

A close-up photograph of a light blue ceramic bowl filled with oatmeal. The oatmeal is topped with several fresh raspberries, blueberries, and a small sprig of green mint. The bowl is placed on a rustic wooden surface. The background is softly blurred, showing more of the wooden surface and some greenery.

eating for your eye health

healthy tasty recipes

PANCAKES



SPICY CARROT SOUP



CARROT & RAISIN CUPCAKES



SALMON WITH SPINACH AND
A WARM AVOCADO SAUCE





FOREWORD BY

Andrew Rudd

Hi there!

Welcome to your Eye Am What I Eat recipe booklet. My name is Andrew Rudd and as a working chef, I am always conscious of not only what looks and tastes good, but what is healthy as well. Health is a key focus of both my personal and professional life. I have a lot of direct contact with guests attending Medley for cookery classes and demonstrations and I speak to them individually to understand their dietary requirements and feedback.

It helps me do my job!

Working alongside Diabetes Ireland, NCBI-the National Sight Loss Organisation, Fighting Blindness, the Irish College of Ophthalmologists (ICO), the Association of Optometrists Ireland (AOI) and Novartis, the Eye Am What I Eat campaign aims to raise awareness of diabetic macular edema (DME), a form of diabetic retinopathy that can have a severe effect on vision, causing significant sight loss. Diabetic retinopathy is a common complication of uncontrolled diabetes and is the leading cause of blindness in working-age adults in Ireland¹.

This booklet is an aid to help you understand what diabetic macular edema and diabetic retinopathy are, highlight their causes and to introduce you to the National Diabetic Retinal Screening Programme. It will also help you identify which foods are 'eye-healthy' and can play a role in the prevention of eye sight deterioration, as well as giving you some simple and tasty recipe ideas.

We hope you find this booklet helpful. Good luck with the cooking!

Best wishes,
Andrew

1. Chou TH et al., Eye. 2009; 23: 1360-1363



EATING FOR YOUR EYE HEALTH

Diabetic Retinopathy

WHAT IS DIABETES?

**About 191,000
people have diabetes in Ireland.**

Diabetes is a lifelong condition caused by a lack, or insufficiency of insulin.

Insulin is a hormone that is made by your pancreas. Insulin acts like a key to open the doors into your cells, letting glucose (sugar) in. In diabetes, the pancreas makes too little insulin to enable all the glucose in your blood to get into your muscle and other cells to produce energy. If glucose can't get into the cells to be used, it builds up in the bloodstream. Diabetes is a condition where there is too much glucose in the blood.

Types of diabetes

There are two main categories of diabetes:

Type 1 diabetes tends to occur in childhood or early adult life, and always requires treatment with insulin. It is caused by the body's own immune system destroying the insulin-making cells (beta-cells) of the pancreas.

Type 2 diabetes usually develops slowly in adulthood. It is progressive and can sometimes be treated with diet and exercise, but more often Type 2 diabetes may require medication and/or insulin injections.

For more information on diabetes see www.diabetes.ie

Understanding diabetic retinopathy

Too much glucose in the blood can cause damage to blood vessels throughout the body, including the blood vessels in the eye. These eye changes are called diabetic retinopathy.

Diabetic retinopathy is a complication of uncontrolled diabetes and is the leading cause of blindness in working-age adults in Ireland.¹

The good news is that by regular and effective retina screening, diabetic retinopathy can be caught early and can be effectively treated.

If you have diabetes, **it is vital to have your eyes screened regularly** in order to detect the signs of diabetic retinopathy as early as possible. It is important to have your eyes screened before you notice any changes in your sight.

The National Diabetic Retina Screening Programme

'Diabetic Retina Screen' offers free, regular diabetic retinopathy screening to all people with diabetes, aged 12 and older, who are registered with the programme.

Good diabetes management combined with early detection and treatment can help to avoid sight loss from diabetic retinopathy.

What is diabetic retinopathy?

Diabetic Retinopathy is the name used for different types of changes in the retina (which is the back of your eye) which can affect your sight, these include:

- **Diabetic Macular Edema** - this is where leaky blood vessels affect the part of the retina called the macula (the part of the eye responsible for detailed central vision), this is the more common type of eye change
- **Proliferative Diabetic Retinopathy** – this is where fragile new blood vessels form gradually over time on the surface of the retina.

Both diabetic macular edema and proliferative diabetic retinopathy can be treated and managed if they are detected early. If they are left untreated, sight problems will develop.

1. Chou TH et al., Eye. 2009; 23: 1360-1363

How will I know if I am developing diabetic retinopathy?

You may not notice anything as there may be no symptoms in the early stages of diabetic retinopathy. But talk with your diabetes team if you:

- > see new black spots or floaters that appear to float in your eye;
- > have trouble seeing things at the side of your vision.

Blurred vision can happen at any stage of diabetic retinopathy, although it is more likely to occur the longer you have diabetes.

How can I avoid getting diabetic retinopathy?

You can help prevent or slow the development of diabetic retinopathy by:

- > **taking** your prescribed medication;
- > follow a healthy balanced **diet**;
- > **exercising** regularly and sensibly;
- > **controlling** high blood pressure;
- > **limiting** your alcohol intake;
- > **avoiding smoking**;
- > attending your regular diabetes **check-ups**; **and**
- > **having a full eye examination regularly.**

How is diabetic retinopathy treated?

If you get diabetic retinopathy, healthy eating, regular physical activity, and looking after your blood glucose can slow down the development of the condition.

Treatment depends on the amount and type of changes in your eyes and is aimed at slowing or stopping those changes.

Diabetic macular edema is treated with a combination of laser and injections of medicine into the eye.

Proliferative diabetic retinopathy is typically treated with laser but some people may need injections and surgery inside the eye.

You and your diabetes team will decide together which treatment is best for you.

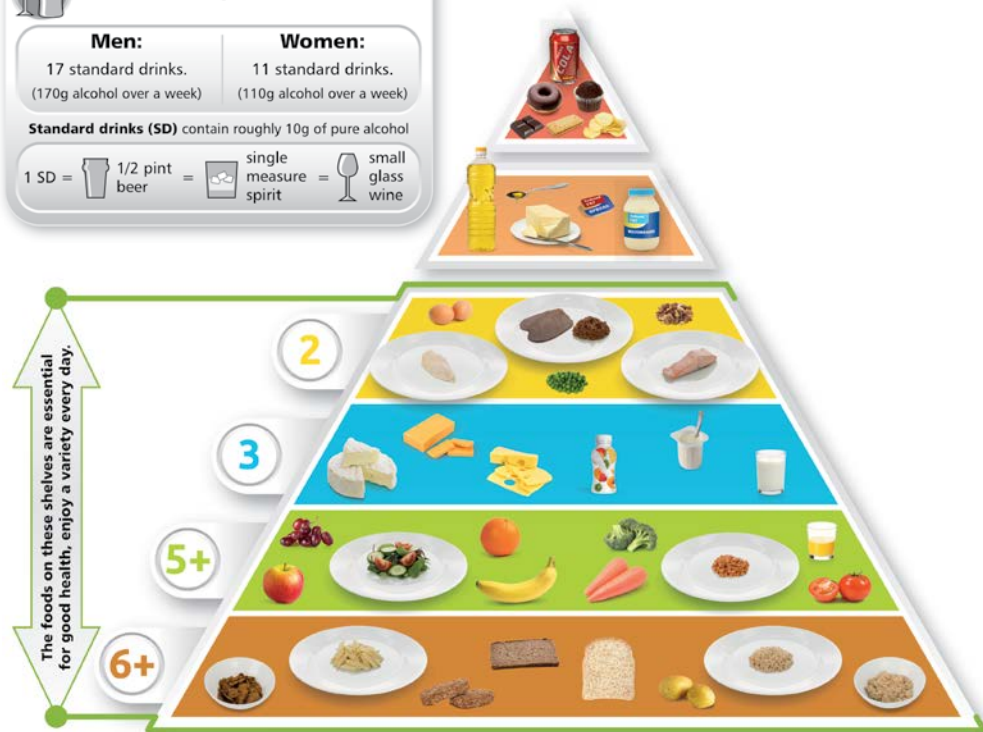
Use the FOOD PYRAMID to plan your daily healthy food choices

