

Healthy Food Magazine 2002

FREE

MORE FRUIT & VEG EVERY DAY

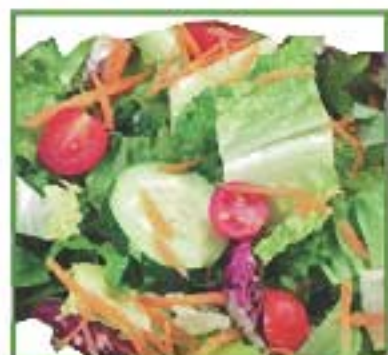
THE HEALTHY EATING WAY

PAUL McGRATH INTERVIEW

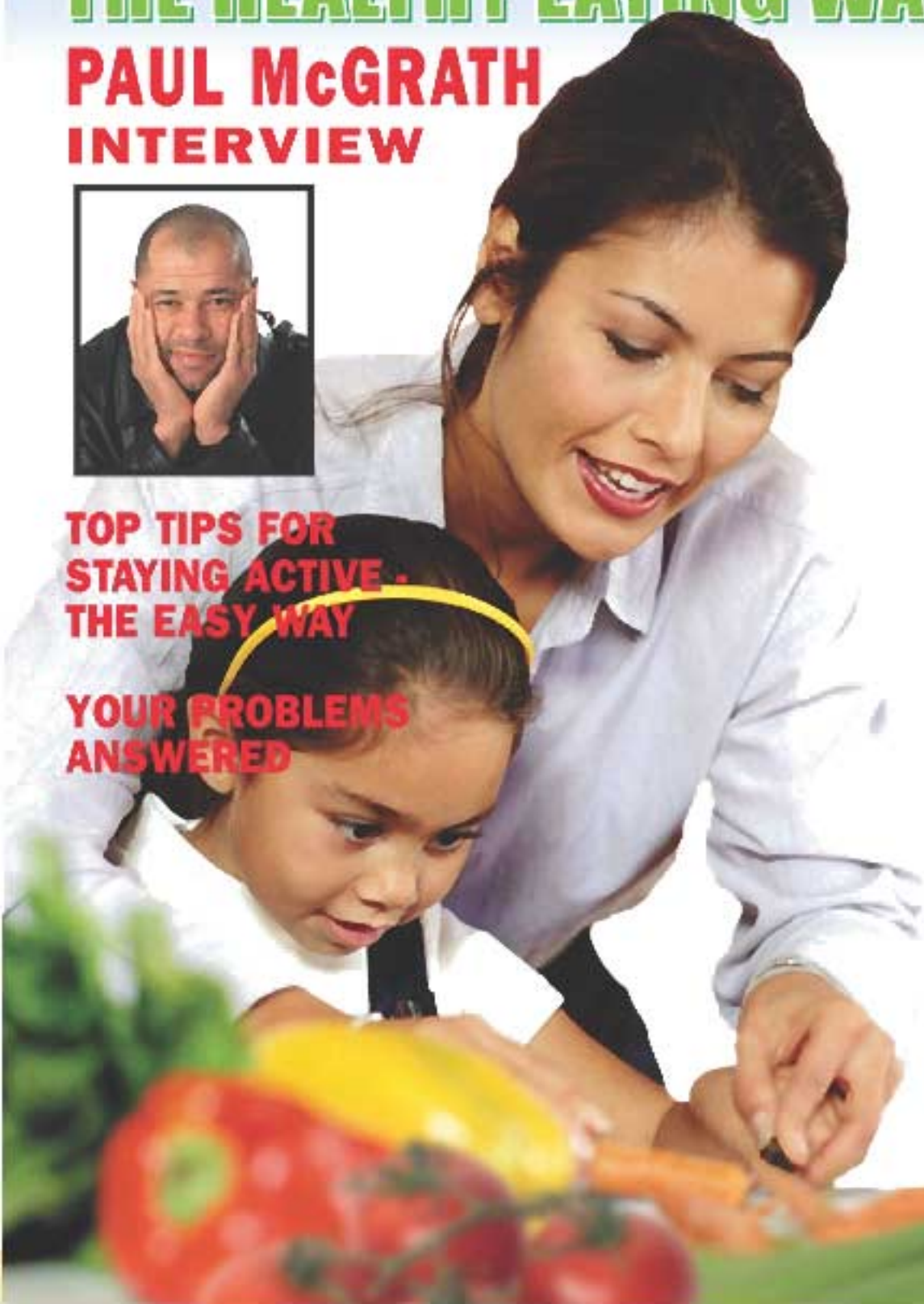


**TOP TIPS FOR
STAYING ACTIVE -
THE EASY WAY**

**YOUR PROBLEMS
ANSWERED**



**DELICIOUS
QUICK
& EASY
RECIPES**



Contents

**MORE
FRUIT & VEG
EVERY DAY**
THE HEALTHY EATING WAY

Recipes

- 2 Quick and healthy snacks
- 4 Desserts
- 5 Magic with Mince
- 15 Chicken Curry
- 16 Fish Dishes
- 17 Vegetarian Chilli
- 19 Dessert

Health Benefits

- 3 You Are What You Eat
- 6 Readers' Tips with Fruit & Veg
- 12 Add Fruit & Veg to Your Day
- 18 How do I look?
- 19 Fruit & Veg Health Benefits

Paul McGrath

- 7 Celebrity Interview

Food Pyramid

- 9-11 Plan your healthy food choices

Get Active

- 13 12 Steps to get active

Problem Page

- 14 Ask Ursula

Welcome from the Editor

One of the best things you can do to improve your health and keep your body a healthy weight, is to eat more fruit and vegetables. Not only are they good for your body shape and your heart, but they may help protect against some cancers... they taste great too and can be enjoyed all year round. They are the quick and convenient way of providing your body with essential vitamins and minerals.

