

THE EUROPEAN COOK BOOK

HEALTHY DIETS, HEALTHY HEARTS

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Recipes from the European Society of Cardiology

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EUROPEAN
SOCIETY OF
CARDIOLOGY®

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INTRODUCTION

The European Society of Cardiology is a federation of 53 National Societies in Europe and the Mediterranean and 36 Affiliated Societies throughout the world. The mission is to reduce the burden of cardiovascular disease in Europe.

There is no doubt that cardiologists are fulfilling this mission. Of the 10 years increase in lifespan which has occurred in the last 50 years, we have contributed to 6 years and 9 months. This is a huge achievement. The bad news is that, despite this success, every 20 seconds someone suffers a heart attack and every minute one individual dies from one. It follows that we have not solved the problem but rather transformed an acute disease into a chronic one.

It is evident that to fulfil our mission we do not have to only treat, but we should prevent cardiovascular diseases from occurring. Prevention is awareness and a change of lifestyle, including our eating habits.

This is what this book is all about. It is an attempt to encourage a healthy diet without losing the pleasure of dining.

We invited each National Society and Affiliate to contribute by sending us a typical menu that they would recommend as healthy. Naturally, some recipes have been slightly modified by our nutritionist to make them more healthy, following the instructions in the book itself.

But The European Cook Book is more than a collection of recipes. It endeavours to serve an educational purpose, explaining what cardiovascular diseases are and also providing suggestions on healthy ingredients and food preparation. The table of ingredients also allows the reader to prepare favourite recipes making them healthier just by adjusting the proportion of “good” or “bad” ingredients.

However, we have to say that The European Cook Book is also a cultural adventure. Interestingly enough, there is no one European cuisine as such. From a culinary point of view, Europe is a fusion of two very different cultures. The Greek and Roman culture based on agriculture (fruit & vegetables), olive oil and wine and the Nordic culture based on hunting (meat), beer and butter. The gradient and consequently the interaction between the two different cultures becomes very evident to the reader whilst sampling menus typically from northern Europe or those of the southern Mediterranean countries.

Claudia and I enjoyed putting this book together. The recipes were prepared and photographed at our home in Ferrara. We hope that our personal visual interpretation of the recipes will be appreciated by each participating society.

The preparation of this book has shown that the European Society of Cardiology is a true family. We did this together, despite the geographical and cultural distances between us and we did it for a worthwhile cause – prevention of cardiovascular diseases.

The European Cook Book is dedicated to European Heart for Children. Income raised by the sale will go to the newly established humanitarian non profit organisation. So, by purchasing this book, you are contributing to saving lives.

Claudia and I cannot thank you enough for participating.

Roberto Ferrari and Claudia Florio

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The contents of this book have purely an informative value. The choice or the prescription of a dietary therapy rests with the individual general practitioner who would be able to ascertain eventual side effects (allergies, food poisoning or intolerance to certain food substances).

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Roberto Ferrari is a Professor of Cardiology at the University of Ferrara and current President of the European Society of Cardiology. He is the President of European Heart for Children, a non profit humanitarian organisation, and will be dedicating his future energies to this cause. He is a lover of food and has promoted healthy eating as a prevention to cardiovascular diseases for many years.

Claudia Florio is a film director. The original idea for European Heart for Children came from her and she convinced her husband, Roberto Ferrari, and the incoming ESC President, Michel Komajda to establish the foundation. Since the creation of European Heart for Children, she has dedicated part of her time in humanitarian enterprises. She happily made her home kitchen available for the preparation and photography of each individual dish.

Paolo Zappaterra trained in Milan and New York. He has 40 years of photographic experience, published more than 40 books, is well known throughout the world for his photographic exhibitions on social, naturist and artistic issues. He is also a lover of food and was delighted to be a part of this project.

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EDUCATION

THE CARDIOVASCULAR SYSTEM

The heart

The coronary arteries of the heart

THE CARDIOVASCULAR SYSTEM

The cardiovascular system is made up of the heart and blood vessels. The heart is a muscle located under the ribcage, between the lungs.

The blood vessels are elastic, muscular tubes that carry blood to every part of the body.

There are three main types of vessels. **Arteries** that originate in the heart and go to the peripheries of the body. They carry oxygen-rich blood to all of the body's tissue. They branch several times, becoming smaller and smaller and give rise to **capillaries**.

These are thin (thinner than a strand of hair) blood vessels that connect the arteries and the veins.

They are important because their thin wall allows the exchanges between blood and the different cells in the body.

The blood releases oxygen and nutrients through the capillaries to feed each cell.