Alcohol weekly lower risk limits

| Men: | Women: |
|---|---|
| 17 standard drinks. (170g alcohol over a week) | 11 standard drinks. (110g alcohol over a week) |

Standard drinks (SD) contain roughly 10g of pure alcohol

1 SD = 1/2 pint beer = single measure spirit = small glass wine



Drink at least 8 cups of fluid a day – water is best

| | | | | |
|---|--|---|--|--|
| Use a 200ml disposable plastic cup to guide portion size of cereals, cooked rice and pasta, and even vegetables, salad and fruit. | A matchbox can guide you on a serving of cheese. Reduced-fat options are best. | The palm of the hand, width and depth without fingers and thumbs, shows how much meat, poultry or fish you need in a day. | Portion packs of reduced-fat spread found in cafes can guide the amount you use. One should be enough for 2-3 slices of bread. | A 5ml teaspoon can guide your portion size for peanut butter, jam, marmalade or honey. |
|---|--|---|--|--|

Food Pyramid for adults and children aged 5 years and over.
If you would like to order a copy of the food pyramid please visit
www.healthpromotion.ie

A HEALTHY BALANCED DIET

Eating for Your Eye Health

A **healthy balanced diet** which includes **starchy carbohydrates** and is **low in sugar and fat**, **high in fibre**, **fruit and plenty of vegetables** is advised for almost **everyone**.

The same applies to people with diabetes.

Healthy
eating
guides



Eat
regular
meals

Limit your
alcohol
intake



Have **5 servings** of
a mix of **fruit** and
vegetables a day



Have sweet
and sugary
foods as
occasional
treats only



Have **oily fish**
twice a week

Reduce
your
salt
intake



Reduce your
fat intake
especially
saturated fat



Include
starchy
carbohydrate
foods
regularly



Be aware of
portion sizes



A HEALTHY BALANCED DIET

Eat regular meals

It's important to include a breakfast every day if you have diabetes. It helps control energy levels and appetite through the day and has been linked to weight loss. Snacking in between meals is not necessary unless you are hungry. Snack ideas can be a piece of fruit or a diet yogurt.

Include starchy carbohydrate foods

All carbohydrate foods convert to glucose to provide us with energy and will have an effect on our blood glucose levels. Carbohydrates consist of starches, sugary foods and naturally occurring sugars.

STARCHY CARBOHYDRATES

All breads and crackers

Potatoes

All cereals

Pasta/Rice/Noodles

CARBOHYDRATES WHICH CONTAIN NATURAL SUGARS

Fruit and fruit juices

Milk and Yogurt

SUGARY CARBOHYDRATES

All sweet foods

Cakes/Chocolates/Biscuits

Jams/Marmalades

Non diet drinks

All people with diabetes need to include starchy carbohydrates regularly but the portion size is important.

The healthiest kind of starchy foods are those that are high in fibre.

Choose up to 6 servings per day. If you are

very active you may need more.

If you are overweight, you may need to reduce

A single serving is:

1 slice
wholegrain
bread



2 crackers or
crispbreads



4 dessert spoons
of high fibre flake
type cereal



3 dessert spoons
muesli



1 Weetabix or
oat biscuit cereal



3 dessert spoons
of cooked
porridge oats



3 dessert spoons
of cooked pasta,
rice or noodles



1 egg sized potato



**Be aware of
portion sizes**

Pay attention to
the amount of food
on your plate and
consider using a
smaller plate.

If you are overweight, you may need to reduce your serving size of carbohydrates over the day.

Have oily fish twice a week



Salmon, mackerel, herring, sardines and trout, fresh, frozen, vacuum packed or tinned all count as oily fish. Oily fish is rich in omega 3 that is heart protective. It can reduce inflammation and help lower cholesterol.

Reduce your fat intake, especially saturated fat

Use low fat versions of milk, cheese and yogurt

- > Try to use mono-unsaturated fat found in olive oil, rapeseed oil and spreads labelled high in mono-unsaturates but only take in small amounts as these are still high in calories
- > Avoid frying – grill, bake, boil, steam, or poach instead
- > Trim the fat off meat and remove the skin off chicken

Reduce your salt intake

- > Cut out salt, as too much salt can contribute to high blood pressure and heart disease
- > Cut down on processed foods especially takeaways and ready prepared meals, packet soups and sauces, salted meats such as ham/bacon/sausages
- > Instead of salt, flavour with pepper, garlic, vinegar, curry powder, mustard, lemon juice, herbs and spices.



HAVE 5 SERVINGS OF A MIX OF FRUIT AND VEGETABLES A DAY

As fruit contains natural sugar, allow intervals between eating it during the day.

Fruit juices should only be taken with meals.

Salad and vegetables are low in natural sugar, therefore, try and have 2 servings at every meal.

A serving is:

Half a grapefruit or a slice of melon

1 heaped dessert spoon of raisins or sultanas

2 small fruits =
2 kiwis or
2 mandarins or
2 plums

4 dessert spoons of cooked vegetables – fresh or frozen

A bowl of salad =
lettuce / tomato /
cucumber

A bowl of
homemade
vegetable soup

A small glass
(100mls) of
unsweetened
fruit juice

A small smoothie
(100mls) made
only from fruit or
vegetables

A small
banana

10-12 grapes
or berries

4 dessert spoons
of cooked fresh
fruit/tinned fruit
in own juice

1 medium sized
apple or pear or
similar sized fruit



Have sweet and sugary foods as occasional treats only



- > Limit chocolate, confectionery, biscuits, cakes and have as treats only, because they are high in fat and calories

Diabetes Ireland does not recommend the purchase of 'diabetic' foods. These foods are expensive, can be high in fat and if taken in large amounts, can cause diarrhoea.

Limit your alcohol intake

As with the rest of the population, people with diabetes should only drink alcohol in moderation.



- > 1 glass of beer = 1 standard drink
- > 1 small glass of wine (100mls) = 1 standard drink
- > 1 short measure e.g. vodka, whiskey (35mls) = 1 standard drink
- > 1 small bottle of wine (187mls) = 2 standard drinks
- > 1 bottle wine = 7-10 standard drinks

If you are prescribed medication which can cause hypoglycaemia then do not drink on an empty stomach and have a snack before bedtime.

Tips for Shopping

- > Before you go, **make a list** and stick to it
- > **Don't go shopping on an empty stomach**
- > Give yourself time to **read the labels** and learn what is in food
- > Keep a healthy balance in mind and check to see if your shopping basket reflects the right **balance of the foods you need to eat**
- > Check how much fat, sugar and salt is in your food

You may have noticed there is a traffic light label on the front of some of the products you buy.

| | Sugars | Fat | Saturates | Salt |
|---------------------------|--------------------|--------------------|---------------------|-----------------------|
| HIGH per 100g | Over 15g | Over 20g | Over 5g | Over 1.5g |
| MEDIUM per 100g | Between 5g and 15g | Between 3g and 20g | Between 1.5g and 5g | Between 0.3g and 1.5g |
| LOW per 100g | 5g and below | 3g and below | 1.5g and below | 0.3g and below |

This tells you at a glance if the food has high, medium or low amounts of sugars, fat, saturates and salt.

RED = HIGH
AMBER = MEDIUM
GREEN = LOW

In short, the more green lights, the healthier the choice.

Everybody should choose foods which are lower in sugars, fats and salt.

With diabetes it isn't just about looking at the amount of sugar on the label, you also need to be aware of the total carbohydrate in the foods that you choose.



Your weight and your waistline

If you are overweight, losing weight will improve your blood glucose, blood pressure and cholesterol levels.

The key to long term weight change is steady, moderate weight loss (1-2 lbs per week) brought about by a reduction in your food intake and an increase in your activity levels.

It is very important that you lose weight from around your waist. This will help your own body's insulin work more efficiently and reduce insulin resistance.

Recommended waist circumference
Women = less than 32 inches or 80cm
Men = less than 37 inches or 95cm

What else can I do to manage MY diabetes?

- > Try to achieve a healthy weight and waistline
- > Eat a healthy balanced diet. Be aware of carbohydrate foods and portion sizes
- > Try to incorporate regular physical activity into your day
- > Don't smoke – Call the National Smokers Quitline 1850 201 203 or visit www.QUIT.ie
- > Take your medications as prescribed by your doctor
- > Monitor your blood glucose if recommended by your doctor/nurse
- > Be aware of how to look after your feet and check them daily
- > Obtain a foot examination by a healthcare professional at least once a year
- > Obtain retinal screening of the back of your eyes annually
- > Be aware of the need for regular and annual check-ups which will include review of general wellbeing, your heart health, kidney and blood test reviews. Always reschedule appointments if you have to cancel them.