Fruit and veg are packed full of goodness, high in fibre, rich in A, C and B group vitamins, low in calories and almost fat free!

Irish experts recommend that we **eat four or more portions every day**, so why not make a healthy promise to yourself and start by eating just one extra portion of fruit or veg every day. It can be anything you choose and enjoy. That's the goal for our **10th National Healthy Eating Campaign** – one more piece every day. Begin now and you'll soon start to see and feel the benefits.

This magazine is packed with ideas on how to enjoy your fruit and veg, delicious recipes and some great ideas on being active - the easy way. Physical activity is one of your body's basic needs and it's free, so find out how you can get more active on page 13.

Paul McGrath gives us his World Cup predictions and tells us how he manages to stay in shape since retiring from playing football.



The Paul McGrath Interview page 7-8.



Delicious quick & easy Recipes on pages 2, 4, 5, 15, 16, 17, 19.



The health benefits of fruit and veg page 3.

4 or More What's in a Serving?

- ½ glass of fruit juice
- 3 dessertspoons of cooked veg (fresh or frozen)
- Small bowl of homemade veg soup
- 3 dessertspoons of cooked fruit, e.g. stewed apples
- 3 dessertspoons of tinned fruit (choose 'in own juice' or 'light syrup')
- 1 piece of fruit - apple, orange, banana, pear

Colour Guide

Colour is a good guide when buying fruit and veg. The dark green and orange fruit and veg are rich sources of vitamins A and C. Add these to your shopping trolley regularly.

Try to have dark green and orange vegetables and orange fruit and juices every other day.

Quick 'N' Easy

Stirfrys are a quick and easy way to make the most of a little meat and tender-crisp vegetables. Use a spray oil and some soy sauce to cook vegetables. Simply serve with noodles.

Baked Potato Fillings



'Bake' potatoes either in the oven or the microwave for a delicious snack at any time of day. Don't forget to top with your favourite raw or salad vegetables. **Try some of these tasty fillings:**

Coleslaw

Use a food processor or grater to create shreds of carrot and white cabbage (which you can buy in quarters). Add a little light mayonnaise and season.

Bean & Bacon

Heat baked beans and chopped tomato, mixed with lean, crisp, grilled bacon bits. Add a little mustard for extra flavour, if you like.

Pizza-style

Heat finely chopped green pepper, mushroom and onion mixed with a spoonful of tomato pasta sauce. Top with low fat grated cheddar cheese and grill until melted.

Taco-style

Fill with shredded lettuce, chopped tomato and scallions and top with low fat grated cheese.

Midnight Munchies



Pitta pockets make great snacks and you can fill them with almost anything! Try some of the tasty combinations below for a midnight feast or a snack at any time of the day. Add any chopped raw vegetables for extra crunch and flavour such as tomato, cucumber, carrot or celery.

Warm the pitta breads under the grill, cut in half and fill with any of the following:


- Mix grilled, lean bacon, cottage cheese, black pepper, tomato and shredded lettuce.
- Mix some sweetcorn, cottage cheese and chives.
- Mix low fat grated cheddar cheese, tomato, cucumber and lettuce with a little light mayonnaise.
- Mix some celery, apple, nuts and a squeeze of lemon juice.
- Fill with shredded lettuce, your favourite cooked meats (even left over roast) and top with salsa.

You Are What You Eat!

It is said that you are what you eat. But is it true?

Eating well helps me to feel more healthy, stay in good shape and have lots more energy. I didn't suddenly change just because I started to eat more fruit and veg. But I started to make small changes – an extra piece of fruit every day and I now take a 30 minute walk most days of the week. These small changes were easy to make and gave my body the right start. I know that over time I'll reap the benefits.



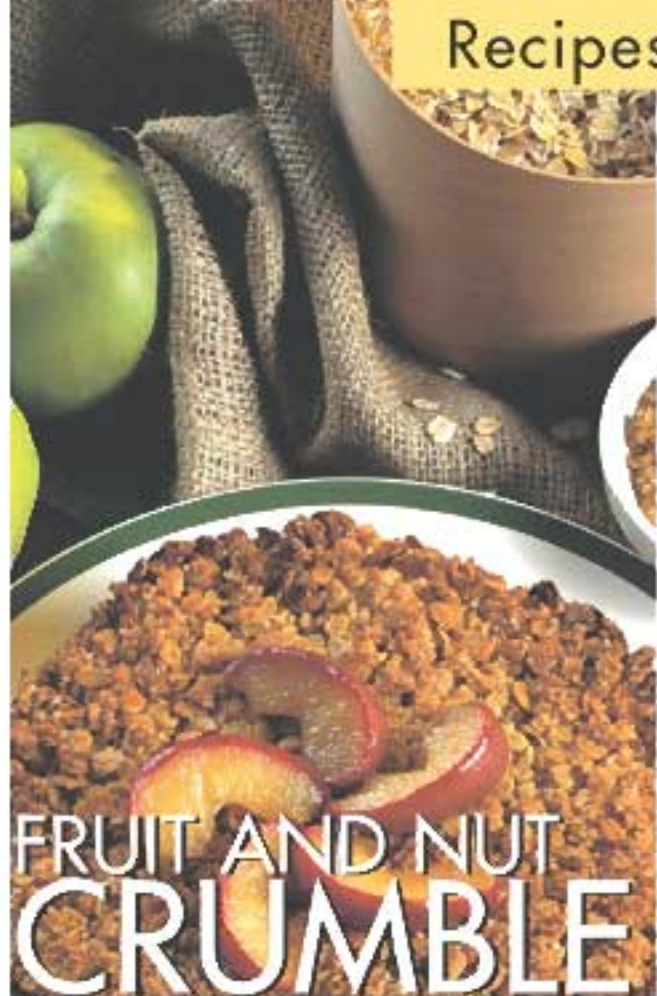
WHAT DO I GET FROM FRUIT AND VEG	WHERE DO I GET IT	HEALTH BENEFITS
 Vitamin A	Dark green leafy vegetables like cabbage and broccoli. Yellow and orange vegetables like carrots. Yellow and orange fruits like tinned peaches and apricots	Good for your heart – an antioxidant vitamin, which helps prevent oxygen from doing damage in your body. Also good for eyesight and healthy skin
 Folic Acid	Green leafy vegetables like cabbage and broccoli; parsnips and oranges	Helps protect against neural tube defects in unborn babies – but you also need a folic acid tablet if there's any chance you could become pregnant
 Vitamin C	Most fruit and vegetables, especially oranges, grapefruits, blackcurrants and their juices	Good for your heart – an antioxidant vitamin. Have at least 1 vitamin C rich fruit/juice daily
 Carbohydrates	All fruit and vegetables, especially starchy ones like bananas	Provides natural energy
 Fibre	All fruit and vegetables except juices	Good for a healthy body – as fibre helps get rid of waste products quickly
 Water	All fruit and vegetables & their juices	Good for healthy skin, a healthy body weight and essential for well-being