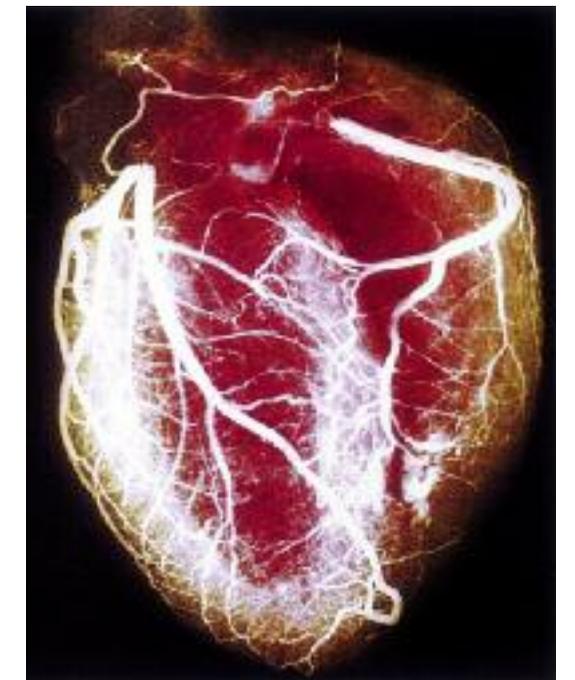
At the same time, the body's cells release waste products such as carbon dioxide into the capillaries.

So, the capillaries are a kind of "marketplace" where several exchanges occur.

Veins are blood vessels that originate from the capillaries and return to the heart.

They carry venous blood which has a lower oxygen content than the arterial blood and is rich in waste products. The veins become larger and larger as they get closer to the heart.

The circulatory system, or the blood vessels in the body (arteries, capillaries and veins), is extraordinarily vast - 132,000 km of tubing, with the blood travelling this distance in only 23 seconds.



Healthy heart and coronary arteries

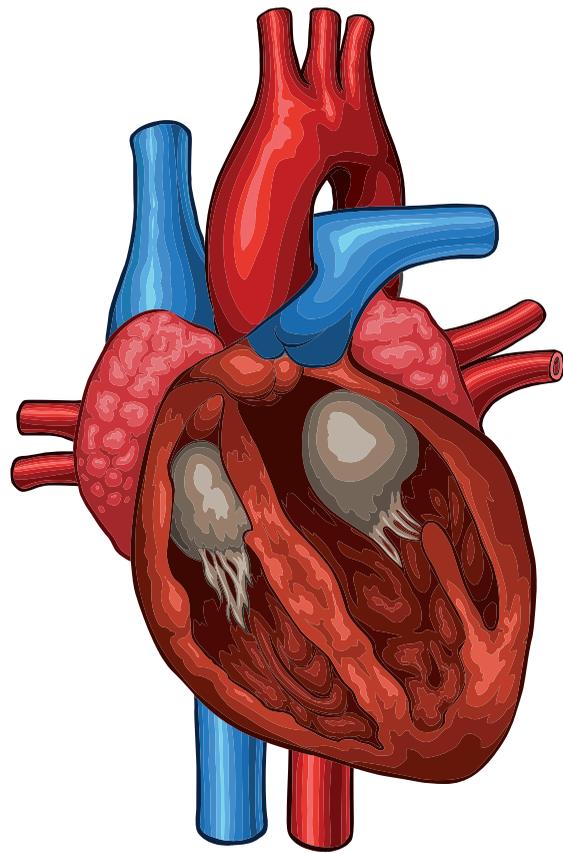
The heart

The heart is divided into a left and right side by a muscular wall known as the septum.

The right and left sides of the heart are further divided into two top chambers, named atria, and two bottom ones, named ventricles.

The right atrium receives blood from the veins and transfers it (through a valve called the tricuspid valve) to the right ventricle, which then pumps it into the lungs.

The valves of the heart are similar to the one-way valve used in plumbing and prevent the blood from flowing in the wrong direction.

