

THE ULTIMATE
DIET
SOLUTION
COOKBOOK



NICOLA DUFFIELD, RD (SA)
WITH ANNE TILL, RD (SA)

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To God, the glory is all yours! Thank you for your love, grace and guidance!

To Michaela Cross and Jemma Grant – my precious goddaughters. You both have the gift of being able to put a smile on my weary face through stressful times! You are a God-given blessing and will remain 'the daughters of my heart' always.



NICOLA DUFFIELD, RD (SA)
WITH ANNE TILL, RD (SA)

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And to all our patients who have been asking for a recipe book to help them in their quest for health and optimal weight management – here it is!

ANNE TILL, RD (SA)

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CONTENTS



INTRODUCTION 4 **SHOPPING LIST 8**

FISH 9

Introduction 9
Recipes 12

CHICKEN 40

Introduction 40
Recipes 42

MEAT 62

Introduction 62
Recipes 66

VEGETARIAN 74

Introduction 74
Recipes 76

VEGETABLES 88

Introduction 88
Recipes 90

WHOLE GRAINS 108

Introduction 108
Recipes 110

FRUIT/DESSERTS 118

Introduction 118
Recipes 120

REFERENCES 126

INDEX 128



INTRODUCTION

We all want to be fitter, thinner and healthier, yet the pursuit of excellent health and an ideal weight seems to be a lifestyle goal that eludes many. Research confirms this. It is estimated that 35 million people die each year from chronic diseases and that at least half of the illnesses in the world today are associated with these diseases.³ The global population seems to be getting fatter and sicker. Commonly recognised lifestyle-associated diseases include Type II diabetes, coronary heart disease, high blood pressure, cancer, obesity and stroke – the list seems to go on and on.⁴

Ultimately the cause of these diseases seems to be our way of life. The modern world seems to have produced a modern, toxic lifestyle, characterised by stress, smoking, a lack of physical activity, and poor dietary practices. These include the over-consumption of kilojoule-dense foods that are high in saturated fats (hard fats), sugar and refined starch, and low in fruit and vegetables.^{3,4} Our modern lifestyles are fast-tracking us towards chronic disease.

Research all over the world points in a similar direction. We are all following the same path. The worse our lifestyle, the faster the progression to disease will be. We need to cast a few anchors. Following a good diet is a significant anchor that will slow down the progression to poor health and even halt the process, propelling us in the opposite direction towards excellent health. Becoming more physically active, quitting smoking and managing stress better are other important anchors that can propel us upstream towards a greater sense of well-being.

The Ultimate Diet Solution™ Cookbook has been designed to help you prepare healthy, quick-and-easy dishes with little fuss and effort, to suit a modern lifestyle and the family diet. Dietary goals that promote health and an ideal weight have also been incorporated into the recipes in this cookbook.

DIETARY GOALS THAT PROMOTE HEALTH^{1,2,5,6,7,8,9,10,11,12}

- **Enjoy a variety of foods.**
- **Include five or more portions of fruit and vegetables in your daily diet.**
- **Give preference to lean meat, skinless chicken, white (low-fat) fish and low-fat dairy products.** These foods can be eaten daily in controlled amounts.
- **Limit eggs to four per week,** not fried.

- **Eat dry beans, lentils and soya regularly.**
- **Include fatty fish, such as sardines, pilchards, salmon and mackerel regularly.**
- **Give preference to whole grain, high-fibre, starchy foods** and those that convert to glucose slowly, such as corn, rolled oats, bulgur wheat, high-fibre cereals, barley, whole rye bread, sweet potatoes, boiled baby potatoes, etc.
- **Use fat sparingly,** and give preference to unsaturated fats (mono- and polyunsaturated fats) found in olive oil, canola oil, avocados, nuts, soft tub margarines, seeds and seed oils.
- **Drink plenty of clean, safe water.**
- **Use salt sparingly.**
- **Use sugar and sugary foods and beverages sparingly,** and not in-between meals.
- **Drink alcohol in moderation.**
- **Remember to control portion sizes of all foods** in order to control total calorie intake.

This book is divided into the following sections:

- Fish
- Chicken
- Meat
- Vegetarian meals
- Vegetables
- Whole grains
- Fruit/Desserts

In the introduction to each section, the value of each food as a component of a balanced diet is discussed.

FISH

The chapter on fish will give you an insight into the nutritional value of fish. Information on fish as a valuable source of essential Omega-3 fatty acids, unsaturated fat and a low-kilojoule source of high-quality protein is discussed. Nutritional concerns regarding the consumption of fish are also addressed, and the subject of mercury in fish and contaminants such as polychlorinated biphenyls (PCBs) and dioxins is addressed.

The benefits of consuming fish are numerous. Not only is the consumption of fish associated with a lower risk of lifestyle-associated disease, but research has shown that people who consume fish also have greater success with weight management and weight loss.¹³

This cookbook purposefully includes a large number of fish recipes, as it is our experience that many of our patients

4 INTRODUCTION

do not include fish readily into their diets because they are unfamiliar with healthy ways of preparing it. The many fish recipes ensure variety and will help you to see that fish as part of a healthy, balanced diet can be tasty, delicious and a much sought-after family favourite.

We have also made recommendations about the types of fish that can be used to simply suggest variety.

Variety helps to keep the diet interesting. International dietary recommendations also propose that people include different kinds of fish in their diet and refrain from limiting consumption to one particular type of fish, so that exposure to environmental contaminants (see fish section) is minimised. However, if you do not have access to the recommended fish in a particular recipe, substituting another type of fish won't be a problem (see table on page 8). You will still be able to enjoy a tasty and delicious fish dish.

CHICKEN

Chicken is a very popular source of animal protein. It is relatively inexpensive and easy to prepare. In the introduction to the chicken chapter, some of the nutritional qualities of chicken are discussed, such as its vitamin and mineral content, protein value and type of fat. However, many people still consider grilled or boiled, skinless chicken breasts to be the only chicken option when following a weight- or cholesterol-reducing diet. Well, you are in for a surprise! *The Ultimate Diet Solution™ Cookbook* will show you how to transform a skinless chicken breast into a delectable meal.

MEAT

You may be wondering why there are meat recipes in a cookbook about health, disease prevention and the maintenance of optimal weight. You may be in for a few surprises here too. It is worth reading the introduction to the meat chapter to gain some insight into the role of meat in one's health. Here the contribution that red meat makes to the cholesterol and saturated fat content of the diet is discussed. We also review the kilojoule contribution of red meat, the role of red meat in cancer aetiology, and take a look at the nutritional value of red meat in some detail.