Remember, all the fruit and veg mentioned are low in fat and calories!

The vitamins naturally present in fruit and veg work much better in your body than vitamin tablets.



SUMMER RIPPLE SURPRISE



FRUIT AND NUT CRUMBLE

SERVES: 4-6

WHAT YOU WILL NEED

- 8 half shells of meringue, or the same amount in broken meringues
- 1/2 pint/300 ml thick natural yogurt (low fat)
- A few drops vanilla essence (optional)
- 225g / 1/2 lb raspberries or strawberries, or a mixture
- A few drops of lemon juice
- A little caster sugar and icing sugar, as required

WHAT YOU DO

1. Break the meringues up into fairly big pieces.
2. Flavour the yogurt with the vanilla essence, if using, and a pinch of caster sugar.
3. Rub the fruit through a nylon sieve then add the lemon juice and beat in a little sifted icing sugar, adding just enough to thicken the mixture (about 2-3 tablespoons).
4. Lightly fold the crushed meringues into the yogurt, then carefully fold in the fruit mixture to give the rippled effect.
5. Divide the mixture between 4-6 glass serving dishes and serve immediately, on its own or with extra fruit.

For a special treat, substitute light cream instead of yogurt. Whip cream lightly before adding the flavouring.

SERVES 4

WHAT YOU WILL NEED

- 675g / 1 1/2 lbs ripe fruits such as apples or rhubarb
- Juice of 1/2 lemon
- 150g / 5oz porridge oats
- 2 tbsp chopped nuts
- 30g / 1 oz polyunsaturated margarine
- 2 tbsp golden syrup
- 1 tbsp dark brown sugar
- 1/2 tsp ground cinnamon

WHAT YOU DO

1. Preheat the oven to 375°F/190°C/gas mark 5.
2. Slice and layer the fruit into a baking dish, sprinkle with lemon juice.
3. Mix oats, nuts and cinnamon.
4. Melt margarine, syrup, sugar and cinnamon over a low heat until dissolved.
5. Combine oats and syrup mixtures and spoon evenly over fruit.
6. Bake in the oven for 20 minutes or until top is golden brown.

Serve with low fat yogurt or low fat crème fraîche.

Magic with Mince

The most important trick to remember when using mince is to use a non-stick pan when browning the meat and to pour off all the extra fat before adding any liquid. Don't forget that you can also use minced lamb, turkey or a mixture of meats.

Honor Moore, Irish Food Writers Guild

Mince Base Mix

Serves 4

WHAT YOU WILL NEED

- 450g / 1 lb lean minced beef
- 1 onion, finely chopped
- 2 cups of mixed frozen vegetables
- 1 tbsp plain flour
- 1 clove of garlic, chopped (optional)
- 300ml / 1/2 pt water or beef stock

WHAT YOU DO

1. Dry fry the meat, stirring to break down any lumps, until it has browned.
NOTE: If using minced turkey, heat 1/2 tablespoon of pure vegetable oil before adding the turkey mince to keep it from sticking, or spray the pan with oil first.
2. Add the chopped onion and continue cooking until the onion softens.
3. Add the garlic, if using, and continue to cook for 1 minute. Spoon off any excess fat.
4. Sprinkle the meat with the flour, stir and cook for one minute.
5. Stir in the stock or water and bring to the boil.
6. Add the vegetables and cook gently (simmer) for 20 to 30 minutes. You can season with a little salt and pepper or a dash of tomato ketchup, if you wish.

Serve with mashed potato, rice or pasta shapes



Try the following using the Mince Base Mix

ORIENTAL MINCE

Add some celery sticks and grated carrot when cooking the onions. Mix 2 tbsp cornflour with 4 tbsp soy sauce and stir into the mince with another 150ml / 1/4 pint of beef stock or water. Cook for 30-40 minutes. After about 20 minutes, add 350g / 12oz of bean sprouts. You can also add some sliced mushrooms and green pepper for colour and flavour. Season to taste and serve with boiled rice or noodles.