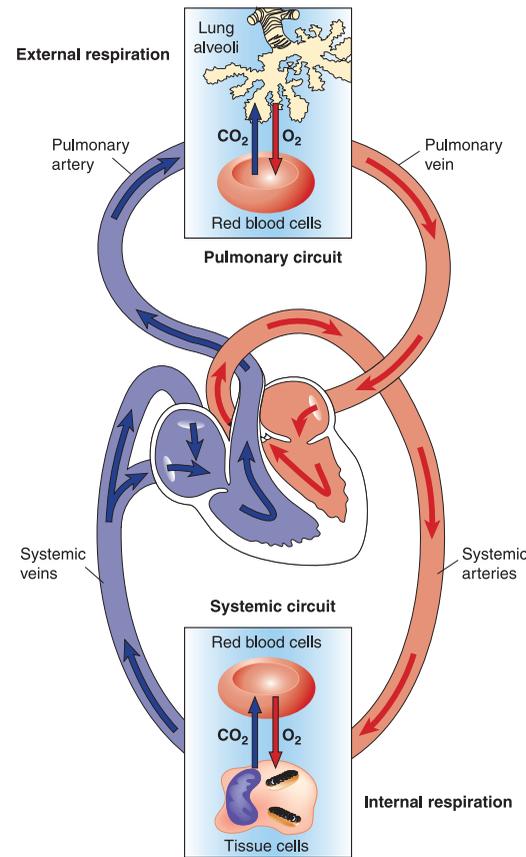


Section of human heart

For example, venous blood enters the right atrium, the atrium contracts and pushes the blood into the right ventricle through the tricuspid valve.

Once the right ventricle is full, the tricuspid valve shuts, preventing the blood from flowing backwards into the atria when the ventricle contracts.

As the right ventricle contracts, it pushes the venous blood into the pulmonary artery, which is also called an artery despite the fact that it carries the venous blood to the lungs. From there it releases the carbon dioxide into the



Pulmonary and systemic circulations

atmosphere and the blood is re-oxygenated by the lungs from the air that we inhale.

The oxygenated blood then returns from the lungs to the left atrium of the heart.

As the left atrium contracts, blood flows through the mitral valve (which is located between the left atrium and the left ventricle) into the left ventricle.

When the ventricle contracts, the mitral valve shuts and oxygenated blood leaves the heart through the aortic valve into the aorta and then travels to all of the cells of the body.

The atria and ventricle work together, contracting and relaxing alternately to pump blood through the heart and eventually through the entire circulatory system.

The heart beat is triggered by electrical impulses which are generated in a particular area of the right atrium and travel down to the ventricles via a special pathway which constitutes the electrical system of the heart.

Normally, the heart beats around 50 to 70 times per minute.

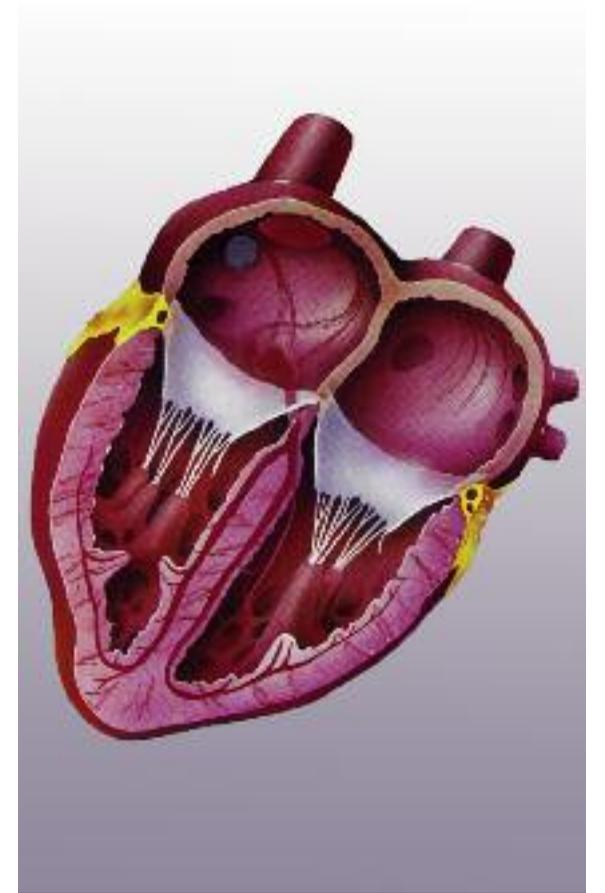
Exercise, emotion, fever or anxiety can all increase heart rate, sometimes to over 100 beats per minute.

So, the heart is a fantastic engine which allows the blood to circulate through the body.

But . . . what an engine!

The heart beats continuously, night and day, every day of the year, averaging 100,000 beats per day and pumping 9,000 litres of blood in 24 hours.

The cardiovascular system can be compared to an aquarium: the entire system is full of blood



Heart valves

as an aquarium is full of water.

The heart is like the pump in the aquarium which continuously pumps and recycles the water.

This pump needs to be linked to electricity, which provides energy enabling it to function.

Equally, the heart needs energy to beat and this is provided by the blood (or more specifically by the oxygen contained in the blood) which, in turn, reaches the heart through the coronary arteries.