YOU ARE THE MAIN PERSON IN YOUR DIABETES CARE.



Professionals will help you but day-to-day diabetes care is up to you.

Learn all you can about diabetes and put it into practice to help maintain a good quality of life with diabetes.

The cornerstone of diabetes treatment is healthy eating and regular physical activity. In addition, tablets or insulin injections may be necessary to help control your blood glucose, blood pressure and cholesterol levels.

So what about eye health?

In addition to the above we know that you can also protect your eyes by:

- > attending for your eye screening appointment on an annual basis.
- > Keep blood pressure under control
- > Be a healthy weight for your height by following a healthy lifestyle
- > Give up smoking - www.QUIT.ie

There is growing evidence that we can protect our eyes by trying to include some of these foods:

10 FOODS For Eye Health

Carrots

Carrots have long been recognised as an eye food due to their high levels of vitamin A.



Tomatoes

Tomatoes are high in vitamin C and lycopene, two important eye nutrients. Vitamin C may also help to slow down the development of cataracts.



Kale

Like spinach, kale is a good source of vitamin A, lutein and zeaxanthin.



Avocados

Avocados contain more lutein than any other fruit. Lutein is important nutrient for your eyes. They are a great source of other eye nutrients such as vitamin A.



Eggs

Eggs are an excellent source of eye nutrients, like vitamin A, zinc, lutein, lecithin, B12, vitamin D and cysteine.



Sunflower Seeds

Sunflower seeds contain selenium, a nutrient that may prevent cataracts and promote overall eye health.

Broccoli

Broccoli is a good source of vitamin C, calcium, lutein, zeaxanthin acts as an antioxidant which can help filter out damaging uv light.



Garlic

Garlic contains selenium and vitamin C.



Salmon

Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, vitamin D, vitamin B6, vitamin B12 and vitamin A.



Healthy Breakfast

It's common knowledge that breakfast is the most important meal of the day.

A bowl of fortified cereal, topped with a portion of fruit and served with milk provides lots of essential nutrients like fibre, calcium, iron, B vitamins, and vitamin C – not to mention energy to get you through the morning!

Power start your day with a wholesome bowl of porridge! Oats give slowly released energy, berries are a super source of vitamin C. Add a teaspoon of seeds to give extra crunch and it adds some heart healthy omega 3 fats.



Healthy Regular Meals

It is important to have regular meals when you have diabetes



Try not to leave more than 4 hours between meals that is not to say you need 3 snacks and 3 meals a day especially if you are trying to lose weight.

Listen to your body if you feel you are hungry then have a snack.

For those on insulin or certain medications discuss snacks and suggestions with your diabetes team.

There are no set rules about having main meals at the middle or end of the day. It's all about balancing the amount of food you eat with the amount you need for the physical activity you take.

Healthy Desserts

As mentioned earlier diabetes is not just about paying attention to foods that contain sugar as glucose levels are affected by all carbohydrates.

So it's OK to have dessert occasionally.

Try to avoid added cream and remember desserts are treats which are going to add extra calories so won't help with weight loss.

The desserts in the booklet contain fruit so will have more vitamins and fibre and are fine to have as occasional treats.



Winning Recipes!

The 4 recipes on pages 36, 37, 38, & 39 were submitted as part of a campaign to increase awareness of Diabetic Retinopathy and the importance of regular screening. The 4 finalists were encouraged to use a variety of the foods listed to be beneficial to eye health.

Well done to each of our finalists for creating exciting dishes that are easy to prepare and suitable for those with or without Diabetes

Salmon crust bake with warm vegetable salad

BY EVELYN CULLEN

Salmon and kale fritatta with broccoli, cherry tomato and feta salad

BY BRIAN MCNAMARA

Spinach and seed spaghetti with a tomato based sauce

BY FIONA RICE

Baked Salmon with spinach and salsa verde

BY MIRIAM CAMPION



DISCLAIMER: Nutritional analysis gives total carbohydrates for the ingredients used. Remember to look at total carbohydrate per-serving not just 'of which sugars'. If additional carbohydrate is taken or suggested to be served with, remember this must be added to the overall carbohydrate content of the meal. The nutritional information was calculated by a Diabetes Ireland registered dietitian using the WISP package.

IDEAS FOR A Healthy Breakfast

Porridge with banana and berries

SERVES 2

Ingredients:

- > 60g porridge oats
- > ½ teaspoon cinnamon, plus extra to serve
- > 250ml skimmed milk
- > 1 banana, sliced
- > 100g punnet raspberries
- > 125g pot low fat natural yogurt

Method:

In a medium-sized saucepan, mix the oats, cinnamon, milk and half the sliced banana. Bring to the boil, stirring occasionally. Turn down the heat and cook for 4-5 minutes, stirring all the time. Add a little water if needed to thin out the mixture.

To Serve:

Remove and divide between 2 bowls, top with the remaining banana, raspberries, yogurt and a sprinkle of cinnamon.

Banana Smoothie

SERVES 2

Ingredients:

- > 450ml low fat milk
- > 1 tablespoon honey
- > 2 tablespoons natural yoghurt
- > 2 ripe bananas
- > cinnamon powder

Method:

Puree all the ingredients in a blender until smooth.

To Serve:

Pour into tall glasses and sprinkle cinnamon on top.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|-----|---------------------|------|---------------|-----|
| Energy (kcal) | 257 | Carbohydrate(g) | 37.0 | Fat (g) | 4.1 |
| Energy (kJ) | 899 | Sugars (g) | 35.1 | Saturates (g) | 2.5 |
| Protein (g) | 9.4 | Sodium (mg) | 138 | | |
| Fibre (g) | 0.9 | Salt equivalent (g) | 0.3 | | |

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|-----|
| Energy (kcal) | 257 | Carbohydrate(g) | 47.4 | Fat (g) | 3.5 |
| Energy (kJ) | 1090 | Sugars (g) | 24.6 | Saturates (g) | 1.1 |
| Protein (g) | 11.9 | Sodium (mg) | 96 | | |
| Fibre (g) | 3.8 | Salt equivalent (g) | 0.2 | | |



Baked Eggs

SERVES 4

More time to linger over your weekend breakfast?

Ingredients:

- > 2 tablespoon olive oil
- > 1 leek, thinly sliced
- > 1 red pepper, cored and diced
- > 200g spinach
- > 80g mature cheddar cheese
- > 80g wholemeal breadcrumbs
- > 4 eggs

Method:

Heat oven to 200C/180C fan/gas 6. Heat the oil in a pan and add the leeks, pepper and seasoning. Cook for 15-20 minutes until soft and beginning to caramelise.

Meanwhile, put the spinach in a colander and place into the sink. Pour over a kettle of boiling water. When cool enough to handle, squeeze out as much liquid as possible.

Mix the breadcrumbs and cheese together.

Arrange the leek and pepper mixture between 4 oven-proof dishes, then divide the spinach across the 4 dishes. Make a well in the middle of each dish and crack an egg into it. Season and sprinkle with cheesy bread crumbs.

Put the dishes on a baking tray and cook for 12-15 minutes, until the whites are set and yolks are cooked to your liking.

To Serve:

Serve with sour-dough toast.

Full Irish Alternative

SERVES 1

We've swapped the high fat processed meats for fibre rich baked beans, and flavonoid filled tomato to give this cooked breakfast a healthier finish.

Ingredients:

- > 2 lean back rashers
- > 135g baked beans
- > 1 egg
- > Non-stick frying spray
- > 1 tomato, halved
- > 100g mushrooms, wiped clean, and stalks trimmed
- > 2 slices wholegrain bread
- > low fat polyunsaturated spread

Method:

Put the rashers, tomatoes and mushrooms onto a baking tray, and place under a hot grill until rashers are crisp and vegetables tender. Meanwhile, fry the egg in some non-stick spray oil, and gently heat the baked beans in a separate pan.

Toast the wholegrain bread and spread thinly with low fat spread.