MEXICAN MINCE

Add 2 cloves of garlic when cooking the onions, stir in 1 sachet of chilli seasoning mix. Add 1 tin of tomatoes and cook for 30 minutes. Drain 1 tin of kidney beans, add and cook for 10 more minutes. Serve in flour tortillas with a crisp salad.

QUICK BURGERS

Mix 450g / 1lb of minced beef or lamb with 100g / 4oz breadcrumbs and a little salt and pepper. You can add a pinch of herbs and/or 1 finely chopped onion if you like. Bind with a little beaten egg. Shape the mixture into round shapes with a little flour. Grill gently on both sides over a low heat – approx 10 minutes each side. Serve in bread buns and top with lettuce and tomato.

Honor Moore, Irish Food Writers Guild

READERS TIPS

with **FRUIT & VEG**



Try to eat at least four portions of fruit and/or veg each day:

Slice a banana on your cereal or toast in the morning; grab a mid morning fruit snack; add salad to your lunchtime sandwich and stock up on veg with your main meal.

Karen, Tallaght

Choose a variety of different colours of vegetables and fruit each week:

A wide range of colours means you're getting the full amount of nutrients that fruit and veg offer.

Donna, Galway

Bags of Value: Fruit is often sold in bags of 8 or 10 at a special price – look out for these euro bargains.

Mary, Letterkenny

Keep them handy: Have washed fresh fruit or vegetables in the fridge in bite-sized pieces. They make great snacks. Try carrots, tomatoes, apples, grapes, melon or anything that takes your fancy.

Jon, Cavan

Seasonal favourites: Buy fruit & veg in season – they are better value and have a better flavour.

Brenda, Kerry

Carrots are an excellent source of Vitamin A, which is important for healthy growth, eyesight, skin and hair.

Jamie, Navan

Bananas are great energy boosters: If you are feeling tired during the day or you've just completed some physical activity – try a banana. It's sure to boost your energy levels. Try in a smoothie or milkshake – or just on its own.

Samantha, Bray

Oranges and Lemons: Zesty, fruity and packed with Vitamin C. Squeeze a few drops of lemon juice over a fresh salad for a tangy taste sensation. Also tastes great squeezed over grilled fish or lamb.

Grainne, Kilkenny

Apples: A real bite into healthy living and a natural healthy snack.

Amanda, Artane

Cucumber: A delicious way to add crunch to a salad. Slice or dice for an extra taste of goodness.

Ruth, Limerick

Paul McGrath's a good guy.

He loves kids, animals, football, rugby, fruit and veg, but not necessarily in that order as our reporter found out when she caught up with him on a recent visit to Dublin.

Paul McGrath is dressed in black and looks cool. He is cool. We are chatting in an office in Dublin's city centre and the man, best known and loved for wearing the green shirt is chatting about life, food, physical activity and of course, the World Cup.

He is quiet, but friendly and is everybody's hero. Most of us would have seen him back in 1988 at the European Championships and again in 1990 at the World Cup, when Italy robbed us of a place in the quarter finals. McGrath is one of Ireland's most popular sporting personalities.

He looks fit and healthy – he hasn't played football professionally since 1999, so I ask him how he manages to stay active.

"Luckily, I've always been active. When I was training, it was part of my work, part of my life, so I knew I had to train if I was to make a living", Paul says. "Nowadays, I know I have to stay active if I want to stay healthy and have a good quality of life. I do go to the gym. Usually in the mornings when it is quiet. It can be hard at the end of the day to motivate myself, so early is best for me."

Paul explains that you don't have to be a top sportsman in order to get active and stay active. "The gym won't suit everyone," he says, "and some days, I just don't feel like going. That's where Bella comes in.

'Bella's' our beautiful dog and I got her hoping that walking the dog would be something we could do together as a family. But I should have known better. I'm the one who ends up spending over half an hour each day with the lovely Bella. It's great though, just the two of us getting a bit of fresh air, being active and having time to think and clear the head. It's not a chore, it's something I really enjoy."



Paul is passionate about football and his inspiration came from that all-time footballing great, the Brazilian, Pelé. "What a man. What a hero", says Paul. I grew up on Pelé and watching him play, the passion he showed on the pitch and the great skill he possessed made me want to be a footballer so much. There was never anything else."

Paul was fortunate enough to meet Pelé when he was just 17 and heading off to Germany on his first away trip for Dalkey United F.C. "Meeting Pelé was like a dream come true for me, he signed an autograph and it's just one of those moments I'll never forget."

Closer to home, Paul would rank Liam Brady as his all-time favourite Irish player, followed closely by Cork's own, Roy Keane. "I admire Liam for the man that he was and the way he played his football. It's as simple as that", comments Paul. "Both Liam and Roy are class footballers and they really bring something special to the game."

Paul lives in Manchester with his wife Caroline and their five boys, ranging in age from 3-17, and often dreams of returning to Ireland, permanently.

He admits that he is not the greatest cook in the world, but Caroline can rustle up some super dishes in the kitchen. "I do enjoy my food", says Paul, "but I am careful about what I eat. That doesn't mean that I have to deprive myself, but I try to stay healthy and love lots of fruit and

vegetables. I'm not great on the exotic stuff, but give me anything fresh from the market or the supermarket like apples, oranges or bananas and I can quite happily snack out on those. People think I'm a bit strange, but I love sprouts. They're full of flavour and remind me of Christmas. I love when Caroline does the Sunday roast and piles the plate with vegetables, sprouts of course, peas, carrots or turnips. That does the trick for me. She also

does a great pasta dish and that's one of my mid-week favourites. Pasta with some chopped meat, peppers, mushrooms and onions and a side salad. Fantastic. She certainly knows the way to my heart!"