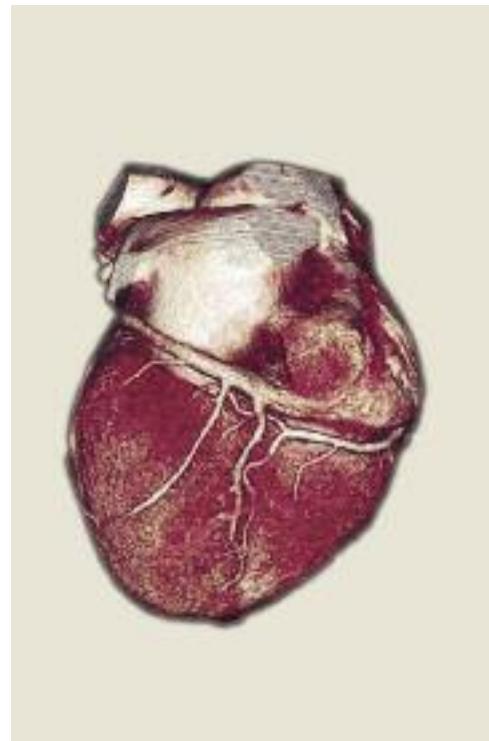
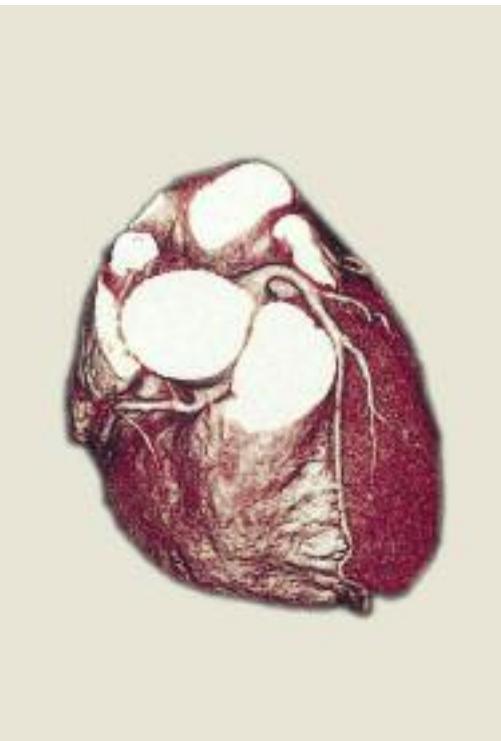
The coronary arteries of the heart

Like any other organ, the cells which make up the heart (called myocytes) require a continuous supply of oxygen and nutrients.

Ironically, although the heart chambers (atria and ventricles) are always full of blood, the heart receives no nutrients from this blood as the heart wall is too thick to allow exchanges.

Instead, the heart is fed by a network of arteries, capillaries and veins just like those in the body's circulatory system and these are called the coronary arteries.

The two major coronary arteries originate from the aorta, the artery that leaves the heart and brings oxygenated blood to the periphery.



Different images of coronary arteries of the heart

Therefore, coronary arteries carry oxygenated blood to the cells of the heart.

Today, it is possible to accurately visualise the coronary artery using different technologies, the most relevant being coronary angiography and multi-slice tomography.

The figures on pages 16 show typical examples of each of these techniques.

There are two main coronary arteries: the right, which supplies the right side of the heart, and the left, which branches into the circumflex and the left anterior descending artery.

These supply the left side of the heart.

As the coronary arteries diffuse into the heart muscle, they become smaller and smaller and give origin to small capillaries (no bigger than 1/6 of a strand of hair) allowing only one red blood cell (the cell which carries oxygen) at a time to pass through.

The exchanges between blood and the heart cells occur at this capillary level and venous blood, rich in carbon dioxide, leaves the heart through the coronary veins, which are connected by a particular structure called coronary sinus that drains into the right atrium.

Thus, the coronary arteries are the tubes that bring the fuel to the "engine".

It is important to remember that for the heart to properly function it needs to be continually fuelled by the coronary circulation.

If something goes wrong at this level, (narrowing of one of the major coronary arteries) coronary artery disease develops.



A capillary allowing a red blood cell to pass through



CORONARY ARTERY DISEASE

Manifestation and symptoms

- a) Angina
- b) Heart attack
- c) Arrhythmias
- d) Heart failure

Treatment

- a) Prevention
- b) Pharmacological
- c) Interventional
- d) Surgical
- e) Treatment of heart failure

CORONARY ARTERY DISEASE

Coronary artery disease is the end result of the accumulation of atherosclerotic plaques (an accumulation of fat and biological material which obstructs the arteries) within the walls of the coronary arteries. This causes an impediment to the blood flow through the coronary arteries resulting in the heart not receiving enough oxygen to support its constant function.