To Serve:

Simply assemble all items on a dinner plate.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 681 | Carbohydrate(g) | 53.4 | Fat (g) | 31.2 |
| Energy (kJ) | 2857 | Sugars (g) | 13.1 | Saturates (g) | 11.0 |
| Protein (g) | 49.9 | Sodium (mg) | 3274 | | |
| Fibre (g) | 10.6 | Salt equivalent (g) | 8.2 | | |

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 321 | Carbohydrate(g) | 19.9 | Fat (g) | 19.9 |
| Energy (kJ) | 1336 | Sugars (g) | 5.0 | Saturates (g) | 7.0 |
| Protein (g) | 16.7 | Sodium (mg) | 373 | | |
| Fibre (g) | 2.5 | Salt equivalent (g) | 0.9 | | |



Pancakes

SERVES 6

They aren't just for pancake Tuesday. These traditional pancakes are always a big hit – be mindful of total amount of carbohydrate eaten if toppings are added.

Ingredients:

- > 120g plain flour
- > pinch salt
- > 2 eggs
- > 300ml low fat milk
- > 1 tablespoon vegetable oil
- > butter, for frying
- > a sprinkle of caster sugar, lemon juice

Method:

Mix the flour and salt together in a large bowl. Make a well in the centre and crack in the eggs.

Beat the eggs into the flour with a wooden spoon and gradually beat in the milk to get a smooth liquid the consistency of pouring cream.

Stir in the vegetable oil and allow to stand for 30 minutes.

Heat a non-stick frying pan until very hot, then add a small knob of butter. Spoon in a ladleful of the batter, swirling the pan to coat the base evenly with the batter. Cook for 30 seconds to one minute, until the base is lightly browned.

Then, gently flip the pancake over and cook on the other side for a few seconds, until lightly browned. Slide the pancake onto a plate, cover with greaseproof paper or tin foil and keep warm. Repeat the process with the remaining batter.

To Serve:

Sprinkle the pancakes lightly with caster sugar and lemon juice, then roll up. Feel free to experiment with fillings - mixed berries are a favourite!

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|-----|---------------------|------|---------------|-----|
| Energy (kcal) | 147 | Carbohydrate(g) | 17.8 | Fat(g) | 6.4 |
| Energy (kJ) | 618 | Sugars (g) | 2.6 | Saturates (g) | 2.4 |
| Protein (g) | 5.6 | Sodium (mg) | 57 | | |
| Fibre (g) | 0.6 | Salt equivalent (g) | 0.1 | | |





HEALTHY FILLING

Lunches & Dinner

Spicy Carrot Soup

SERVES 8

Ingredients:

- > 8 carrots, peeled and roughly chopped
- > 5 celery sticks, cut into pieces
- > 2 cloves of garlic, chopped
- > 1 large onion, chopped
- > 1 litre of water
- > 1 tablespoon of olive oil
- > 1 teaspoon of curry powder
- > 1 level teaspoon salt

Method:

Heat the olive oil in a frying pan, then over a low heat, gently sauté the chopped garlic and chopped onion for 5 minutes, until translucent, but not golden - take care not to let the garlic brown.

Add a teaspoon of curry powder, then stir.

Add all of the remaining ingredients except the salt and cook until the vegetables are tender.

Mix in a blender until the soup is smooth.

Add salt to taste and serve.

Note:

Carrots contain beta-carotene, a carotenoid pigment found in bright orange fruits and vegetables, which is also a precursor for vitamin A.

Sweet Potato Burritos

SERVES 6

Ingredients:

- > 15ml vegetable oil
- > 1 onion, chopped
- > 1 clove garlic, minced
- > 600g canned kidney beans, drained
- > 225ml water
- > 1 teaspoon of chilli powder
- > ¼ teaspoon ground cumin
- > 10ml prepared mustard
- > pinch of cayenne pepper, or to taste
- > 25ml soy sauce
- > 400g cooked and mashed sweet potatoes
- > 6 (10 inch) flour tortillas, warmed
- > 120g shredded cheddar cheese

Method:

Preheat oven to 175°C.

Heat oil in a medium pan, and sauté onion and garlic until soft. Stir in beans and mash.

Gradually stir in water and heat until warm.

Remove from heat and stir in the chilli powder, cumin, mustard, cayenne pepper and soy sauce.

Divide bean mixture and mashed sweet potatoes evenly between the warm flour tortillas. Top with cheese. Fold up tortillas burrito style and place on a baking sheet. Bake for 12 minutes in the preheated oven and serve.

To Serve:

Serve with a green salad

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|-----|--------------------|-----|--------------|-----|
| Energy (kcal) | 50 | Carbohydrate(g) | 6.7 | Fat(g) | 2.3 |
| Energy (kJ) | 207 | Sugars(g) | 5.9 | Saturates(g) | 0.3 |
| Protein(g) | 1.0 | Sodium(mg) | 237 | | |
| Fibre(g) | 2.8 | Salt equivalent(g) | 0.6 | | |

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|--------------------|------|--------------|-----|
| Energy (kcal) | 322 | Carbohydrate(g) | 63.4 | Fat(g) | 4.4 |
| Energy (kJ) | 1363 | Sugars(g) | 10.4 | Saturates(g) | 0.5 |
| Protein(g) | 12.0 | Sodium(mg) | 900 | | |
| Fibre(g) | 9.2 | Salt equivalent(g) | 2.3 | | |

Citrus Chicken Salad

SERVES 2

Ingredients:

- > 100ml orange juice
- > 50ml lime juice
- > 2 shallots, diced
- > 1 teaspoon chilli powder
- > 1 teaspoon ground cumin
- > 1 teaspoon granulated sugar
- > 1 teaspoon garlic powder
- > 2 skinless, boneless chicken breasts
- > ½ head chopped romaine lettuce
- > 1 tin mandarin oranges, drained
- > ½ red onion sliced
- > 50g almond slices

Method:

In a small bowl, make the dressing by whisking together juices, shallots, chilli powder, cumin, sugar and garlic powder.

Pour half of this mixture into a large, resealable bag. Add the flattened out chicken breasts to marinate and refrigerate for 2 hours. Refrigerate the remaining half of dressing.

Remove chicken breasts from marinade. Grill the chicken breasts on high for 4 minutes, turn and grill for an additional 3 to 4 minutes or until internal temperature reaches 160°C. The chicken should be white all the way through, with no sign of pink flesh.

Slice into thin slices.

Meanwhile, gently toss together remaining dressing, lettuce, oranges, onion and almonds.

Top with the chicken slices and serve immediately.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 396 | Carbohydrate(g) | 15.5 | Fat (g) | 17.6 |
| Energy (kJ) | 1658 | Sugars (g) | 14.1 | Saturates (g) | 1.9 |
| Protein (g) | 46.2 | Sodium (mg) | 96 | | |
| Fibre (g) | 3.5 | Salt equivalent (g) | 0.2 | | |

Warm spinach, bean and bacon salad with a maple dressing

SERVES 4

Ingredients:

- > 225g lean bacon chopped
- > 450g spinach
- > 150g french beans
- > 3 tablespoons of walnuts chopped
- > 30ml red wine vinegar
- > 15ml maple syrup
- > 45ml sunflower oil

Method:

Chop the French beans in half, boil until just tender, drain and refresh with cold water.

Heat a large non-stick pan, and fry the bacon until golden and crisp.

Remove from the pan and keep warm.

Add the red wine vinegar oil, walnuts and maple syrup to the pan.

Tear the washed spinach into bite-sized pieces and add to the pan along with the cooked French beans.

Stir until the spinach has just wilted and then serve on warmed plates with the warm bacon scattered on top.

Note:

Spinach is another great source of vitamin A, and contains other important eye nutrients lutein and zeaxanthin.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|-----|---------------|------|
| Energy (kcal) | 244 | Carbohydrate(g) | 5.9 | Fat (g) | 14.4 |
| Energy (kJ) | 1017 | Sugars (g) | 5.2 | Saturates (g) | 2.2 |
| Protein (g) | 22.5 | Sodium (mg) | 783 | | |
| Fibre (g) | 3.8 | Salt equivalent (g) | 2.0 | | |

Couscous with butternut squash, spinach and feta cheese

SERVES 2

Ingredients:

- > 200g, approx., ½ butternut squash, peeled and diced into large chunks
- > 2 tablespoons light olive oil
- > Freshly ground black pepper
- > 150g couscous
- > 2 tablespoons raisins
- > ½ bunch basil leaves washed and chopped
- > 50g baby spinach, washed and dried
- > 60g feta cheese, diced

Method:

Preheat oven to 180°C.