We move on to an obvious topic; Paul's predictions for the World Cup - how does an ex-World Cup player feel Ireland will fare out in 2002? Paul knows he has to be careful about what he says, because by the time this magazine hits the shelves, Ireland's fate may already be known!

"We're going to do well. I'm confident of that," says Paul. He sounds so sure,

that I am convinced he is right. "I think that we'll get out of the group and once you get past that stage, anything can happen. I think we'll be ok against Cameroon. That team takes too many risks and plays like a five-a-side. Germany will be difficult, but I really can't decide on who I think will win overall. One thing's for sure, it's going to be a great World Cup and if you can't make it to Korea or Japan, Ireland's probably the best place in the world to be."



Use the FOOD PYRAMID to Plan Your Healthy Food Choices

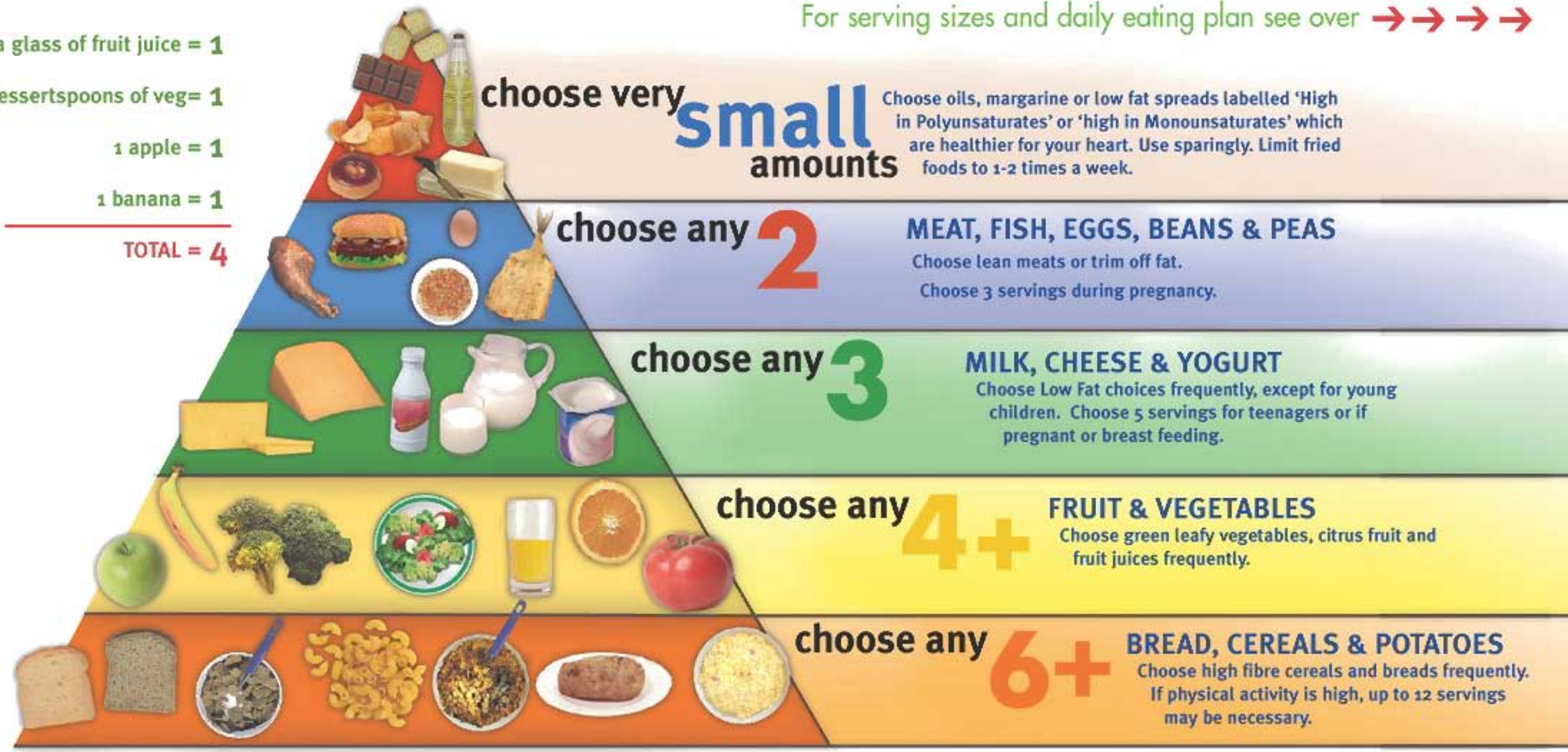
For serving sizes and daily eating plan see over →→→→

How to use the Pyramid

The recommended number of servings for children (from 5 years of age*) and adults is highlighted beside each shelf. For example, to get at least 4 servings from the Fruit and Veg shelf you could have:

- $\frac{1}{2}$ a glass of fruit juice = 1
- 3 dessertspoons of veg = 1
- 1 apple = 1
- 1 banana = 1

- TOTAL = 4**



DRINK WATER REGULARLY - AT LEAST 8 CUPS OF FLUID PER DAY

Folic Acid - An essential ingredient in making a baby. If there is any possibility that you could become pregnant, then you should be taking a folic acid tablet (400 micrograms a day)

* For younger children, start with smaller and fewer servings and increase up to the guidelines recommended, according to the child's own growth and appetite.

WHAT'S IN A SERVING?