Suggestions on the best ways to cook red meat are also included. Although it has not been suggested in each recipe, you can also substitute one type of meat for another. For example, if the recipe calls for pork, you may choose to use

beef instead. Feel free to do this – it should not change the recipe outcome at all. It is our intention that the meat recipes in *The Ultimate Diet Solution™ Cookbook* will inspire some ideas on how to make lean meat choices and prepare lean meat dishes in interesting and innovative ways.

VEGETARIAN MEALS

Vegetarian dishes usually include a variety of non-meat foods, such as eggs, milk, cheese, yoghurt, dried beans, lentils and soya. The recipes in this book combine these ingredients in various ways to create tasty vegetarian meals that can quite readily be incorporated into the family diet. In the introduction to this section, the nutritional value of all of these foods is examined, but special emphasis is placed on dried beans, lentils and soya, which offer numerous health benefits and can aid in disease prevention and management.

Apart from the nutritional rewards you can enjoy from eating these foods on a regular basis, they also help to spice up an ordinary diet by adding variety and interesting flavours, textures and colour to your traditional way of eating. Be adventurous!

VEGETABLES

Dietary consumption trends show that our intake of fresh fruit and vegetables has declined over the years. Along with this decline has come the increased risk of weight problems and chronic disease, such as coronary heart disease, cancer and even diabetes.^{3,4,14} In order to be healthier we need to make an effort to eat more fresh fruit and vegetables. The recipes in *The Ultimate Diet Solution™ Cookbook* will help you to be innovative with vegetables and salads. Fresh produce needs to make up a large part of your diet if you intend putting the breaks on modern disease trends. Let's get munching!

FRUIT/DESSERTS

Fruit also contributes valuable nutrients and fibre to our diet and is a significant anchor that will slow down the harmful effects of modern-day living. With the recipes in this book we hope to inspire innovative thinking surrounding fruit and help you to incorporate more of it into your lifestyle. Family meals, dinner parties, tea with friends and your usual daily diet should all be seen as an opportunity for trying a new fruity treat. Be creative!

WHOLE GRAINS

These are starchy, high-fibre foods, and research shows that they provide a variety of valuable nutrients that help protect us against lifestyle diseases and may help with weight regulation. There has been much confusion about carbohydrates over the past three decades. Some of the advice you may have heard about starchy foods is that carbohydrates are good for you; carbohydrates are bad for weight loss; in moderation carbohydrates are fine; or only the ones broken down slowly by the body are good.

What are we to believe and should we include these foods in our diets at all? Because of the confusion surrounding carbohydrates, we have included a brief history about carbohydrate consumption and the nutritional solutions developed to help classify these foods. The most well-known system of looking at carbohydrates is the Glycaemic Index (GI).

THE GLYCAEMIC INDEX

The GI is a way of ranking carbohydrate food based on how fast it is broken down by the body into glucose. It has been suggested that foods broken down fast are not as good as those broken down slowly. However, the GI has failed to consider the amount of carbohydrate a person would usually eat, which has been a major shortcoming of the GI system.

GLYCAEMIC LOAD

To help us improve upon this system, we now take into consideration the glucose load that a food delivers into the bloodstream. The amount of glucose released is ultimately determined by the portion size of the food consumed and the speed at which it is broken down into glucose. Therefore, if you choose a small portion of low-GI food, there will always be a small load of glucose delivered into the bloodstream, which is good. However, GI and GL still fail to look at the nutritional quality of starchy foods.

NUTRITIONAL QUALITY

Nutritional quality takes into consideration the fibre, vitamin, mineral and other nutrient quality of the food. The nutritional quality of the food is perhaps far more important when making food choices that promote health and prevent disease. This information has resulted in nutritional research coming full circle and looking towards wholesome, unrefined, intact grains as a starchy solution to our global health and

weight problems. We have included some whole grain recipes to spark your interest in these forgotten foods. For those who are interested in the Glycaemic Index, we have added a comment to all of our recipes indicating whether a food has a low, intermediate or high GI. Most of our recipes have a low GI value, but bear in mind that nutritional quality is equally important, if not more so.

GI COMMENT (Low, Intermediate, High, Irrelevant)^{15,16}

Pure glucose has a GI numerical value of 100 and all other foods are rated against glucose. A company called the Glycaemic Index Foundation of South Africa ranks foods that have a value less than 55 as low-GI foods, which means that these foods will convert to glucose slowly. A food with a GI value greater than 55 but less than 70 is considered to be an intermediate-GI food. In the same way a food with a GI value greater than 70 is considered to be a high-GI food.

It is important to remember that the GI is only really relevant to food that contains carbohydrate, as it is the carbohydrate in food that is immediately converted to glucose. Foods that contain very little or no carbohydrate have no GI value due to insufficient carbohydrate present in the food to affect blood glucose levels immediately after eating. In this instance the GI comment accompanying the recipe simply states that the GI value is irrelevant.

RECIPE FORMAT

For each recipe you will notice that some of the information is not what you would find in a standard recipe book. An explanation of the recipe page format is provided below.

SERVINGS AND PORTIONS

Serving size

The serving size relates to the usual acceptable portion size. For example: 1 chicken breast, ½ cup of cooked barley, 1 medium fish fillet, a small steak (100 g) or 1 cup of soup may be considered an acceptable serving size.

Portions and exchanges

When calculating diets, dieticians often work on a system of food exchanges. The food exchange list divides foods up into groups, and then determines the amount of each food that

will yield exactly the same amount of kilojoules, proteins, carbohydrates and fats per food item. For example, ½ chicken breast will yield the same number of kilojoules as 30 g lean biltong or 1 boiled egg. Dieticians often use this system so, when patients follow the allocated exchanges in a prescribed diet, it is easier to control their overall kilojoule intake.

In both *The Ultimate Diet Solution™ Cookbook* and *The Ultimate Diet Solution™* diet book we refer to these exchanges as portions in the recipes – ½ chicken breast is one protein portion, while a whole chicken breast is two protein portions. If you are following the guidelines in *The Ultimate Diet Solution™* diet book, in a meal you may be prescribed 4 protein portions (4 exchanges, e.g. 2 chicken breasts). If the recipe makes 4 chicken breasts, this implies that you will be able to acquire two meals from the recipe and not 4 servings.

It is therefore possible to work out how many meals you will get from a particular recipe if you know how many portions (exchanges) you should eat at a single meal. Refer to *The Ultimate Diet Solution™* diet book for further explanation.