Coronary artery disease is the leading cause of death worldwide.

The symptoms and signs of coronary artery disease are usually noted in its advanced stage, as the accumulation of fat and cholesterol in the artery wall occurs silently over decades. It follows that most individuals with coronary artery disease are not aware of it and this, obviously, is a problem. A person may not know that he has coronary artery disease until he develops angina (chest pains) or has a heart attack (myocardial infarction) or an arrhythmic event (irregular heart beat).

However, coronary artery disease can and should be prevented. As suggested in this book, by following a healthy lifestyle it is possible to reduce the risk of coronary artery disease - as well as other significant diseases such as cancer or lung disease.

Therefore, it is important to pay particular attention to lifestyle. It is possible to reduce the risk of coronary artery disease by not smoking, losing excess weight, taking regular exercise and following a diet with low fat (particularly low in cholesterol), low salt and high in fibre, and by regularly controlling blood pressure and diabetes.

There are also other risk factors for coronary artery disease which we can do nothing about, such as age, sex and genetics (the things you inherited from your parents). As we grow older, the arteries become



Atherosclerotic plaque

naturally more rigid, less elastic and lead to an increased risk of high blood pressure and of the formation of atherosclerotic plaques.

Someone with a family history of coronary artery disease, diabetes, hypertension or hypercholesterolemia, has a greater risk than those without. Therefore, in this case, particular attention needs to be paid to lifestyle.

Because of its long incubation period, coronary artery disease is more common in the elderly. Up to the age of 65, it is more common in men than in women. It is also more common in people from India and Pakistan.

According to the Guinness Book of Records®, Northern Ireland is the country with the highest occurrence of coronary artery disease.

By contrast, the Masai population of Africa has virtually no history of coronary artery disease.



The coronary tree

Manifestations and symptoms

Coronary artery disease may manifest in several ways, usually according to the severity and the site of the narrowing of the coronary wall by the atherosclerotic plaques.

This is because the coronary artery system is like a tree. If the tree has an obstruction in the trunk, it will die. If, on the other hand, the obstruction is in one of the small branches, only a small part of the tree will die. Thus, coronary artery disease may be the cause of either angina, heart attack (or myocardial infarction) arrhythmias or heart failure.

a) Angina

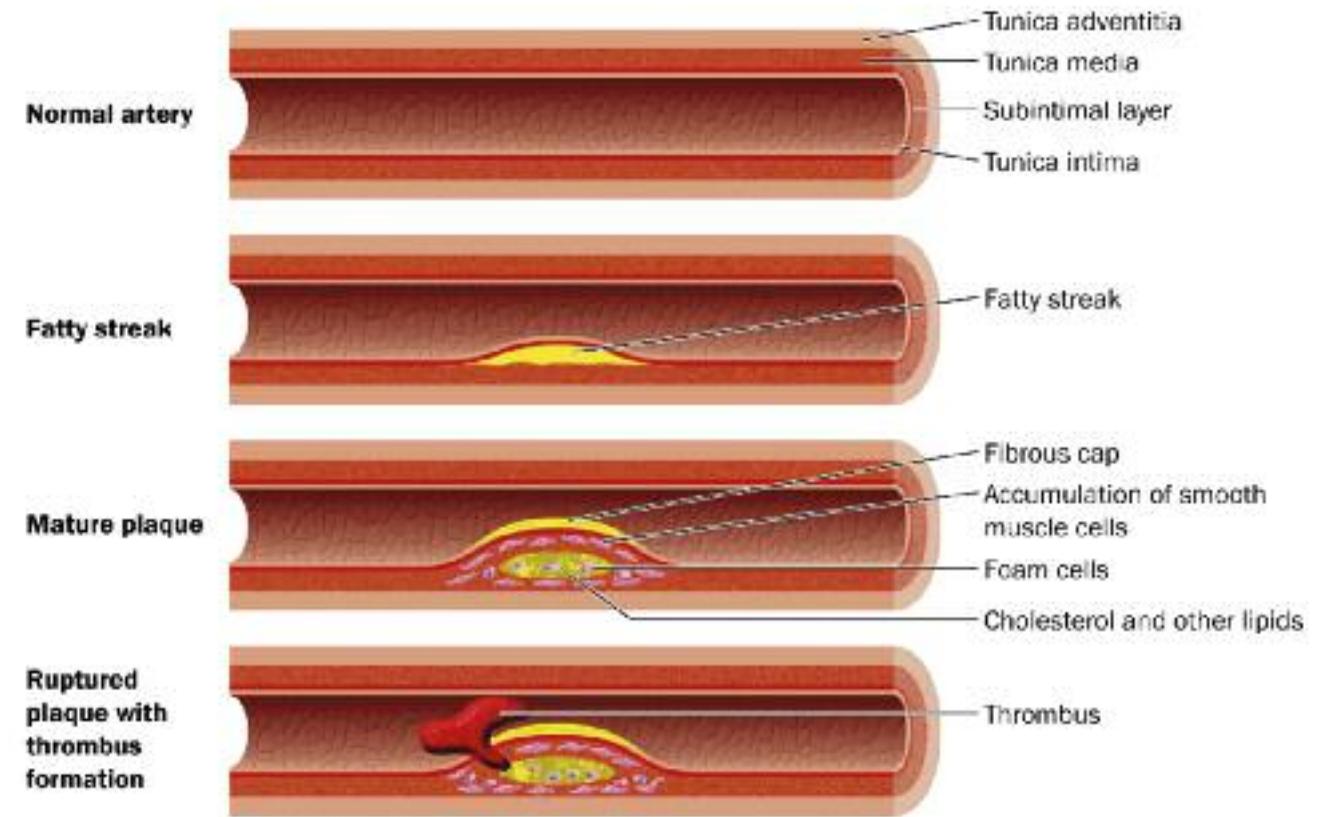
The word angina refers to chest pain. Typically the pain occurs regularly with exercise, after heavy eating or exposure to cold weather.

