's.

## **Cellular Repair & Longevity**

- Triggers autophagy (cellular cleaning process), removing damaged cells.
- May promote longevity by reducing oxidative stress.
- Lowers markers of inflammation.

## **Gut Health**

- Supports microbiome diversity.
- Improves digestion and reduces bloating.
- Gives the digestive system a break.

## **Hormonal Benefits**

- Increases human growth hormone (HGH) levels, aiding muscle maintenance and fat loss.
- Supports balanced hunger hormones (ghrelin and leptin).



**Vasudevi Soma Sundaram**  
Staff Nurse  
SEHA

I'm Vasudevi Sundaram, a Staff Nurse at SEHA Sheikh Tahnoon Bin Mohammed Medical City (STMC) in Al Ain, and I'm from India. Since Ramadan, I've been practicing intermittent fasting from 11 AM to 7 PM which has helped balance my sugar levels and support weight loss. I also like to surround myself with indoor plants as they give me fresh air and a sense of calm and positivity that energises me throughout the day.

# BARAKAT AL SEHA ACRONYM

## **B – Balance Your Diet**

Include a mix of proteins, healthy fats, and complex carbohydrates to maintain energy levels.

## **A – Avoid Overeating**

Eat in moderation to support healthy digestion and prevent discomfort.

## **R – Rest Well**

Ensure you get enough sleep to keep your body and mind fresh throughout the day.

## **A – Always Stay Hydrated**

Drink plenty of water to prevent dehydration.

## **K – Keep Moving**

Engage in light exercises such as walking to aid digestion and maintain fitness.

## **A – Add More Fruits and Vegetables**

They provide essential vitamins, minerals, and fibre to keep your body nourished.

## **T – Take Time for Mindfulness**

Practice gratitude, patience, and reflection each day to support your mental well-being.

## **A – Avoid Sugary and Fried Foods**

These can lead to energy crashes and digestive issues. Opt for grilled or baked options instead.

## **L – Limit Caffeine**

Reduce coffee and tea intake to avoid dehydration and headaches.

## **S – Start with a Balanced Breakfast**

Fuel your body with whole grains, protein, and fruits to set a positive tone for the day.

## **E – Eat Slowly and Mindfully**

Chew your food well to aid digestion and avoid overeating.

## **H – Have Protein-Rich Foods**

Include eggs, yoghurt, lean meat, or legumes to keep you full longer.

## **A – Adopt a Positive Mindset**

Stay optimistic and focus on the mental and physical benefits of healthy living.



**Hayat Nasser Al Dalali**  
Clinical Resource Nurse  
Sheikh Shakhbout Medical City

I'm Hayat Al Dalali, a Clinical Resource Nurse at Sheikh Shakhbout Medical City (SSMC), and I'm from Yemen. Embracing 'Barakat Al Seha' boosted my energy, digestion, and spiritual clarity. I steer clear of stress, surround myself with joy, and live by the mantra "جاور السعيد تسعد" — Happiness is contagious, stay close to those who have it.





ACTIVE

# WALKING: A SIMPLE STEP TO BETTER HEALTH

In today's fast-paced world, finding time for physical activity can be a challenge. People often come up with many excuses — whether it's lack of time, work or family obligations, boredom, the cost of a gym membership, or simply feeling tired.

But being physically healthy doesn't have to mean going to the gym or doing intense workouts or sports. One of the simplest ways to stay active is walking. Yes, walking is a great form of exercise! It's easy, requires minimal equipment (just a comfortable pair of trainers), and can be done anytime, anywhere.

You don't need money to stay active and fit. By simply incorporating walking into your daily routine, you're already exercising. If your workplace is within walking distance, choose to walk instead of driving or taking a taxi. Take the stairs instead of the lift, or when grocery shopping, park farther from the entrance. These small habits can make a big difference to your health.

As a working mum constantly on the go, walking is one of my main forms of exercise, along with biking and running. I spend my days off walking in the park or by the beach — alone, with family and friends, or with my dog, Kimi. Morning walks on my days off have many benefits:

- They help recharge my mind and body after a stressful day at work.
- They allow me to connect with nature and enjoy the sunshine, which makes me feel calm and relaxed.
- They boost my energy levels, helping me feel more alert and ready to tackle the day.
- They strengthen my body, improve my mental health, burn calories, and help maintain healthy blood pressure.
- They also help me create beautiful memories with my loved ones (including my furry companion).

Brisk walking for at least 30 minutes a day can strengthen your bones, reduce excess body fat, build muscle strength and endurance, and lower the risk of developing conditions such as diabetes and heart disease.



**Maria Ana Fabular Baclig**  
Staff Nurse  
SEHA

I'm Maria Baclig, a staff nurse at SEHA Corniche Hospital, and I'm from the Philippines. Walking is my daily reset, whether it's part of my commute or a 10-km stroll on my day off, it lifts my mood, clears my head, and helps me stay strong, active, and stress-free.



# DAILY HIIT

Daily HIIT (High-Intensity Interval Training) Cardio Benefits

## **Burns More in Less Time**

- HIIT workouts burn more calories during and after exercise due to the afterburn effect. Great for fat loss while preserving muscle mass.