NUTRITIONAL ANALYSIS

Each recipe has a nutritional analysis per serving size. Nutritional information is provided for the total kilojoule, protein, total fat, type of fat (mono- or polyunsaturated or saturated fat), cholesterol, carbohydrate and sugar content of a single serving of the recipe only. These values have been obtained by using food composition tables developed by the National Research Programme for Nutritional Intervention (1995), a division of the Medical Research Council (MRC).

RECIPES FOR ONE

Where possible, each recipe lists ingredients for single servings. Often people who live on their own don't feel like preparing a recipe that serves 4–6, which would probably mean that they would have to eat the same dish for the next 4–6 days! By providing an ingredient list for a single serving, we hope to encourage people who live on their own to start cooking delicious and delectable dishes.

'OF NUTRITIONAL INTEREST'

The nutritional tips that accompany some recipes are included to provide nutritional information. This information should not be misinterpreted to imply that the ingredients will bring about the nutritional outcome suggested by the tip.

For example: cooked tomatoes contain a potent antioxidant called lycopene that can help prevent prostate cancer. The recipe alongside probably includes cooked tomatoes. The tip should not be misinterpreted to mean that if you eat this particular dish your risk of prostate cancer will be reduced. Including cooked tomatoes in your normal diet is beneficial and must be done on an ongoing basis to realise any benefit. Therefore the information presented in the 'Of nutritional interest' segments are just that – for interest sake.

DIETICIAN'S TIPS

Most recipes have a dietician's tip. Where possible, they have been added for variety and the diversity of the recipes, and also to provide hints on how to get the best results from the recipe. For example, suggestions are made for adding different spices, substituting one kind of fish for another or serving the meal cold with a salad the next day. There are a number of tips in the recipes you may find beneficial and that will add another interesting dimension to this book.

SHOPPING LIST

A shopping list of all the dry ingredients used in the recipes has been included on page 8. This is to help you identify the types of ingredients (herbs, spices, condiments, etc) you will need to keep in your kitchen cupboard if you intend preparing these recipes on a regular basis. You don't need to purchase them all at once – each time you go shopping check your list and buy a few new items.

PUTTING KNOWLEDGE INTO PRACTICE

All the nutritional knowledge in the world can't reduce your risk of disease or make you thinner or healthier. You will only start to reap the rewards of your knowledge once you start putting into practice what you have learnt. This book is a tool to help you do just that. Once you start implementing these recipes and incorporating them into family meals, you will begin a process of adding highly nutritious foods to your life and the lives of those around you. When you apply good nutritional principles on a daily basis over time, you will eventually reap the benefits – excellent health, a reduced risk of disease and a slim and trim you. Good nutrition is one of the important band-aids we need for a modern lifestyle. It's time to start applying yours. Enjoy the process!

NICOLA DUFFIELD, RD (SA) AND ANNE TILL, RD (SA)

SHOPPING LIST - NON-PERISHABLES

HERBS & SPICES

Basil
 Bay leaves
 Black pepper
 Cardamom pods
 Cayenne pepper
 Celery salt
 Chilli powder
 Cinnamon sticks
 Cloves
 Coriander seeds
 Cumin seeds
 Curry powder
 Dried parsley
 Fish spice mix
 Garlic flakes
 Ginger spice
 Ground cinnamon,
 coriander, cumin,
 fennel, mace
 Herbes de Provence
 herb mix
 Marjoram
 Mixed herbs

Nutmeg
 Onion flakes
 Onion salt
 Origanum
 Paprika
 Sage leaves
 Salt
 Seasoned salt
 Tarragon
 Thyme
 Turmeric
 Whole allspice

BOTTLED SAUCES & CONDIMENTS

Chutney
 Crushed chilli
 Crushed coriander
 Honey
 Lemon grass
 Lemon juice
 Mayonnaise
 Mild mustard
 Minced garlic

Minced ginger
 Mint jelly
 Mint sauce
 Molasses
 Mustard – Dijon,
 English, French
 (smooth,
 whole grain)
 Mustard powder
 Soy sauce
 Sweet chilli sauce
 Tabasco® sauce
 Thai green curry paste

Tomato paste
 Tomato sauce
 Worcestershire sauce

DRIED FRUIT, NUTS & SEEDS

Cashew nuts
 Desiccated coconut
 Flaked almonds
 Mixed nuts
 Raisins

Seeds – Poppy, Sesame,
 Sunflower
 Sultanas
 Walnuts

GROCERY ITEMS

Beef stock
 Bulgur/Cracked wheat
 Cake flour
 Castor sugar
 Chicken stock
 Cornflour/Maizena™
 Dried chickpeas
 Millet
 Peanut butter
 Pearled barley
 Peppadews®
 Quinoa
 Sugar
 Sun-dried tomatoes in
 vinaigrette
 Vanilla essence
 Vegetable stock
 Wasabi powder

Wheat germ
 Wholemeal flour
 Wooden skewers

VINEGARS

Apple cider vinegar
 Balsamic vinegar
 Spirit vinegar
 Wine vinegar

OILS

Canola oil
 Olive oil
 Sesame oil

CANNED FOODS

Baked beans
 Chickpeas
 Kidney beans
 Red kidney beans
 Red lentils
 Tomato and onion
 Tomato purée
 Whole peeled tomatoes

FISH ALTERNATIVES⁸ – for substitution when specified fish is unavailable

Low-Fat Fish

Angelfish
 Cob/Cod/Kabeljou
 Geelbek
 Hake/Stockfish
 Kingklip
 Monk
 Red Roman
 Skate wing
 Sole
 Squid

Medium-Fat Fish

'74'
 Galjoen
 Harder/mullet
 Hot not/Bream
 Maasbanker
 Shad/Elf
 Snoek
 Springer
 Trout
 Tuna
 Yellowtail

High-Fat Fish

Barracuda
 Eel
 Herring
 Mackerel
 Salmon
 Swordfish

FISH

FISH SHOULD BE A FAMILY FAVOURITE!

The health benefits of fish are numerous and the nutritional characteristics of fish seem to trump those of other sources of animal protein. Yet sadly fish is not incorporated into the diet as readily as it should be, often because culturally we are not accustomed to including fish in our diet as often as we should and partly because we are not familiar with the cooking methods that make fish tasty and delicious.

Compounding the problem seems to be the notion that for fish to be part of a healthy, balanced diet it either needs to be steamed or dry-grilled. The result is a rather pale or dry, unappetising piece of fish that is unlikely to become a family favourite. In contrast, the fish dishes featured in this book are sure to tantalise the taste buds and prove that fish dishes are easy to prepare and require little preparation and cooking time, which further suits our modern lifestyle.