The pain can seem like a heavy weight or a tightening in the upper chest and it can also irradiate or be present in the neck, jaw, throat, back and arms, usually the left one. It does not last long, normally only a few minutes, and disappears after immediate resting or taking nitroglycerine. It can be confused with indigestion and is sometimes accompanied by other symptoms such as breathlessness, sweating or a sensation of fear.

Angina is associated with a high grade of narrowing of the coronary arteries. Angina that changes in intensity, character or frequency is described as unstable. Unstable angina may precede myocardial infarction and requires urgent medical attention.

b) Heart attack

Most heart attacks (or myocardial infarctions) cause severe chest pain, together with many other possible symptoms such as sweating, nausea, dizziness, vomiting, weakness, anxiety,



Development of an atherosclerotic plaque leading to thrombus formation

shortness of breath and rapid or irregular heartbeats. The pain of a heart attack typically lasts longer than angina pain, usually more than 30 minutes. Initial symptoms can start as a small discomfort and then progress to significant pain.

Both discomfort and pain can radiate to the back, jaw, and throat or to the arms. The pain can also be felt as heaviness, squeezing or crushing and can be mistaken with the pain of severe indigestion.

Some people can have a heart attack without any symptoms (silent myocardial infarction) and this occurs more often among diabetics.

A heart attack needs emergency medical treatment. It is essential not to delay! If somebody suspects that they are having a heart attack, they should immediately call a doctor and an ambulance.

Immediate treatment of a heart attack is very important to reduce the amount of damage to the heart.

This is because a heart attack is caused by a rupture of an atherosclerotic plaque, with consequent attraction of red blood cells and the formation of a clot which occludes a coronary artery.

In hospital, an intervention called primary angioplasty or drugs known as thrombolytics are immediately administered, to break down the blood clot in the coronary artery.

In the meantime, until the ambulance arrives, it is helpful to take an aspirin to prevent further expansion of the clot either by chewing it or dissolving it in water.

c) Arrhythmias

This term indicates an irregular heartbeat. Symptoms can include palpitations (the sensation of skipping a heart beat or that the heart is running away), chest discomfort, weakness, fatigue, fainting or dizziness and feeling light-headed. It is important to remember that palpitations are common and do not necessarily mean coronary artery disease.

So, if you have palpitations, it is important not to panic but to consult a cardiologist or a doctor to find out if there is concomitant heart disease or not.

d) Heart failure

Over time, coronary artery disease may weaken the heart to the point that our body's engine is not able to pump blood around the body effectively.

The symptoms of heart failure are shortness of breath, mainly noted during physical activity but in the worst cases also at rest, cough, fatigue and weakness, swelling of the ankles and legs, and rapid irregular heartbeats.

Treatment

Treatment for coronary artery disease depends on how serious it is and what has led to the condition.

There are several treatments available: prevention, pharmacological, interventional and surgical.

a) Prevention

Coronary artery disease can be prevented in most people.

Prevention centres on modifiable risk factors which include decreasing cholesterol levels, stopping smoking, addressing hypertension and obesity, controlling diabetes, avoiding a sedentary lifestyle and encouraging exercise.

All of these points are of fundamental importance for coronary artery disease and are therefore examined in full in the following chapters.

b) Pharmacological

There are several medicines which are effective for angina, heart attack and heart failure, although their scope varies according to each specific condition.