Coat the butternut squash in olive oil and sprinkle with a little pepper. Place in a baking tray and bake for 15–20 minutes, until tender.

Put the couscous and raisins in a heat proof bowl and just cover with boiling water. Use cling film to cover the bowl for three minutes or until the water has been fully absorbed, then fluff with a fork.

Mix through the butternut squash, basil, spinach and feta.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|--------------------|------|--------------|------|
| Energy (kcal) | 424 | Carbohydrate(g) | 58.8 | Fat(g) | 17.6 |
| Energy (kJ) | 1773 | Sugars(g) | 17.9 | Saturates(g) | 5.5 |
| Protein(g) | 10.9 | Sodium(mg) | 467 | | |
| Fibre(g) | 2.2 | Salt equivalent(g) | 1.2 | | |





Fish Cakes

SERVES 4

Ingredients:

- > 150g potatoes, diced
- > 200g tinned salmon (leftover cooked salmon would work well here too)
- > salt and pepper
- > 1 bunch parsley, washed and chopped
- > 2 tablespoons fresh grated parmesan
- > 200g breadcrumbs
- > 50g flour
- > 1 egg, lightly beaten
- > 1 tablespoon olive oil

Method:

Peel the potatoes and place in a pan of cold water. Boil until they are tender, drain and mash.

Mix the salmon, potato, a little salt and pepper and half the parsley until combined. Mould into round cakes.

Mix the breadcrumbs, parmesan and the remainder of the parsley together.

Roll the fish cakes in the flour and dip them in beaten egg before rolling in the breadcrumb mix.

Heat the olive oil in a frying pan, and over a medium heat gently fry the fish cakes for 4 minutes each side or until golden brown.

Alternatively, the fish cakes can be grilled for 5 minutes each side until golden brown.

Remove from the pan and rest on absorbent paper before serving.

Note:

Salmon is rich in omega-3 fatty acids, which are important for maintaining overall eye health. It also contains folic acid, vitamin D, vitamin B6, vitamin B12 and vitamin A.

To Serve:

Serve with a green salad or cooked tender vegetables.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 396 | Carbohydrate(g) | 55.2 | Fat (g) | 11.6 |
| Energy (kJ) | 1672 | Sugars (g) | 3.1 | Saturates (g) | 2.7 |
| Protein (g) | 21.3 | Sodium (mg) | 490 | | |
| Fibre (g) | 1.1 | Salt equivalent (g) | 1.2 | | |

Turkey burgers

SERVES 4

These moist burgers are a tasty and healthy alternative to beef burgers.

The addition of apple adds extra flavour and fibre, and also helps keep them moist.



Ingredients:

- > 450g turkey mince
- > 2 eating apples, grated
- > 1 egg, beaten
- > 1 teaspoon paprika
- > 1 teaspoon dried thyme
- > 1 tablespoon olive oil
- > ground black pepper

Method:

Place the turkey mince into a bowl along with the apple, ground black pepper, beaten egg, paprika and thyme. Mix well until combined.

Divide the mixture into 8

Brush the burgers with olive oil, and place under a hot grill for 4-5 minutes. Turn over, brush with remaining oil and cook for a further 4-5 minutes, until lightly crisped and cooked through.

Tip:

Intended serving is 2 burgers per person. Serve with warmed pitta breads, sliced tomatoes, and a green salad. Remember to count carbohydrate from pitta bread or burger buns if used.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|-----|---------------|-----|
| Energy (kcal) | 132 | Carbohydrate(g) | 3.0 | Fat (g) | 5.9 |
| Energy (kJ) | 555 | Sugars (g) | 2.8 | Saturates (g) | 1.5 |
| Protein (g) | 17.0 | Sodium (mg) | 35 | | |
| Fibre (g) | 0.4 | Salt equivalent (g) | 0.1 | | |



Chicken & Apricot Tagine

SERVES 4

Ingredients:

- > 675g skinless boneless chicken, cut into large chunks (use a mixture of breast and thigh meats)
- > 1 tablespoon olive oil
- > 1 medium onion, finely chopped
- > 1 level teaspoon ground ginger
- > 1 level teaspoon cinnamon
- > 1 level teaspoon ground coriander
- > 1 level teaspoon turmeric
- > 1 level teaspoon ground cumin
- > pinch of chilli powder or flakes
- > 1 tablespoon tomato puree
- > 568ml (1 pint) chicken stock
- > 1 small orange, zested and juiced
- > 150g mixed dried fruit e.g. apricots, cranberries, raisins, sultanas
- > 2 tablespoons fresh coriander, roughly chopped, to garnish

Method:

Heat the oil in a large casserole pot over a gentle heat.

Add the onion and ground spices, and cook until onion is soft (about 5 minutes). Add the chicken, and tomato puree and stir to ensure all pieces are coated in the spice mixture. Then add the remaining ingredients (orange zest and juice, dried fruits and chicken stock). Bring to the boil, then reduce the heat and cover the pan, allowing to simmer gently for 30minutes until the chicken is tender with juices running clear, the sauce has reduced slightly and the fruits are plump and soft. Add salt and pepper to taste.

Stir through the chopped coriander before serving. Serve with couscous , but remember to count the carbohydrates.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 343 | Carbohydrate(g) | 31.0 | Fat (g) | 11.6 |
| Energy (kJ) | 1449 | Sugars (g) | 29.4 | Saturates (g) | 2.7 |
| Protein (g) | 39.5 | Sodium (mg) | 444 | | |
| Fibre (g) | 1.7 | Salt equivalent (g) | 1.1 | | |

Guacamole

SERVES 2

Ingredients:

- > 1 avocado, peeled, chopped
- > 125g (1 pot) natural yoghurt
- > juice of ½ lemon
- > 1 garlic clove, finely minced
- > 1 tablespoon olive oil
- > salt and freshly ground black pepper to taste

Method:

Place all of the ingredients into a bowl and mash until combined but still slightly chunky.

To serve, place the guacamole into a serving bowl. Serve with vegetable crudités or toasted pitta breads.

Remember to count carbohydrate from pita breads if used.

Tip:

Avocados are extremely energy dense. They are also nutrient rich, containing lutein – important in the prevention of macular degeneration and cataracts.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|-----|---------------|------|
| Energy (kcal) | 272 | Carbohydrate(g) | 7.5 | Fat (g) | 24.6 |
| Energy (kJ) | 1125 | Sugars (g) | 5.8 | Saturates (g) | 5.2 |
| Protein (g) | 5.4 | Sodium (mg) | 52 | | |
| Fibre (g) | 3.3 | Salt equivalent (g) | 0.1 | | |





Salmon with Warm Dressed Beetroot

SERVES 4

Ingredients:

- > 4 salmon fillets
- > olive oil
- > salt and black pepper
- > 3 tablespoons soy sauce
- > 1 tablespoon freshly grated ginger
- > 2 tablespoons lemon juice
- > 2 bunches of watercress
- > 1 lemon, cut in wedges

for the warm beetroot:

- > 250g cooked whole beetroot (not pickled), diced into small cubes
- > 4 tablespoons coarse grain mustard
- > 1 tablespoon honey
- > 2 tablespoons balsamic or red wine vinegar

Method:

Lightly brush the salmon fillets with olive oil, season lightly with salt and liberally with black pepper then place in a non-stick roasting dish.

Mix together the soy sauce, ginger and lemon juice and pour over the salmon.

Leave to marinate for at least 15 minutes then place in an oven preheated to 190°C and bake, uncovered for about 15 minutes, or until the flesh feels just firm.

About half-way through the cooking process spoon the pan juices over the salmon. Remove from the oven, cover with tin-foil and allow to stand for 10 minutes.