ASSOCIATED HEALTH BENEFITS OF EATING FISH^{4,9}

The regular consumption of fish offers much to our health. Selected research findings indicate that eating fish on a regular basis can reduce the risk of various diseases and disorders. These include the following:

- **Improved health of brain tissue and the retina** (the back of the eye).
- **A reduction in the risk of cancer**, specifically cancer of the oesophagus, colon, breast, ovary, prostate and oral cavity.
- **A lower risk of developing dementia and Alzheimer's disease.**
- **A lower incidence of depression.**
- **A lower risk of inflammatory conditions.**
- **A lower risk of coronary heart disease and diabetes.**

VALUABLE NUTRITIONAL CHARACTERISTICS

- **Fatty fish is a source of unsaturated fat and, importantly, Omega-3 fatty acids.**
- **Fish has a lower kilojoule count per acceptable portion size compared to other animal protein foods.**
- **Fish is an excellent source of high-quality protein.**

OMEGA-3 FATTY ACIDS

Omega-3 fatty acids are essential fats that the body is unable to produce or manufacture itself. Therefore these fats have to be obtained from your daily food intake. Omega-3 fatty acids are part of the unsaturated group of fats, which means that they have a rather fluid and flexible structure. Their structural fluidity is partly responsible for their numerous health benefits. Omega-3 fatty acids can almost be called the nutrient of the decade, providing nutritional support to an ailing environment.

Omega-3 fatty acids are an important component of all cell membranes of both muscle and nerve cells. Healthy, flexible, fluid cell membranes ensure better functioning of muscle and nerve cells, and better transport of nutrients in and out of cells. This brings about improved neurological development in infants (especially *in utero*) and better cognitive functioning in children.² Muscle cell membranes that function well ensure a more effective transportation of nutrients, including glucose (blood sugar), into the cells. Improved glucose clearance can help to protect you from chronic diseases such as diabetes and coronary heart disease.

Omega-3 fatty acids have been found to

- **lower blood triglyceride levels** (a type of blood fat that is an independent risk factor for coronary heart disease)
- **lower blood pressure**

- prevent blood clots
- have anti-inflammatory properties and
- reduce abnormal heart rhythms.^{1,4,9}

Omega-3 fatty acids are found primarily in fatty fish and certain plant sources such as flaxseed, canola and soya bean oils, as well as walnuts.¹ However, in the human body the Omega-3 fatty acids from vegetable sources do not readily convert to the essential end-stage metabolic products called DHA (Docosahexaenoic Acid) and EPA (Eicosapentaenoic Acid) oils. On the other hand, fatty fish does contain these desirable end-stage products.¹ It is therefore recommended that fish be included in the diet, especially fatty fish, at least twice a week.^{3,9}

LOW IN KILOJOULES/CALORIES

One of the major dietary and health problems facing the world today is the consumption of calorie-dense foods that cause weight gain. Extra body fat stores are associated with an increased risk of disease.^{5,6} By replacing calorie-dense foods (such as take-away foods and fatty cuts of meat) with fish, you are likely to reduce overall calorie intake, which will, in turn, promote the maintenance of body weight or even weight loss if included as part of a calorie-controlled meal plan.⁷

FISH – A SOURCE OF HIGH-QUALITY PROTEIN

Protein is an important component of a balanced diet and

essential in maintaining good health and preventing disease. Protein is used to build and maintain body tissue, for example skeletal muscle strength and muscle density are maintained by an adequate protein intake. Protein is also used in the formation of important enzymes, hormones, various body fluids and certain chemicals needed for the normal functioning of the brain and nervous system.

Protein helps to maintain the normal acid-base balance of your blood and body tissue.¹⁰ Eating fish as part of a balanced diet will ensure that you include high-quality protein in your diet in addition to essential nutrients such as Omega-3 fatty acids, iron, zinc, vitamins B1 and B2, and some calcium, particularly if you eat fatty fish such as pilchards and sardines and include the bones, which contain calcium.⁹

SAFETY CONSIDERATIONS

Some species of fish contain significant levels of toxins (environmental contaminants) such as mercury and polychlorinated biphenyls (PCBs) and dioxins.^{1,12} Increased exposure to these contaminants by means of the consumption of fish is causing a number of health concerns globally.

Mercury is associated with neurological abnormalities (damage to the development of the nervous system), and primarily unborn infants and small children are at risk of complications of mercury contamination.^{11,13} PCBs and dioxins are man-made insecticides and pesticides, and have been banned for commercial use due to their known toxic effects on human health – skin rashes, acne, altered immunity,

EVALUATION ENERGY: VALUE OF FISH VS OTHER FOOD CHOICES⁸

Food choice	Usual portion size	Carb (g)	Protein (g)	Fat (g)	Energy (kJ)
White fish, e.g. grilled hake	Medium (120 g)	0	27.8	1.6	554
Fatty fish, grilled	Medium (120 g)	0	27.6	13.9	1 019
Spare ribs, cooked	9 ribs (255 g)	0	74.2	77.3	4 241
Pizza	1 Medium (340 g)	84.3	30.6	40.1	3 346
Sausage, cooked	1 Medium (100 g)	2.7	13.8	36.3	1 658

Values obtained from tables developed by the National Research Programme for Nutritional Intervention (1995), a division of the Medical Research Council (MRC) in Cape Town

changes to the nervous system, and potential carcinogens (substances that may increase the risk of developing cancer).^{12,13,14}

While these substances have been banned for some time, they are still found in soils and on riverbeds and the ocean floor due to the fact that they are not degraded very easily. Therefore fish that are bottom feeders are likely to ingest more PCBs and dioxins than fish that are midway or surface feeders. Predator fish that eat bottom-feeding fish are also likely to contain higher levels of PCBs.¹⁵ Exposure to PCBs can be reduced by removing the skin and fat from fish before cooking it, as these are the primary sites of accumulation of PCBs in fish.^{1,12,16}

Mercury is distributed throughout the muscle of the fish, and therefore trimming it does not significantly reduce the mercury content. However, not all fish accumulate mercury in the same amounts. The larger the fish and the longer its life span, the more mercury it is likely to accumulate. Large predator fish, particularly shark, swordfish, king mackerel, tilefish, marlin and fresh tuna, are known to have the highest mercury content. These fish should be eaten sparingly and avoided by small children younger than 6 years of age, and pregnant or breast-feeding mothers.⁴ Smaller fish have significantly lower levels of mercury and are considered to be safe for human consumption.