The goal in angina is to reduce symptoms, avoid heart attacks and improve prognosis (lifespan).

Angina is often treated by a combination of drugs such as:

Aspirin, which makes the blood less likely to clot in the coronary artery. In patients with angina, a small daily dose is usually prescribed to prevent the risk of a heart attack. However, aspirin increases the risk of stomach problems such as gastritis or even ulcers.

Heparin is another medicine that prevents the blood from clotting. It is more effective than aspirin and it is usually used in a hospital setting in patients with unstable angina or who have suffered a heart attack.

Beta-blockers slow down heart rate and the heart's pumping power. Therefore they slow the

efficiency of the engine which, in turn, needs less fuel to function. They may cause several side effects, the most common being fatigue, shortness of breath and, in men, sexual impotence. Beta-blockers are not suitable for asthma sufferers.

ACE inhibitors reduce blood pressure and protect the heart from the negative effects of several hormones. They have been shown to prolong the lifespan of coronary artery disease sufferers. ACE inhibitors are well tolerated, although they can sometimes induce a cough.

Statins help to reduce cholesterol levels, thus preventing fat deposits in the coronary arteries. They are important in slowing the progression of atherosclerosis and have been shown to prolong life in patients with coronary artery disease. They can be well tolerated, but in a few cases may produce leg pain.

Long-acting nitrates are used to relieve symptoms, especially for patients with angina. They reduce blood pressure and relax the coronary artery, thus allowing more blood to reach the heart. Short acting nitrates, like nitroglycerine, are used to stop an angina attack and so patients suffering from angina should always carry nitroglycerine in a sub-lingual form (dissolves under the tongue) in the event of angina pain. Long-acting nitrates are available in a tablet or patch form.

This class of drug has several side effects such as headache, flushing or dizziness.

They do not improve prognosis and only relieve symptoms.

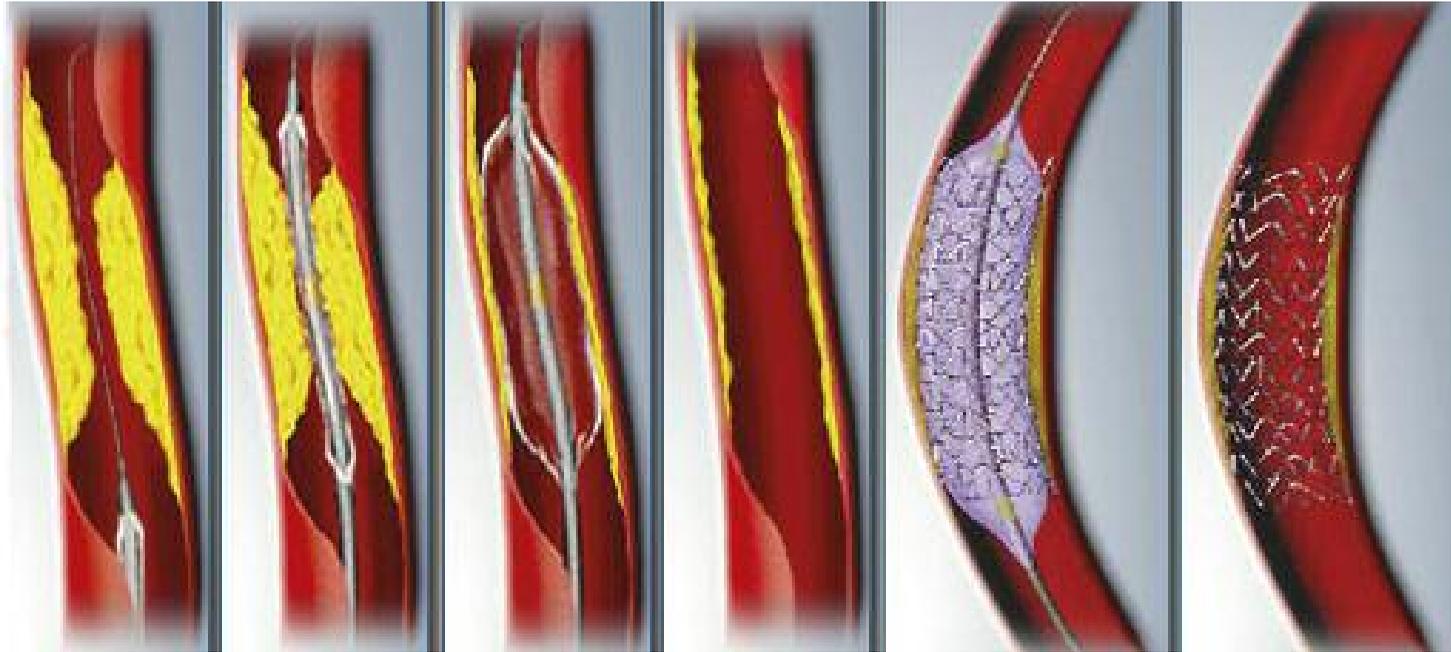
Calcium channel blockers, like the long acting nitrates, are drugs only useful to relieve or prevent the symptoms. They do not have any effect on prognosis. Calcium channel blockers have a multiple action: they relax the coronary arteries, reduce blood pressure and reduce the