Meanwhile, mix together the beetroot, mustard, honey and vinegar. To serve, arrange the watercress on a plate, arrange the salmon on top and spoon-over the beetroot relish.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 339 | Carbohydrate(g) | 10.2 | Fat (g) | 19.2 |
| Energy (kJ) | 1415 | Sugars (g) | 9.4 | Saturates (g) | 3.4 |
| Protein (g) | 31.7 | Sodium (mg) | 1040 | | |
| Fibre (g) | 2.1 | Salt equivalent (g) | 2.6 | | |

Spicy Tomato and Butter Bean Soup

SERVES 5



Ingredients:

- > 1 tablespoon olive oil
- > 1 medium onion, finely diced
- > 1 level teaspoon freshly ground black pepper
- > 1 clove garlic, finely grated
- > 6 tomatoes, skinned and cut into 8
- > 1 tablespoon of tomato puree
- > 1 x 400g tin chopped tomatoes
- > 2 x 400g tins of butter beans drained and rinsed (or you could try cannellini beans, or mixed beans)
- > 500ml vegetable stock

Method:

Heat the olive oil in a large saucepan, add the onion, and cook over a low heat for 7-8 minutes until it is soft and translucent. Add the garlic and gently cook for 1 minute taking care not to let it colour.

Add the fresh tomatoes, then stir in the tomato puree and lastly the tinned tomatoes.

Finally add the stock, black pepper, and canned beans, and bring to the boil. Reduce heat to a simmer, and cook for 20-25 minutes. Add additional water if you find the soup too thick.

Taste and adjust seasoning prior to serving.

Note:

Beans are high in fibre, and have a low glycaemic index, meaning they release glucose levels more slowly which can leave you feeling fuller for longer.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|-----|--------------------|------|---------------|-----|
| Energy (kcal) | 137 | Carbohydrate(g) | 20.6 | Fat(g) | 3.3 |
| Energy (kJ) | 581 | Sugars (g) | 8.2 | Saturates (g) | 0.5 |
| Protein (g) | 7.8 | Sodium (mg) | 671 | | |
| Fibre (g) | 6.4 | Salt equivalent(g) | 1.7 | | |



Spanish Omelette

SERVES 4

Ingredients:

- > 200g potato, peeled and cut into 1 inch cubes
- > 200g sweet potato, peeled and cut into 1 inch cubes
- > 115g peas (frozen)
- > 100g rindless low salt rashers, grilled (approx 4 rashers) and chopped into small pieces
- > 1 tablespoon olive oil
- > 1 small onion
- > 6 medium eggs, well beaten
- > freshly ground black pepper

Method:

Bring a saucepan of water to the boil, and add the potatoes. Parboil for approx 15 minutes, until tender then drain.

In a large frying pan, heat the oil, and add the onion. Over a gentle heat, cook until soft and transparent.

Add the peas, chopped rashers and cooked potato. Gently cook for 5 - 10 minutes, moving potatoes gently so as not to break them up.

Turn the heat to low, and add the beaten eggs and black pepper, stirring so as the contents of the pan are coated with the egg mixture. Leave to cook for 15 minutes, until the base has set and browned, and the top of the omelette is starting to set.

Carefully flip the tortilla over (use a plate to help), and cook for a further 5 minutes until both sides are browned and set.

Serve either warm or cold, cut into wedges. This dish goes well with a crunchy green salad.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 319 | Carbohydrate(g) | 21.6 | Fat (g) | 17.7 |
| Energy (kJ) | 1332 | Sugars (g) | 7.4 | Saturates (g) | 5.1 |
| Protein (g) | 19.6 | Sodium (mg) | 410 | | |
| Fibre (g) | 3.3 | Salt equivalent (g) | 1.0 | | |

Comforting Cottage Pie

SERVES 4

Ingredients:

for the filling:

- > 2 tablespoon olive oil
- > 400g extra lean minced beef
- > 100g red lentils, uncooked
- > 1 medium onion, finely diced
- > 2 sticks celery, finely chopped
- > 2 cloves garlic, minced
- > 1 x 400g tin chopped tomatoes
- > 30g plain flour
- > 1 tablespoon tomato puree
- > 1 teaspoon worcester sauce
- > 500ml beef stock

for the topping:

- > 400g potatoes, peeled and cut into 5cm pieces
- > 360g cauliflower, chopped into 5cm pieces (use stalks and florets)
- > 150ml low fat milk, warmed
- > 20g low fat polyunsaturated spread
- > ground black pepper to taste

Method:

Preheat the oven to 200°C.

Heat oil in pan, and brown the mince. Remove from pan and set aside.

To the pan, add the onion, garlic and celery and cook over a low heat for a few minutes until translucent - take care not to let the garlic brown or it will give a bitter taste to the dish.

Add the mince and the lentils back to the pan, along with any meat juices and stir through the flour, cinnamon and tomato puree making sure no lumps of flour are visible and the lentils are well coated with the mixture.

Add the beef stock, tinned tomatoes and bring to the boil, cooking for 25-30 minutes. Stir occasionally, and add a little water if needed.

Boil the cauliflower separately for 7-10 minutes until tender. Drain and set aside.

Boil the potatoes until tender. Drain well, and return to the pan.



Add the spread and warm milk, then mash well. Add in the reserved cauliflower, and ground black pepper to taste.

To assemble, place the beef/lentil mixture into an oven-proof dish, and spread the potato/cauliflower mash on top. Bake on a baking tray in oven for 20 minutes until golden brown on top.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 444 | Carbohydrate(g) | 47.6 | Fat (g) | 13.8 |
| Energy (kJ) | 1873 | Sugars (g) | 10.5 | Saturates (g) | 5.3 |
| Protein (g) | 36.3 | Sodium (mg) | 485 | | |
| Fibre (g) | 5.7 | Salt equivalent (g) | 1.2 | | |

Salmon and kale fritatta with broccoli, cherry tomato and feta salad

BY BRIAN MCNAMARA

SERVES 2

Ingredients:

- > 3 medium eggs
- > 1 salmon fillet, cooked, cooled, and flaked
- > 40g, or 3 large leaves of kale, stalk removed, and finely chopped
- > 10 cherry tomatoes, halved
- > 1 small red onion, diced
- > 2 tablespoon parmesan cheese, grated
- > 1 small head of broccoli, chopped into small florets
- > 40g feta cheese, crumbled
- > 1 teaspoon + 2 tablespoon olive oil
- > 1 tablespoon balsamic vinegar
- > 1 teaspoon honey
- > black pepper to season

Method:

for the fritatta:

Preheat the grill. Whisk together the eggs in a large bowl, and add the parmesan, and season with black pepper.

Add the flaked salmon and half the cherry tomatoes to the egg mixture.

In a pan, sauté the onion and kale in 1 teaspoon olive oil over a medium heat until the onion is soft and kale wilted. Add the egg mixture to the pan, stir to spread everything evenly, and cook over a lot heat until the sides of the fritatta start to set and colour. Place under the grill until the top sets and turns a golden brown.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|-----|---------------|------|
| Energy (kcal) | 485 | Carbohydrate(g) | 9.8 | Fat (g) | 35.0 |
| Energy (kJ) | 2016 | Sugars (g) | 8.8 | Saturates (g) | 10.3 |
| Protein (g) | 33.3 | Sodium (mg) | 538 | | |
| Fibre (g) | 4.2 | Salt equivalent (g) | 1.3 | | |



for the salad:

Steam the broccoli florets until they soften (2–3 minutes), and allow to cool.

Combine the remaining 2 tablespoon olive oil, balsamic vinegar and honey in a jar and shake well to form a dressing. Combine the broccoli, remaining cherry tomatoes, feta, together and toss with some of the salad dressing.

To Serve:

Simply place a wedge of the fritatta on a plate, and add the dressed broccoli salad alongside.

Note that this dish is low in total carbohydrates, so you may wish to add a jacket potato or crusty bread alongside – just don't forget to include these extras when calculating your carbohydrate intake.

Salmon crust bake with warm vegetable salad

BY EVELYN CULLEN

SERVES 4

Ingredients:

for the bake:

- > 4 salmon fillets, boneless and skinless
- > 1 tin chopped tomatoes
- > 2 cloves garlic, crushed
- > 1 onion, finely diced
- > 1 tablespoon lemon juice
- > 1 level teaspoon sugar
- > 1 teaspoon dried basil
- > 1 tablespoon rapeseed oil
- > salt and black pepper to season

for the crust:

- > 1 tablespoon ground almonds
- > 1 tablespoon ground flaxseed
- > 1 tablespoon sunflower seeds
- > 1 clove garlic, crushed
- > zest of half a lemon
- > 1 teaspoon dried oregano
- > 1 tablespoon grated parmesan cheese
- > 1 teaspoon rapeseed oil

for the warm salad:

- > 1 carrot, thinly sliced into rounds
- > 1 small head of broccoli
- > 4 leaves of kale, de-stalked, and roughly shredded
- > 5 tablespoons vegetable stock

Method:

Preheat oven to 160°C (150° fan)

Combine the crust ingredients in a bowl, and set aside. Place half the oil and onion in a large pan and fry until softened. Add the garlic and basil, and cook for a further 2 minutes, taking care not to let the garlic colour. Add the tinned tomatoes, with a splash of water (50ml or so) to rinse out the tin, lemon juice and sugar. Simmer for 20 minutes to allow the flavour to develop, and season to taste.