It's important to remember that fish provides numerous health benefits and removing it from the diet entirely is not an option if we wish to prevent lifestyle-associated diseases such as coronary heart disease, diabetes and cancer.

In summary, it is important to be aware of both the risks and benefits of eating fish and to determine whether the benefits outweigh the risks for your particular stage of life. For example, pregnant and breast-feeding women as well as children are at risk of mercury accumulation and have a low risk of coronary heart disease; therefore avoiding contaminated fish is a higher priority for this group.

In contrast, for middle-aged and older men and post-menopausal women, all of whom have an increased risk of developing lifestyle diseases, the benefits of eating fish far

outweigh the risks. By ensuring that a large variety of fish is consumed, exposure to contaminants can be reduced even further, and at the same time the consumption of Omega-3 fatty acids increased.¹

BEST FISH ADVICE

- **Try to include at least two fish meals per week in your usual diet.**^{1,3}
- **Give preference to fatty fish**, e.g. pink salmon, herring, mackerel, sardines and pilchards, which are a good source of Omega-3 fatty acids.¹
- **Select smaller fish with a low mercury content**, e.g. anchovies, haddock, hake, herring, shrimps, lobster, pink salmon, pollock, Atlantic and Pacific mackerel, mullet, oysters, perch, sardines, pilchards, trout, whitefish, whiting and canned light-meat tuna.¹¹
- **Avoid fish that is likely to have a large number of contaminants (PCBs, mercury and dioxins)**. These include shark, king mackerel, bluefin tuna, swordfish, tilefish, bluefish, spotted sea trout, blue marlin and farmed or Atlantic salmon.^{1,11,12}
- **Remove all the skin and visible fat from fish before cooking.**^{1,16}
- **Try to avoid frying fish in butter or animal fat**, as this tends to seal in the contaminants.¹⁶
- **Include a variety of fish in your diet in order to limit exposure to contaminants**. For example, don't eat only one kind of fish like tuna, but alternate with others, such as sardines, canned pink salmon, trout, pilchards, baked hake, grilled sole, etc. Alternate the types of fish you eat and don't eat the same kind of fish every day.¹
- **Healthy ways to cook fish include baking, poaching, grilling, steaming and shallow-frying.**⁴

Now that you have all the necessary fishy facts – that fish has many health benefits and helps to combat the effects of our modern environment and the precipitation of chronic diseases such as coronary heart disease, cancer and diabetes – it's time to try the delectable recipes that follow.

GI: IRRELEVANT

SMOKED TROUT CARPACCIO

8 PROTEIN PORTIONS**SERVES 4 AS A STARTER**

200 g smoked trout

shavings

30 ml olive oil

30 ml crushed

fresh coriander

15 ml lemon juice

2.5 ml chilli paste

freshly ground black

pepper

1 bunch fresh coriander

to garnish

1. Place the smoked trout on a side plate.
2. Mix the olive oil, crushed coriander, lemon juice and chilli paste together.
3. Drizzle over the trout.
4. Grind over black pepper, garnish with coriander and serve.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	682 kJ	Polyunsaturated fat	1.7 g
Protein	8.7 g	Cholesterol	24 mg
Total fat	14.0 g	Carbohydrate	0.4 g
Saturated fat	2.3 g	Sugar	0.0 g
Monounsaturated fat	8.4 g		

DIETICIAN'S TIP: *As an alternative in this recipe use smoked salmon or tuna carpaccio instead of the trout.*