## **Boosts Heart Health**

- Improves cardiovascular endurance and helps lower blood pressure and cholesterol levels.

## **Increases Metabolism**

- Stimulates fat burning and keeps your metabolism elevated for hours after training.

## **Preserves and Builds Muscle**

- Unlike steady-state cardio, HIIT helps retain lean muscle. When paired with strength training, it promotes definition.

## **Improves Insulin Sensitivity**

- Supports blood sugar regulation and reduces the risk of diabetes by improving carbohydrate utilisation.

## **Saves Time and Can Be Done Anywhere**

- Most sessions last just 15–30 minutes. No equipment needed—bodyweight exercises like burpees and jump squats work well.

## **Enhances Mental Health and Mood**

- Boosts endorphins, reduces stress, and improves focus and mental clarity.

## **Boosts Athletic Performance**

- Improves speed, agility, endurance, and explosive power—great for both athletes and functional fitness enthusiasts.

## **Improves Longevity**

- Regular HIIT reduces inflammation, supports overall fitness, and is linked to a longer, healthier life.
- Tip: Balance HIIT with rest or active recovery to prevent burnout and injury.



**Alyazia Alketbi**  
Education Officer  
SEHA

I'm Alyazia Alketbi, an Education Officer at SEHA, and I'm from the UAE. Healthy eating and staying hydrated have become a part of my everyday routine, and honestly, the difference has been amazing. I feel more energised, more focused, and more motivated to keep making positive choices every single day.



# CYCLING: A FUN AND EFFECTIVE WAY TO STAY FIT

Cycling is a fun, sustainable, and effective way to stay fit and maintain a healthy lifestyle.

It promotes physical, mental, and spiritual wellbeing. Exploring the UAE by bike not only keeps you active but also allows you to discover new places and enjoy the surrounding beauty.

- Improves heart health and strengthens the cardiovascular system.
- Burns calories and boosts metabolism.
- Enhances mental clarity, reduces stress, and lifts your mood.

- Cycling can aid digestion and metabolism.
- Improves sleep quality, boosts brain function, and keeps you energised throughout the day.
- Supports overall health, promotes longevity, and enhances productivity in daily tasks.

Let's get pedalling towards a healthier, happier, and more active life!



**Muhammad Kawish Sabir**  
Laboratory Assistant  
PureLab

I'm Muhammad Kawish Sabir, a Laboratory Assistant at PureLab in Madinat Zayed Hospital, and I'm from Pakistan. Cycling is my daily escape—it boosts my stamina, sharpens my focus, improves my sleep, and lifts my mood. I also make alkaline water every morning and sip it throughout the day. It keeps me energised, hydrated, and even helps with throat comfort and voice clarity. It's the little habits that make a big difference.



# 10-MINUTE MORNING STRETCH ROUTINE

Start your day with a 10-minute morning stretch routine to wake up your body, improve flexibility, and boost circulation. This quick and easy practise sets a positive tone for the day, enhances energy, and helps improve posture and flexibility over time.

## How It Works

### Choose Your Stretches

Select a mix of stretches that target the major muscle groups, such as your neck, back, legs, and arms. Aim to hold each stretch for 30–60 seconds.

### Example Routine

- Neck Stretches – gentle side-to-side movement to release tension.
- Cat-Cow Stretch – for the spine and lower back.
- Forward Fold – targets hamstrings and lower back.
- Downward Dog – full-body stretch.
- Hip Flexor Stretch – releases tension in the hips.
- Child’s Pose – relaxation for the back and shoulders.

### Breathe Deeply

Pair each stretch with slow, deep breathing. Inhale through your nose as you lengthen your muscles, and exhale slowly as you release tension.

Example: “Inhale as I reach my arms

overhead, and exhale as I gently fold forward.”

### Be Consistent

Aim to do this stretch routine every morning as part of your daily habit to enjoy cumulative benefits over time.

### Tip

Set a reminder or incorporate it into your morning routine immediately after waking up.

### Benefits

- Increased Flexibility – Regular stretching improves your range of motion and flexibility.
- Boosted Energy – Stretching promotes circulation and oxygen flow to your muscles, leaving you feeling more energised and awake.
- Better Posture – Stretching the chest, back, and shoulders helps correct poor posture and alleviates tension from sitting or sleeping.
- Improved Circulation – Stimulates blood flow to your muscles, giving you a feeling of vitality throughout the day.

### Tip for Success

Make it a habit! Try to stick to a consistent time each day so it becomes part of your routine. Focus on how your body feels during stretching rather than forcing any position.



**Mohammed Alkhraishi**  
Senior Clinical Nurse  
Educator  
SEHA

I’m Mohammed Alkhraishi, a Senior Clinical Nurse Educator at SEHA Al Dhafra Hospitals, and I’m from Jordan. My wellness routine includes a 10-minute morning stretch (neck, back, and leg movements), following the 20-20-20 rule to ease screen fatigue and support eye health, and applying the 80/20 approach to eating—prioritising nutritious foods while mindfully enjoying occasional treats. To me, wellness is about daily balance, consistency, and caring for both body and mind.