TOP SHELF **small amounts**



1 oz low fat spread

1/2 oz margarine/butter

Use oils sparingly

Limit fried food to 1-2 times a week – oven bake instead



Only eat small amounts of high fat and high sugar snacks and not too often

MEAT, FISH & ALTERNATIVES

2



2oz cooked lean meat or poultry



3oz cooked fish



2 eggs (not more than 7 per week)



9 dessertspoons peas/beans



2oz cheese



3oz nuts (whole nuts should not be given to children under 5)

MILK, CHEESE AND YOGURT

3



1/3 pint of milk*



1 carton of yogurt



Milk pudding made with 1/3 pint of milk



1 oz Cheddar, Blarney or Edam

*Low fat milk can be given to children over 2. Skimmed milk not suitable for children under 5.

FRUIT & VEG

4+



1/2 glass of fruit juice



1 medium sized fresh fruit



3 dessertspoons cooked vegetables or salad



Small bowl of homemade vegetable soup



3 dessertspoons of cooked or tinned fruit

BREAD, CEREAL & POTATOES

6+



1 bowl of cereal



1 slice of bread



3 dessertspoons of pasta or rice



1 medium boiled or baked potato

DAILY EATING PLAN

The Food Pyramid Way

BREAKFAST

- Cereal with low fat milk
- Bread or toast*
- Tea, coffee or fruit juice

MID MORNING

- Fruit, bread* or scone
- Tea, coffee or water

LUNCH

- Cheese, egg, lean meat or chicken
- Plenty of salad vegetables
- Bread or roll*
- Yogurt or glass of milk
- Fresh fruit
- Tea, coffee or water

MID AFTERNOON

- Fresh fruit, tea, juice or water

MAIN MEAL

- Fish, chicken, lean meat or vegetarian dish
- Plenty of vegetables
- Potatoes, rice or pasta
- Glass of milk or yogurt
- Fresh, cooked or tinned fruit
- Juice or water

SUPPER

- Tea, milky drink or water
- Bread* or scone

* Choose wholemeal where possible

Health Benefits

Make the Change but Keep the Taste

YOU LOVE

Steak & Chips

Burger & fried onions

Your weekend fry up

Pasta with creamy sauce

Crisps

Chips

TRY

Grilled steak, oven-baked chips or baked potato

Grilled burger topped with salad and salsa

Grill instead of frying – it tastes just as good but really reduces fat intake

Buy tomato based sauces instead and add your favourite veg such as mushrooms and peppers

Popcorn or lower fat crisps

Oven-baked chips or baked potato

THE EASY WAY TO ADD FRUIT & VEG TO YOUR DAY

- Add cooked veg to stews & casseroles. Frozen veg are great as they can be added in at the last few minutes.
- Grated veg, such as carrots, can be totally hidden – but you still get all the benefits.
- Pureé cooked veg, such as carrots and turnips and add to soups.
- Mash potatoes with cooked carrots or sweetcorn for a colourful dish that kids will love.
- Top pizzas with extra veg such as mushrooms, tomatoes, onions, peppers or even tinned pineapple chunks for a kiddies favourite.
- Slice your favourite veg and add to pasta sauces while cooking.
- Stirfry sliced veg in a little spray of vegetable oil and add soy sauce for a Chinese flavour – use frozen and / or fresh veg for a quick, tasty and nutritious meal.
- Try sticks of raw veg – carrots, cucumber, celery or broccoli and cauliflower florets – with a low fat nutritious dip... or simply on their own as a snack.
- Liquidise fruit and add to yogurts, milkshakes, smoothies or as a topping for an ice-cream treat.

BE A ROLE MODEL – IF YOU EAT FRUIT & VEG, YOUR CHILDREN ARE MORE LIKELY TO EAT THEM TOO!

12 STEPS TO HELP YOU GET ACTIVE & STAY ACTIVE

Any type of physical activity is good for your body – especially your heart – and you don't have to be Paul McGrath to get active and stay active. If you're not doing any physical activity, start now! It's never too late. It's a great natural way of relieving stress and is good for your mind and body.



STEP 1

Get into healthy habits; walk instead of getting the bus; use the stairs instead of the lift; play with the kids; dance or walk the dog.

STEP 2

It's free – so walk, dance, swim, play, garden, just be active!

STEP 3

We all love to relax in front of the TV – but don't be a couch potato. Before you sit down, go out! Just 30 minutes of activity most days of the week will do it.

STEP 4

Be honest with yourself. Don't put off tomorrow what you could be doing today. The longer you wait, the harder it is to get started.

STEP 5

Get active with friends and family. Involve friends and family for motivation and support. Walk and talk with a pal, partner, son or daughter.

STEP 6

Get into a routine – put aside certain times of the day when you plan to be active, such as when the kids are at school or after work.

STEP 7

Help to manage stress – use the time to relax, de-stress and shake off any worries.

STEP 8

Don't feel guilty if you miss a day or two of activity. You can always pick up and start again and once activity is part of your routine, it does become easier.

STEP 9

Start slowly and set realistic targets. Perhaps in the first month, you can walk 3 times a week. In month two, increase this to 4 times a week and include a swim. Small changes can make a big difference.

STEP 10

Enjoy it – it's good for you and should be fun!

STEP 11

Join a class – set class times and activity with other people will help keep you motivated.

STEP 12

Be active in the house – hoovering, gardening, or any housework that requires energy helps too. It all counts!

* If you have a history of heart problems or other major illness, do talk to your doctor before you get started.

Problem?

Ask Ursula

QUESTION

Dear Ursula

I know it is recommended that we eat a mix of at least four portions of fruit and veg every day, but I'm a bit confused about what a portion is and how I can fit that much in every day – it seems like a lot?