GI: LOW

ASPARAGUS & SALMON WRAP

8-12 PROTEIN PORTIONS**SERVES 4-6 AS A STARTER**

16-24 large green

asparagus

200 g smoked salmon slices

30 ml light mayonnaise

freshly ground black pepper

1 whole lemon, cut into

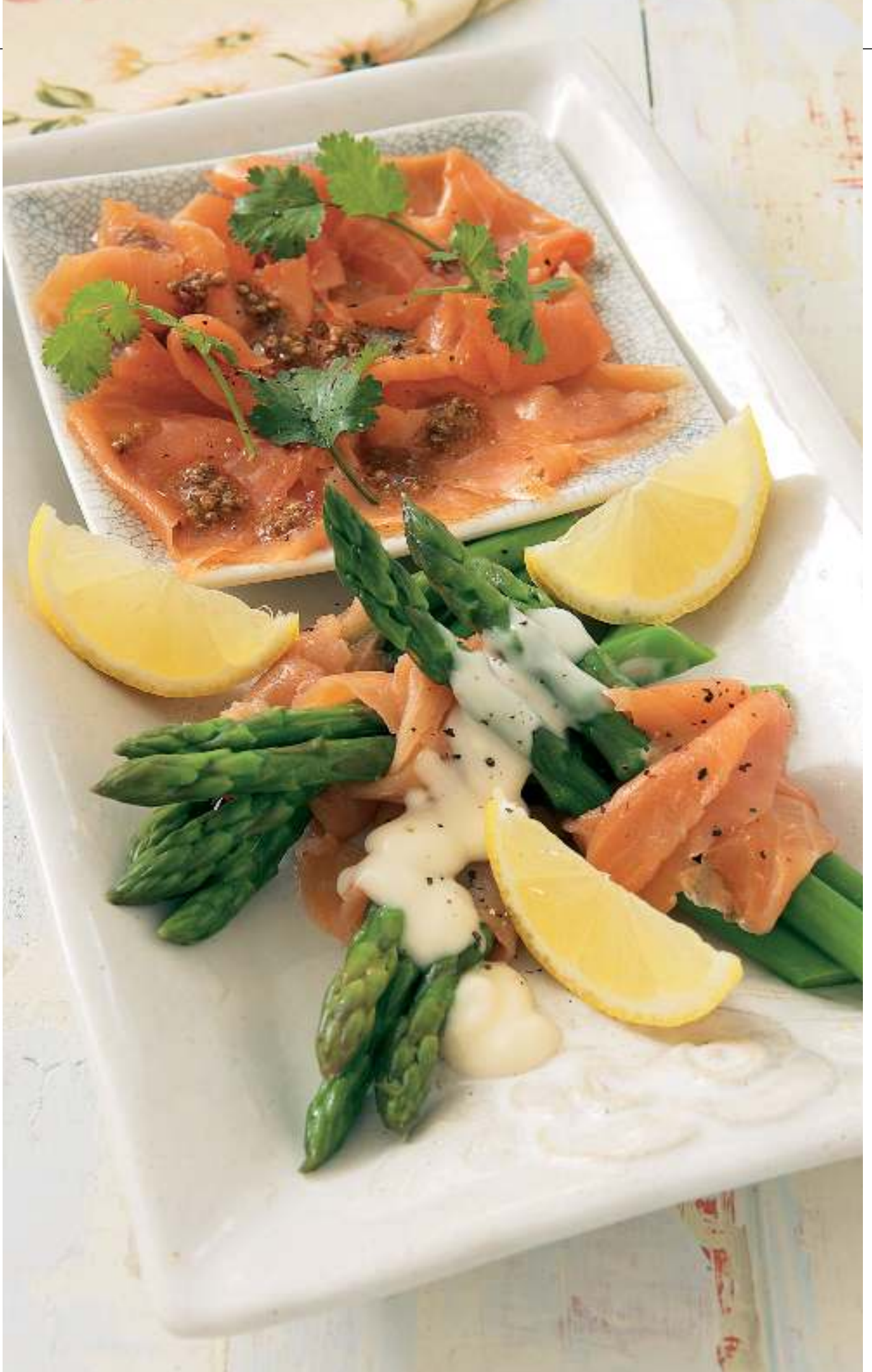
wedges

1. Clean the asparagus well and cut 2 cm off the bottom of each spear. Steam in a microwave steamer for 10 minutes, then leave to cool.
2. Place 3-4 asparagus spears on each plate. Wrap each bunch with a salmon slice.
3. Drizzle with a teaspoon of mayonnaise to garnish and grind black pepper over the top.
4. Serve with a lemon wedge.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	376 kJ	Polyunsaturated fat	1.6 g
Protein	6.5 g	Cholesterol	17 mg
Total fat	6.5 g	Carbohydrate	1.1 g
Saturated fat	1.1 g	Sugar	0.1 g
Monounsaturated fat	2.9 g		

OF NUTRITIONAL INTEREST: *Salmon is a rich source of Omega-3 fatty acids, which have been found to reduce triglyceride levels, reduce blood pressure and improve insulin sensitivity.^{1, 8, 12}*



8-12 PROTEIN PORTIONS**SERVES 4-6**

4-6 firm white fish steaks,
e.g. kabeljou
10 ml turmeric
15 ml olive oil
1 medium onion, diced
5 ml peeled and grated
fresh ginger
rind and juice of
1 small lemon
10 ml soy sauce
10 ml soft brown sugar
1 x 400 g tin whole peeled
tomatoes, chopped
1 x 200 g tin pineapple
chunks, drained
spring onions to garnish

2 PROTEIN PORTIONS**SERVES 1**

1 firm white fish steak,
e.g. kabeljou
2 ml turmeric
2.5 ml olive oil
¼ small onion, diced
1 ml peeled and grated
fresh ginger
5 ml lemon juice
5 ml lemon rind
2 ml soy sauce
2 ml soft brown sugar
1 whole peeled (tinned)
tomato, chopped
a few (tinned) pineapple
chunks, drained
spring onions to garnish

1. Cut the fish into bite-size chunks and sprinkle with turmeric.
2. Fry in olive oil for a few minutes.
3. Remove the fish and set aside. Fry the onion and ginger.
4. Add the rest of the ingredients (except the spring onion), stir and simmer for 10 minutes.
5. Add the fried fish and gently stir-fry for a few minutes until the fish is heated through. Be careful not to break up the fish.
6. Garnish with spring onions.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	693 kJ	Polyunsaturated fat	0.9 g
Protein	24.3 g	Cholesterol	70 mg
Total fat	3.5 g	Carbohydrate	7.7 g
Saturated fat	0.6 g	Sugar	1.9 g
Monounsaturated fat	1.7 g		

DIETICIAN'S TIP: *Substitute the fresh, grated ginger with ready-made bottled crushed ginger.*

8-12 PROTEIN PORTIONS**SERVES 4-6**

30 ml olive oil
2 medium onions, sliced
5 ml crushed garlic
5 ml ground cumin
5 ml chopped fresh
coriander
2.5-5 ml chilli powder
4-6 x 100 g kabeljou steaks,
cut into cubes
450 g stir-fry vegetables
2 sun-dried tomatoes
in olive oil, drained
and chopped
2 large baby marrows,
sliced
salt
30 ml fresh lime juice
fresh coriander to garnish

2 PROTEIN PORTIONS**SERVES 1**

5 ml olive oil
¼ small onion, sliced
1 ml crushed garlic
1 ml ground cumin
1 ml chopped fresh
coriander
1 ml chilli powder
1 x 100 g kabeljou steak,
cut into cubes
100 g stir-fry vegetables
¼ sun-dried tomato in
olive oil, drained
and chopped
1 small baby marrow, sliced
salt
2.5 ml fresh lime juice
fresh coriander to garnish

1. Heat the oil in a non-stick wok or frying pan and fry the onions over low heat until soft.
2. Mix together the garlic, cumin, coriander and chilli powder. Add this to the onions and stir for about 1 minute.
3. Add the fish and continue to stir-fry for 3-5 minutes until the fish is cooked through.
4. Add the vegetables, tomatoes and baby marrows, followed by salt to taste, and stir-fry for a further 2 minutes. Add a little water, if dry. Sprinkle with lime juice before serving and garnish with coriander.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	935 kJ	Polyunsaturated fat	1.2 g
Protein	26.0 g	Cholesterol	70 mg
Total fat	7.5 g	Carbohydrate	9.4 g
Saturated fat	1.1 g	Sugar	0.0 g
Monounsaturated fat	4.6 g		

DIETICIAN'S TIP: *If using sun-dried tomatoes in olive oil, substitute the 30 ml (5 ml) olive oil with oil from the tomatoes, adding extra flavour.*



GI: IRRELEVANT BAKED FISH IN SHERRY**8-12 PROTEIN PORTIONS****SERVES 4-6**

salt and white or black pepper to taste
 4-6 slices firm white fish, e.g. kabeljou
 15 ml finely chopped onion
 30 ml olive oil
 5 ml curry powder
 15 ml flour
 5 ml cornflour
 250 ml fat-free plain yoghurt
 1 ml dried basil
 65 ml sweet sherry
 2 tomatoes, sliced
 125 ml rye breadcrumbs