Place the tomato sauce in an oven proof dish, and lay the salmon fillets on top.



Sprinkle the crust mixture evenly over the 4 fillets, and bake for 15–20 minutes, until the crust is browned and fish cooked through.

While the salmon is cooking, prepare the salad vegetables:

Heat the carrot, in a pan with the stock, cover for 5 minutes, add the broccoli and kale, and cook for further 5 minutes, adding some water as required. Take the pan from the heat.

To Serve:

Place one of the crusted salmon fillets on a warmed serving plate with the tomato sauce, and warm salad on the side, topped with 1 teaspoon of the spinach avocado pesto.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|-----|---------------|------|
| Energy (kcal) | 350 | Carbohydrate(g) | 9.4 | Fat (g) | 22.8 |
| Energy (kJ) | 1459 | Sugars (g) | 7.2 | Saturates (g) | 3.4 |
| Protein (g) | 9.4 | Sodium (mg) | 172 | | |
| Fibre (g) | 5.4 | Salt equivalent (g) | 0.4 | | |

Spinach and seed spaghetti with a tomato based sauce

BY FIONA RICE

SERVES 4

Ingredients:

- > 240g wholemeal spaghetti (uncooked weight)
- > 250g spinach, fresh, washed
- > 150g sunflower seeds
- > juice of half a lemon
- > 1 handful of parsley, finely chopped (about 3 large sprigs)
- > 1 tin of chopped tomatoes
- > ½ red chilli, de-seeded and finely chopped
- > 4 cloves garlic, crushed
- > 2 onions, finely chopped
- > 2 carrots, peeled and finely chopped
- > 1 courgette, finely chopped
- > 1 teaspoon sugar
- > 1 tablespoon tomato puree
- > 50ml parmesan cheese, grated
- > 1 tablespoon sunflower oil
- > 10g butter
- > salt and black pepper

Method:

Start by bringing a large pot of water to the boil. Cook the spaghetti as per packet instructions.

While the spaghetti is cooking, heat the sunflower oil in a deep base pan. Add the carrot, and fry until golden on a medium heat, taking care not to let it stick. Add the onion, courgette, chilli and 3/4 of the garlic, and continue frying so as the onion starts to turn translucent. Turn the heat down and add a splash of water if the garlic begins to colour. Next add the tin of chopped tomatoes, and rinse the tin with 100ml of water, to lift the tomato residue, adding this liquid to the pan also. Lastly, add the tomato puree, sugar and seasoning, and allow to simmer gently for 10 minutes or so.

While the sauce is cooking, gently toast the sunflower seeds in a dry pan over a low heat, until lightly golden. Remove from pan and set aside.



Using the same pan, over a low heat, melt the butter, and add the remaining garlic and the parsley and cook out for 1-2 minutes. Next add the spinach and heat through. Try not to soften the spinach fully, it should retain some structure. Add in the lemon juice, and toasted sunflower seeds and mix well. Drain the spaghetti and add the spinach mixture to the spaghetti, mixing well.

To Serve:

Serve the seeded spinach spaghetti with a helping of tomato sauce, and sprinkle of parmesan cheese.

| NUTRITIONAL ANALYSIS PER SERVING: | | | | | |
|-----------------------------------|------|---------------------|------|---------------|-----|
| Energy (kcal) | 132 | Carbohydrate(g) | 62.2 | Fat (g) | 6.5 |
| Energy (kJ) | 552 | Sugars (g) | 16.1 | Saturates (g) | 1.4 |
| Protein (g) | 5.6 | Sodium (mg) | 352 | | |
| Fibre (g) | 17.0 | Salt equivalent (g) | 0.9 | | |

Salmon with spinach and salsa verde

BY MIRIAM CAMPION

SERVES 4

Ingredients:

- > 4 salmon portions (100g each)
- > 450g spinach, washed and drained
- > knob of butter
- > 1 tablespoon olive oil

for salsa verde base

- > small bunch of parsley leaves
- > 1 teaspoon thyme leaves
- > 2-3 sprigs tarragon
- > handful of any of 1 or more green leaves to hand - watercress / rocket / sorrel
- > 1 tablespoon toasted sunflower seeds
- > 1 hard-boiled egg, chopped
- > 1 clove of garlic skinned and chopped
- > 8 salted anchovy fillets rinsed and drained (approximately ½ of a small tin)

for vinaigrette:

- > 3 tablespoons olive oil
- > 1 ½ - 2 tablespoon lemon juice
- > 1-2 teaspoon dijon mustard

Method:

for the salmon:

Heat the butter and olive oil in a non-stick oven-proof frying pan. Colour the salmon on the pan on both sides, before baking in a hot oven (200°C) for 4-5 minutes. Remove from oven, turn salmon over, and leave to rest on the pan.

for salsa verde base:

Pick green leaves from stalks and blitz all ingredients listed for the salsa verde base in a food processor.

Stir this blitzed mixture into the vinaigrette ingredients (olive oil, lemon juice, Dijon mustard). Season to taste.

To Serve:

Serve alongside any fish or lamb dish.



For the salmon:

| NUTRITIONAL ANALYSIS PER SERVING: | | | | | |
|-----------------------------------|------|---------------------|-----|---------------|-----|
| Energy (kcal) | 117 | Carbohydrate(g) | 0.8 | Fat (g) | 7.8 |
| Energy (kJ) | 485 | Sugars (g) | 0.8 | Saturates (g) | 1.8 |
| Protein (g) | 10.7 | Sodium (mg) | 101 | | |
| Fibre (g) | 1.4 | Salt equivalent (g) | 0.2 | | |

For salsa verde base:

| NUTRITIONAL ANALYSIS PER SERVING: | | | | | |
|-----------------------------------|-----|---------------------|-----|---------------|------|
| Energy (kcal) | 136 | Carbohydrate(g) | 1.5 | Fat (g) | 12.4 |
| Energy (kj) | 563 | Sugars (g) | 0.4 | Saturates (g) | 1.9 |
| Protein (g) | 4.6 | Sodium (mg) | 288 | | |
| Fibre (g) | 1.0 | Salt equivalent (g) | 0.7 | | |



NAUGHTY BUT NICE

Sweet Treats

Apple & Raspberry Crumble

SERVES 6

Ingredients:

- > 6 eating apples, peeled, cored, and diced
- > 125ml water
- > 60g caster sugar
- > 200g raspberries (1 punnet)
- > 50g butter
- > 20g honey (1 dessert spoon)
- > 200g rolled oats
- > 50g sunflower seeds
- > 50g pumpkin seeds

Method:

Preheat the oven to 180°C

Place the apples, water and sugar into a medium saucepan and simmer for 15 minutes until the apples are tender.

Remove from the heat, and fold through the raspberries gently so as not to break them up.

Place the fruit into a greased oven-proof dish and set aside.

To make the crumble, melt the butter and honey together in a saucepan. Remove from the heat, and add the oats and seeds, and mix well to ensure they are coated.

Cover the fruit with the oat mixture, and bake for 15 minutes, until golden brown.

Serve and enjoy!

| NUTRITIONAL ANALYSIS PER SERVING: | | | | | |
|-----------------------------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 381 | Carbohydrate(g) | 51.0 | Fat(g) | 17.3 |
| Energy (kJ) | 1598 | Sugars (g) | 24.7 | Saturates (g) | 5.7 |
| Protein (g) | 8.2 | Sodium (mg) | 57 | | |
| Fibre (g) | 5.4 | Salt equivalent (g) | 0.1 | | |

Carrot & Raisin Cupcakes

MAKES APPROX 20

Ingredients:

- > 3 medium eggs
- > 350g plain flour
- > 350g shredded carrots
- > 220g icing sugar
- > 170g granulated sugar
- > 100g raisins
- > 100ml plus 2 tablespoons low fat milk
- > 100g plus 1 tablespoon melted sunflower spread (full fat)
- > 50g low fat cream cheese, softened
- > 2 level teaspoons cinnamon
- > 1½ teaspoons baking powder
- > ½ teaspoon baking soda
- > ½ teaspoon salt
- > ½ teaspoon vanilla extract

Method:

Preheat oven to 200°C. Line cupcake tin with 20 cases. Combine the all-purpose flour, cinnamon, baking powder, baking soda and salt. Beat together the eggs and the granulated sugar. Add the shredded carrots, raisins, 100ml of milk and 100g of sunflower spread; mix thoroughly.