ANSWER

In order to take in the recommended amounts of vitamins and minerals, we should be eating at least four portions of fruit and veg every day. Eat the fruit and veg that you really enjoy. Here's how four servings might work for you each day:

Breakfast – a small glass of orange juice
Lunch – salad or tomato in your sandwich
Dinner – 3 dessertspoons of vegetables
Evening snack – 1 banana

Remember, it's best to vary your choices every day.

QUESTION

Dear Ursula

I know there are benefits to vitamins, but how do they help protect you against heart disease?

ANSWER

The ACE vitamins, vitamins A, C and E, are the vitamins that help protect against heart disease. They prevent oxygen from doing damage in your body. This damage is similar to what happens when a peeled apple is left out on a plate for a couple of hours. Check out the list on page 3 to find foods rich in ACE vitamins.

QUESTION

Dear Ursula

There is a lot of talk about pesticides and pollution. How do I know that what I am eating is safe?

ANSWER

The Department of Agriculture, Food & Rural Development carries out testing of fruit and vegetables for evidence of pesticide build-up. The levels of pesticide build-up are rarely found to exceed the legal maximum limits. The Food Safety Authority of Ireland advises consumers to wash their fruit and vegetables before eating them.



**MORE
MORE
MORE**

Try eating fruit and/or veg at every meal. Get in the habit of adding tomato, cucumber or other salad vegetables to your sandwich.

Dear Ursula

Have you any tips for getting the most out of buying fruit and veg?

ANSWER

1. Try to buy fruit and veg that are in season. That way they'll be cheaper and taste better.
2. Do try to get good quality produce as they will last longer.
3. Don't store in plastic bags, it will only make the produce sweat.
4. Store in cool areas. Mushrooms and potatoes can be stored in paper bags.
5. Look out for special offers, 2 for the price of one, bulk buys.
6. If you have fruit that is wilting a little, why not make a smoothie or chop into bite size pieces for a refreshing fruit salad.
7. Don't forget, frozen fruit and veg are very handy and are just as nourishing as fresh. Always have a bag in your freezer or icebox.
8. Tinned tomatoes are a great buy. They can be used in casseroles and stews, in soups and sauces, as a pizza topping or used to 'stretch' bought, ready-made sauces.



Chicken Curry



Serves 4

WHAT YOU WILL NEED

- 8 chicken thighs, skinless (or 4 chicken breasts)
- 1 tbsp pure vegetable oil
- 4 medium onions, chopped
- 2 cloves garlic, chopped
- 2 tbsp curry powder
- 1 tin (400g) chopped tomatoes
- 10 oz / 300g frozen mixed veg
- 5 tbsp low fat natural yogurt (optional)

WHAT YOU DO

1. Slice chicken into finger-width pieces.
2. Heat oil in a pan and gently brown chicken pieces with the onion and garlic.
3. Stir in curry powder and cook for another minute. Then add the tinned tomatoes.
4. Cover pan, reduce heat and simmer for 15 minutes, adding a little water if the mixture starts to stick.
5. Add frozen vegetables and cook for a further 15 minutes until meat and veg are cooked through and the sauce is slightly thickened.
6. Stir in yogurt, if using, and serve with plain boiled rice and a cucumber, tomato and onion salad.

Marilyn Bright, Irish Food Writers Guild



Savoury Baked Whiting

Serves 4

WHAT YOU WILL NEED

- 4 medium, boned pieces of whiting
- 100g / 4oz finely chopped onions
- 100g / 4oz mushrooms, chopped
- 175g / 6oz tomatoes, peeled, deseeded and diced
- 1 tbsp pure vegetable oil
- A little salt and ground black pepper
- 25g / 1 oz grated Parmesan or Cheddar cheese

WHAT YOU DO

1. Place the whiting in a greased ovenproof dish in a single layer. Dust lightly with salt and pepper.
2. Soften the onion, mushroom and tomato in vegetable oil for 2 to 3 minutes. Check seasoning and add a little more salt and pepper, if required.
3. Spoon the softened vegetables and their juices over the fish.
4. Put in the oven and bake at 350°F/180°C/gas mark 4 for 20 minutes.
5. Take the dish from the oven, increase the heat to 400°F/200°C/gas mark 6.
6. Sprinkle the cheese over the vegetables, and return to the oven for 5 minutes and serve hot, with a selection of vegetables such as peas or runner beans.



Oriental Grilled Cod

Serves 4

WHAT YOU WILL NEED

- 4 pieces of cod, skinned (about 175g / 6oz each)
- White part of 2 scallions, trimmed and finely chopped
- 1 tbsp lemon juice
- 1 tbsp soy sauce
- 1 tbsp soft light brown sugar

WHAT YOU DO

1. Wash the cod under cold running water; drain and pat dry on kitchen paper.
2. Mix the chopped scallion, lemon juice, soy sauce and sugar in a small bowl to make the oriental sauce. Stir until the sugar has melted.
3. Line a grill pan with tin foil and heat the grill.
4. Put the cod on the foil and spread evenly with about half the oriental mixture. Cook for 4 minutes, and then turn the cod and spread with the remaining oriental mixture. Cook for 3 to 4 minutes more or until the cod is just cooked through and flakes easily.
5. Serve immediately with baked potatoes and peas or your favourite selection of vegetables.