2 PROTEIN PORTIONS**SERVES 1**

salt and white or black pepper to taste
 1 slice firm white fish, e.g. kabeljou
 2.5 ml finely chopped onion
 5 ml olive oil
 1 ml curry powder
 2.5 ml flour
 1 ml cornflour
 15 ml fat-free plain yoghurt
 pinch dried basil
 10 ml sweet sherry
 2 slices tomatoes
 15 ml rye breadcrumbs

DIETICIAN'S TIP: *By adding the cornflour to the yoghurt before combining it with the other ingredients, the yoghurt is stabilised and won't curdle or separate.*

1. Preheat the oven to 190 °C.
2. Season and sauté the fish and onion in a saucepan in a little of the olive oil, then sprinkle with the curry powder.
3. Place the fish mixture in a casserole dish.
4. Heat the rest of the olive oil in the same saucepan and add the flour. Mix the cornflour with the yoghurt, then add this together with the basil to the olive oil mixture. Stir and let the sauce thicken. Add the sherry and salt and pepper. Mix well and heat through.
5. Pour the sauce over the fish, top with the tomato slices and sprinkle with the breadcrumbs.
6. Bake for 30 minutes.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	1 310 kJ	Polyunsaturated fat	2.2 g
Protein	38 g	Cholesterol	68 mg
Total fat	10.8 g	Carbohydrate	11.6 g
Saturated fat	2.3 g	Sugar	0.4 g
Monounsaturated fat	5.4 g		

GI: IRRELEVANT DILLY FISH**8-12 PROTEIN PORTIONS****SERVES 4-6**

1-2 pickling onions, sliced
 100 g button mushrooms, quartered
 100 ml rosé wine
 100 ml fish stock
 100 ml low-fat plain yoghurt
 5 ml cornflour
 4-6 fresh rock cod fillets, skinned
 30 ml chopped fresh dill, plus extra sprigs
 salt and freshly ground black pepper

2 PROTEIN PORTIONS**SERVES 1**

¼ pickling onion, sliced
 20 g button mushrooms, quartered
 15 ml rosé wine
 15 ml fish stock
 15 ml low-fat plain yoghurt
 1 ml cornflour
 1 rock cod fillet, skinned
 5 ml chopped fresh dill, plus extra sprigs
 salt and freshly ground black pepper

1. Place the onions and mushrooms in a non-stick pan and add the rosé wine. Bring to the boil and cook for about 5 minutes or until the wine has reduced almost completely.
2. Add the fish stock and low-fat yoghurt mixed with the cornflour, and stir until smooth. Add the fish, cover the pan and cook gently for 2-3 minutes.
3. Remove from the heat and stir in the dill and seasoning.
4. Serve at once, garnished with sprigs of dill.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	1 053 kJ	Polyunsaturated fat	2.5 g
Protein	18.8 g	Cholesterol	48 mg
Total fat	16.2 g	Carbohydrate	3.0 g
Saturated fat	3.0 g	Sugar	0.0 g
Monounsaturated fat	8.1 g		

DIETICIAN'S TIP: *Ready-made fish stock is now available at most large supermarkets in a foil Doy pack.*



GI: IRRELEVANT**FRUITY HADDOCK BAKE****8-12 PROTEIN PORTIONS****2 PROTEIN PORTIONS****SERVES 4-6****SERVES 1**

4-6 haddock steaks

1 haddock steak

1 onion, grated

5 ml onion, grated

1 egg, lightly beaten

10 ml beaten egg

150 ml low-fat milk

25 ml low-fat milk

2.5 ml lemon juice

dash of lemon juice

30 ml mild chutney

5 ml mild chutney

salt and pepper to taste

salt and pepper to taste

100 ml grated mozzarella
cheese15 ml grated mozzarella
cheese

chives to garnish

chives to garnish

DIETICIAN'S TIP: *For a slightly more tangy dish use a hot or spicy chutney instead of the mild one.*

1. Preheat the oven to 180 °C.
2. Place the fish in a baking dish.
3. Mix the onion, egg, milk, lemon juice, chutney, and salt and pepper.
4. Pour the egg mixture over the fish and sprinkle with the grated cheese.
5. Bake for 30 minutes, then grill for a few minutes to brown.
6. Garnish with chives.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	560 kJ	Polyunsaturated fat	0.9 g
Protein	17.7 g	Cholesterol	70 mg
Total fat	4.8 g	Carbohydrate	3.9 g
Saturated fat	1.9 g	Sugar	1.7 g
Monounsaturated fat	1.5 g		

GI: IRRELEVANT**FISH STEAKS IN FOIL****8-12 PROTEIN PORTIONS****2 PROTEIN PORTIONS****SERVES 4-6****SERVES 1**

15 ml olive oil

2.5 ml olive oil

5 ml salt

1 ml salt

225 ml red wine

30 ml red wine

pinch of cayenne pepper

pinch of cayenne pepper

15 ml prepared mild
mustard2.5 ml prepared mild
mustard

10 ml chilli sauce

2.5 ml chilli sauce

30 ml lemon juice

7.5 ml lemon juice

15 ml capers

2.5 ml capers

4-6 large hake steaks

1 large hake steak

salt for sprinkling

salt for sprinkling

parsley to garnish

parsley to garnish

DIETICIAN'S TIP: *Kingklip, kabeljou and Cape whiting may be used as an alternative to the hake.*

1. Heat the oil in a saucepan over moderate heat.
2. Add all the remaining ingredients except the fish.
3. Stir to mix and bring to the boil.
4. Reduce the heat and simmer for 10 minutes, then set aside.
5. Place each piece of fish on a double layer of foil and sprinkle well with salt.
6. Fold the foil around the fish to enclose completely.
7. Set aside in a cool place before cooking.
8. When the coals are ready, place the fish parcels on the braai/barbecue and braai for 4-5 minutes on each side.
9. Open up the foil to check if the fish is cooked – the flakes will separate easily with a fork.
10. Reheat the sauce.
11. To serve, remove each fish steak from its parcel and place on a plate.
12. Spoon over the sauce and garnish with parsley.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	932 kJ	Polyunsaturated fat	1.6 g
Protein	28.4 g	Cholesterol	56 mg
Total fat	7.6 g	Carbohydrate	1.5 g
Saturated fat	1.7 g	Sugar	0.0 g
Monounsaturated fat	3.7 g		



8-12 PROTEIN PORTIONS**SERVES 4-6**

4-6 kabeljou fillets
salt and freshly ground
black pepper
30 ml olive oil
10 ml prepared mild
mustard
30 ml chopped fresh herbs
(parsley, fennel and
marjoram)
30 ml dry sherry
30 ml flaked almonds
(optional)