Add the flour mixture and stir until the dry ingredients have moistened. Spoon the batter between 20 cupcake cases. Bake for 20 minutes.

Mix together cream cheese and 1 tablespoon of melted sunflower spread. Stir in the icing sugar, 2 tablespoons of milk and vanilla, then spread over top of the cooked, cooled cupcakes.

| NUTRITIONAL ANALYSIS PER SERVING: | | | | | |
|-----------------------------------|-----|---------------------|------|---------------|-----|
| Energy (kcal) | 220 | Carbohydrate(g) | 40.4 | Fat (g) | 6.2 |
| Energy (kj) | 929 | Sugars (g) | 25.3 | Saturates (g) | 1.8 |
| Protein (g) | 3.2 | Sodium (mg) | 237 | | |
| Fibre (g) | 1.1 | Salt equivalent (g) | 0.6 | | |



Banana & Walnut Bread

MAKES 1 LARGE LOAF - APPROX. 20 SLICES

Ingredients:

- > 450g plain flour
- > 1g salt
- > 1 teaspoon nutmeg powder
- > 1 teaspoon bicarbonate of soda
- > 400g caster sugar
- > 5 eggs
- > 250ml light olive oil
- > 230g walnuts kernels, roughly chopped
- > 4 ripe bananas, mashed

Method:

Preheat the oven to moderate, 180° C.

Lightly grease and line a 2lb loaf tin or a 23cm square cake tin.

In a large bowl, sift together the flour, salt, nutmeg and bicarbonate of soda.

Add the sugar, eggs and olive oil, stir until combined, then add the walnuts and bananas and mix together. Pour into the baking tin and cook for at least an hour.

Test the loaf is ready by inserting a skewer into the centre of the loaf. If it comes out clean the loaf is done. Turn onto a wire rack.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|------|---------------------|------|---------------|------|
| Energy (kcal) | 387 | Carbohydrate(g) | 42.2 | Fat (g) | 22.6 |
| Energy (kJ) | 1619 | Sugars (g) | 24.9 | Saturates (g) | 3.1 |
| Protein (g) | 6.2 | Sodium (mg) | 88 | | |
| Fibre (g) | 1.3 | Salt equivalent (g) | 0.2 | | |

Poached Pears

SERVES 4

Ingredients:

- > 200ml apple juice
- > 1 cinnamon stick
- > 4 just-ripe pears, halved lengthways and cores removed
- > 60g flaked almonds, toasted
- > 300g low fat natural yoghurt
- > 200ml water

Method:

Put the apple juice and cinnamon stick into a saucepan, along with 200ml water and 200ml apple juice. Bring to the boil.

Reduce to a simmer, and add the pears. Cover with a lid and cook for 10–15 minutes, or until the pears are tender. Remove the pears using a slotted spoon and set aside.

Bring the remaining juice to the boil, and reduce volume by half.

To Serve:

Place half a pear in the centre of a plate, top with yoghurt and flaked almonds, and spoon a little of the reduced juice around the edge.

NUTRITIONAL ANALYSIS PER SERVING:

| | | | | | |
|---------------|-----|---------------------|------|--------------|-----|
| Energy (kcal) | 216 | Carbohydrate(g) | 27.5 | Fat(g) | 9.3 |
| Energy (kJ) | 908 | Sugars (g) | 26.8 | Saturates(g) | 1.2 |
| Protein (g) | 7.3 | Sodium (mg) | 55 | | |
| Fibre (g) | 4.6 | Salt equivalent (g) | 0.1 | | |



www.diabetes.ie

Diabetes Ireland... Why Join?

Diabetes Ireland is the national charity that's supports people living with diabetes in Ireland.

Membership

As a Diabetes Ireland member you will receive the following:

Four copies of 'Diabetes Ireland' delivered to your door.

Our hugely popular magazine covers a vast range of topics including:

- > Real life stories
- > Educational articles on all aspects of diabetes
- > Back to basics features
- > Diabetes research
- > Nutrition and recipes
- > Children's section
- > Diary dates and nationwide event information



Support

- > Support from our diabetes helpline staff:
LO-CALL 1850 909 909
- > Access to direct patient health education initiatives
- > Updates on numerous diabetes initiatives
- > Up to date information available on our easy to use website: www.diabetes.ie
- > Advocacy- working to improve diabetes services in Ireland for you
- > Prioritised appointment times for Care Centre Services and reduced fees.
- > Reduced prices for footwear and other products.

A personalised service when you join:

- > Membership card
- > Latest edition of our Diabetes Ireland magazine
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Diabetes Ireland; Private motor insurance.

Details on our exclusive members private motor insurance with Zurich. No annual 'medical report' required. Competitive preferential rates offered to members and their families. Contact us for details.

For Parents

- > Opportunity to meet other parents and share experience and knowledge
- > Access to educational workshops for parents

For Children & Adolescents

- > Opportunity to join our 'Sweetpea Kidz Club' attend parties, picnics and adventure camps
- > Invite to our national Teen Activity Day

For Young Adults

- > Opportunities to link up with peers

YEARLY MEMBERSHIP RATES

(Including copies of our quarterly Diabetes Ireland Magazine)

Full Rate Membership €30

Family Membership €35

Student/ Senior Citizen €20

Professional €35

(if your employment is diabetes related)

Premium membership €60

(Includes entry into our monthly member's draw for €800)

Diabetes Ireland Care Centre

The Diabetes Ireland Care Centre is a new purpose built unit in Santry, Dublin. Our team of practitioners have expertise in the needs of people with diabetes. They will work together to provide the best possible service to our members. This means we can provide a seamless and integrated range of healthcare services.

SERVICES OFFERED

Dietitian Service

Our service provides speedy and affordable access to dietitians who have diabetes expertise. The aim is to help people to maintain a healthy weight and keep blood glucose levels balanced.

Chiropody & Podiatry

Our service provides affordable, fast and effective treatment by people especially trained to deal with the diabetic foot. They will screen feet and determine whether or not the foot is at risk and manage it accordingly. Our podiatrists also provide advice for people with diabetes on appropriate footwear as well as fitting for diabetes appropriate footwear on site in the Care Centre.

Please ring **1850 909 909** for more information on our services or to book an appointment

Diabetic Retinopathy Service

As part of Diabetic Retina Screen (The National Diabetic Retinopathy Screening programme), in partnership with Global Vision, our Diabetes Care Centre is a venue where members of the local diabetes community attend for their eye screen. This is by invited appointment from the programme.

For more information, contact **1800 454555** or visit www.DiabeticRetinaScreen.ie

Discover the difference by
joining Diabetes Ireland today



www.diabetes.ie

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Registered CHY number: 6906 Diabetes Federation of Ireland (trading as 'Diabetes Ireland').

MY HEALTHY, HOMEMADE, HEARTY RECIPES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DISCLAIMER

Our recipes contain nutritional information which should be used as a guide only. This is because of differences in ingredients that occur naturally, how you might cook the recipe yourself and the size of portion you eat.

We hope you enjoy using our recipes and if you want to publish them elsewhere, please see www.diabetes.ie for terms and conditions.

Nutritional analysis gives total carbohydrates for the ingredients used. Remember to look at total carbohydrate per-serving not just 'of which sugars'. If additional carbohydrate is taken or suggested to be served with, remember this must be added to the overall carbohydrate content of the meal. The nutritional information was calculated by a Diabetes Ireland registered dietitian using the WISP package.

IMPORTANT

The information and references used are for information purposes only.

All images used are for illustrative purposes only and are not indicative of the finished product.

This booklet is designed to support and not replace the advice given to you by your dietitian or diabetes healthcare team.

Diabetes Ireland and Novartis cannot be held responsible for any adverse effects resulting from the use or misuse of the recommendations in this book or the failure to take appropriate medical advice.