Vegetarian Chilli

Serves: 4

WHAT YOU WILL NEED

- 225g / 8 oz mushrooms, finely chopped
- 2 onions, peeled and finely chopped
- 2 cloves garlic, peeled and chopped
- 1 sachet chilli seasoning mix
- 1 tbsp pure vegetable oil
- 2 x 400g / 14oz tins red kidney beans
- 1 x 400g / 14oz tin tomatoes, chopped
- A little salt and black pepper



WHAT YOU DO

1. Heat the vegetable oil in a pan and cook mushrooms, onions, garlic and chilli seasoning mix over a high heat for a few minutes until lightly browned.
2. Add the chopped tomatoes and kidney beans and simmer for 10 minutes, or until the liquid from the tomatoes has evaporated and the mixture is thick.
3. Season to taste with a little salt and black pepper and serve piping hot.

Serving suggestions:

1. Serve with cooked rice and a sprinkle of low fat grated cheddar cheese or serve with crusty bread, and a mixed-leaf salad on the side.
2. Serve with flour tortillas (two per person), a bowl of thinly-sliced crisp lettuce, and a sprinkle of grated, low fat cheddar cheese. Place spoonfuls of the chilli in the centre of each tortilla, place sliced lettuce on top, sprinkle with a little cheese, then fold in the ends and roll up like a pancake.

NOTE: Kidney beans are the main source of protein in this dish. If you don't like kidney beans, sprinkle with 2-3oz of low fat grated cheddar cheese, per person, before serving.

For a meaty option, add 375g / 12oz of mince at stage 1 and cook gently for an extra 10-15 minutes.

Biddy White Lennon, Irish Food Writers Guild

More Fruit + Veg through the day, *the easy way!!*

- For a good start to the day, have a 1/2 glass of fruit juice every morning. Choose orange juice often.
- Add a chopped fruit to your breakfast cereal - try banana, apple or dried fruit.



- Add mashed banana to your bread, toast or scones as a regular between meal treat.
- Always try to have one and, if possible, two vegetables as well as potatoes with your dinner.
- Finish off lunch and dinner with a piece of fruit. Delicious raw, cooked or tinned in its own juice.

Good Enough to Eat

Reasons to eat oranges



- Oranges are full of Vitamin C, which helps your body fight colds and flu and is essential for good healing.
- Oranges are full of fibre which helps your body to get rid of waste products fast – helping to keep you healthy.
- They're low fat and delicious.
- An orange a day.....keeps the doctor away!

How Do I Look?

Fruit and veg can improve the way you look. Check out some of the great health benefits and start changing the way you look today!

Get into shape...

make fruit and veg part of your daily eating plan.



For eyes that sparkle...

foods such as carrots, broccoli, cabbage and peaches are excellent at helping healthy eyesight.



Glowing skin...

all fruit, fruit juices and veg help skin to glow. Try an extra piece or glass of juice today!



For energy and vitality...

eat more fruit and veg everyday. High in fibre and water, fruit and veg help stop your body from being sluggish.



FRUIT and
VEGETABLES
are PACKED
WITH GOODNESS

- HIGH in FIBRE
- RICH in A and C VITAMINS

- RICH in FOLIC ACID
- LOW in CALORIES
- ALMOST FAT FREE

Watermelon Ice



WHAT YOU DO

1. Halve the melon and scoop out the seeds. Divide the melon into wedges and remove the rind. Puree the melon flesh, lemon juice and sugar in a food processor.
2. Pour the mixture into a freezer-proof container. Freeze for about five hours, stirring several times.
3. To serve, remove the watermelon ice from the freezer when frosted, but not frozen. It should be edible without melting. Serve in chilled glasses or bowls, and garnish.

Serve with low fat yogurt or low fat crème fraiche

Note: Watermelon is good value when in season and can be bought in chunks or individual portions

Biddy White Lennon, Irish Food Writers Guild

SERVES 6-8

WHAT YOU WILL NEED

- 1 kg / 2.2 lb watermelon
- Juice of 1 lemon
- 1 tbsp icing sugar

GARNISH

Serve with slices of kiwi or pineapple or the fruit of your choice and a sprig of mint.

COMMUNITY NUTRITION AND DIETETIC SERVICES

- **Western Health Board.**
Tel: 091 548335
- **North Western Health Board.**
Tel: 072 52000
- **North Eastern Health Board.**
Tel: 046 76400
- **South Eastern Health Board.**
Tel: 056 61400
- **Mid-Western Health Board.**
Tel: 061 483215
- **Midland Health Board.**
Tel: 044 84950
- **Southern Health Board.**
Tel: 021 4921641
- **East Coast Area Health Board.**
Tel: 01 2014200
- **South Western Area Health Board.**
Tel: 01 6707987
- **Northern Area Health Board.**
Tel: 01 8823400

GET THE MOST FROM YOUR FRUIT + VEG

- Prepare fruit and veg just before you cook or eat them
- Steam or microwave whenever possible
- Cook for as short a time as possible
- Cook large chunks rather than small pieces
- Don't add bread soda to cabbage and green leafy vegetables
- Add vegetable water to soups and sauces – if you throw it out, you're losing valuable nutrients
- Eat raw fruit and veg whenever you can

DIETITIANS BACK NATIONAL HEALTHY EATING CAMPAIGN

The Irish Nutrition and Dietetic Institute (INDI) is the professional organisation for Dietitians and Nutritionists in Ireland and was founded in 1968. The INDI have been partners in the National Healthy Eating Campaign for the last 10 years. Watch out for community activities in your area and this year, special hospital activities will take place during National Healthy Eating Week (26th May – 1st June 2002).

INDI members work in a number of different areas including hospitals, the community, industry and as consultants. For more information about the INDI, log onto the website at www.indi.ie