2 PROTEIN PORTIONS**SERVES 1**

1 kabeljou fillet
salt and freshly ground
black pepper
5 ml olive oil
2 ml prepared mild
mustard
5 ml chopped fresh herbs
(parsley, fennel and
marjoram)
5 ml dry sherry
5 ml flaked almonds
(optional)

1. Preheat the oven to 180 °C.
2. Skin the kabeljou and cut into serving portions.
3. Lay the pieces in an oven-to-table dish and season with salt and pepper.
4. Heat the oil and stir in the mustard, herbs and sherry. When heated through, pour this over the fish.
5. Sprinkle with almonds, if using.
6. Bake, uncovered, for 20-25 minutes or until the fish is cooked.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	1 088 kJ	Polyunsaturated fat	2.0 g
Protein	27.4 g	Cholesterol	70 mg
Total fat	9.2 g	Carbohydrate	14.7 g
Saturated fat	1.2 g	Sugar	0.2 g
Monounsaturated fat	5.3 g		

OF NUTRITIONAL INTEREST: *Almonds are a good source of monounsaturated fats (MUSFA). The American Heart Association recommends that 50% of one's daily fat intake should be MUSFA, as this provides protection against coronary heart disease and diabetes.^{1,6}*

8-12 PROTEIN PORTIONS**SERVES 4-6**

4-6 kingklip steaks, skinned
and deboned
5 ml olive oil
30 ml lemon juice
5 ml paprika
1 garlic clove, crushed
salt and freshly ground
black pepper
4 chicken sausages
8-12 cooked mussels,
removed from shell
8-12 raw prawns
15 ml chopped fresh dill
lemon wedges, to garnish
10-12 skewers

2 PROTEIN PORTIONS**SERVES 1**

1 kingklip steak, skinned
and deboned
1 ml olive oil
5 ml lemon juice
1 ml paprika
1 ml garlic, crushed
salt and freshly ground
black pepper
1 chicken sausage
1 cooked mussel,
removed from shell
1 raw prawn
2.5 ml chopped fresh dill
lemon wedges, to garnish
1-2 skewers

1. Cut the kingklip into 2.5 cm cubes and place in a shallow glass dish. Mix together the oil, lemon juice, paprika and garlic, and season with pepper.
2. Pour the marinade over the fish and toss to coat evenly. Cover and leave in a cool place for 30 minutes.
3. Cut the chicken sausages into 2.5 cm pieces. Thread onto the skewers, alternating with the fish cubes, mussels and prawns.
4. Cook the kebabs under a grill for 7-8 minutes, turning once and basting with the marinade. Sprinkle with chopped dill and salt. Garnish with the lemon wedges and serve with salad.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	566 kJ	Polyunsaturated fat	0.9 g
Protein	23.9 g	Cholesterol	98 mg
Total fat	3.4 g	Carbohydrate	0.9 g
Saturated fat	0.7 g	Sugar	0.0 g
Monounsaturated fat	1.4 g		

DIETICIAN'S TIP: *Using chicken cocktail sausages may look more appealing and tidier than the chicken sausage slices.*



8-12 PROTEIN PORTIONS**SERVES 4-6**

4-6 kingklip steaks

salt and pepper

juice of 1 lemon

1 whole avocado

100 ml bottled

chunky salsa

olive oil for frying

coriander to garnish

2 PROTEIN PORTIONS**SERVES 1**

1 kingklip steak

salt and pepper

5 ml lemon juice

¼ avocado

15 ml bottled

chunky salsa

olive oil for frying

coriander to garnish

1. Season the kingklip with salt, pepper and lemon juice.
2. Dice the avocado and add the salsa. Mix lightly.
3. Pan-fry the fish in a little olive oil.
4. Serve with roasted vegetables and the avo salsa, and garnish with coriander.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	1 082 kJ	Polyunsaturated fat	2.2 g
Protein	25.5 g	Cholesterol	70 mg
Total fat	13.7 g	Carbohydrate	7.4 g
Saturated fat	2.3 g	Sugar	0.0 g
Monounsaturated fat	7.9 g		

OF NUTRITIONAL INTEREST: Avocado is a monounsaturated fat that helps to raise HDL cholesterol, which is a good cholesterol, thereby improving your ability to clear cholesterol from the blood.^{1, 6, 8}

8-12 PROTEIN PORTIONS**SERVES 4-6**

4-6 tuna steaks

lemon juice

30 ml canola oil, plus 15 ml
extra for frying30 ml crushed fresh or
bottled coriander leaves

10 ml cumin seeds

5 ml turmeric

2 cardamom pods, crushed

5 ml crushed garlic

1 small green chilli, crushed

5 ml crushed fresh or
bottled ginger

2 ml salt

1 ml freshly ground black
pepper

1 small onion, grated

juice of 1 lemon

2 tomatoes, skinned and
finely chopped

spring onions to garnish

2 PROTEIN PORTIONS**SERVES 1**

1 tuna steak

lemon juice

5 ml canola oil, plus 5 ml
extra for frying2 ml crushed fresh or
bottled coriander leaves

1 ml cumin seeds

1 ml turmeric

1 cardamom pod, crushed

2 ml crushed garlic

2 ml green chilli paste

1 ml crushed fresh or
bottled gingersalt and freshly ground
black pepper

¼ small onion, grated

10 ml lemon juice

¼ tomato, skinned and
finely chopped

spring onions to garnish

1. Clean the fish and rub with lemon juice.
2. Mix together the rest of the ingredients, except the extra oil for frying, until a paste is formed (you may find a mortar and pestle or a liquidiser useful).
3. Spread the paste on one side of the fish, pressing it in well.
4. Heat the extra oil in a frying pan and fry the fish rapidly on the sauce-basted side for 5-7 minutes.
5. Spread the paste onto the other side of the fish, turn it over and fry the other side for 5-7 minutes.
6. Garnish with chopped spring onions.

NUTRITIONAL ANALYSIS PER SERVING:

Energy	701 kJ	Polyunsaturated fat	0.8 g
Protein	25.8 g	Cholesterol	30 mg
Total fat	5.9 g	Carbohydrate	1.1 g
Saturated fat	0.9 g	Sugar	0.0 g
Monounsaturated fat	3.9 g		

OF NUTRITIONAL INTEREST: Bluefin tuna should be AVOIDED due to the fact that it has a high level of polychlorinated biphenyls (PCBs) and a high mercury content. Make sure that the tuna you purchase from your fishmonger is skipjack, yellowfin or Tonga tuna only.^{1, 11}

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