force of contraction of the heart. They may induce several side effects such as headache, peripheral oedema (an accumulation of water in the legs), flushing, dizziness, or constipation.

Potassium channel activators relax the coronary arteries to increase blood flow. They only provide relief from the symptoms.

If channel inhibitors are a newly developed class of drugs. Ivabradine is the only one currently available. It reduces heart rate exclusively and, in so doing, reduces the amount of oxygen that the heart needs to function. It does not have any of the side effects of the other anti-angina drugs and is well tolerated. In a small number of patients it has been known to cause visual disturbances.





Different steps of an angioplasty

c) Interventional

For people with severe angina that is not relieved by medical therapy, angioplasty or surgery may be indicated.

Angioplasty is an intervention which does not require anaesthesia but is performed by introducing a collapsed balloon into the coronary artery of the heart through an artery in the arm or the leg. Using a specific radiographic guide, the balloon is positioned at the narrowing of the coronary artery. The balloon is then inflated to widen the narrowed artery. A stent (a flexible mesh-metal tube) is often inserted to help keep the coronary artery open afterwards. In some cases, a coated stent is indicated, as this releases compounds that also help to keep the vessel open.

It is important to remember that after an angioplasty, drug therapy such as aspirin and

clopidogrel, is still necessary to help to keep the stent open.

One particular type of angioplasty is known as primary angioplasty, which is performed in patients with acute myocardial infarction. The technique is the same as that of the angioplasty, with the aim of mechanically dissolving the occlusive clot.

Thrombolysis is another specific drug used to dissolve the clot during a heart attack. The procedure is performed in hospital or in an ambulance. The same medicines used for angina are also used during and after a heart attack to prevent another one from occurring or the development of heart failure.

After a heart attack or during heart failure it is also indicated to add **omega 3 fatty acids**. These are the fatty acids present in fish oil. They have an anti-arrhythmic action, reduce triglycerides and maintain healthy cell

membrane. They are present in the majority of fish but are also present in some plants including flax seed oil, hemp seed oil and walnuts. The plant forms of omega 3 fatty acids, however, are biologically inferior to the ones found in fish.

d) Surgical

Sometimes the coronary arteries are not suitable for angioplasty and patients may need **coronary artery bypass surgery**. Unlike angioplasty, coronary artery bypass surgery is an operation which requires general anaesthetic and in most cases the chest needs to be opened. The surgeon takes an artery from the chest called the mammary artery, or a vein from the leg, and uses them to bypass the narrowed coronary artery. The mammary artery is directly grafted on to the coronary artery after the atherosclerotic plaque, thus bypassing it.

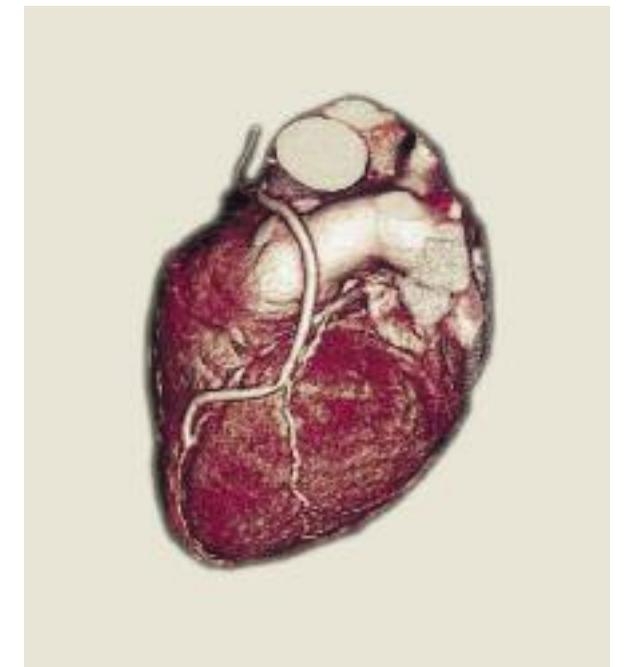
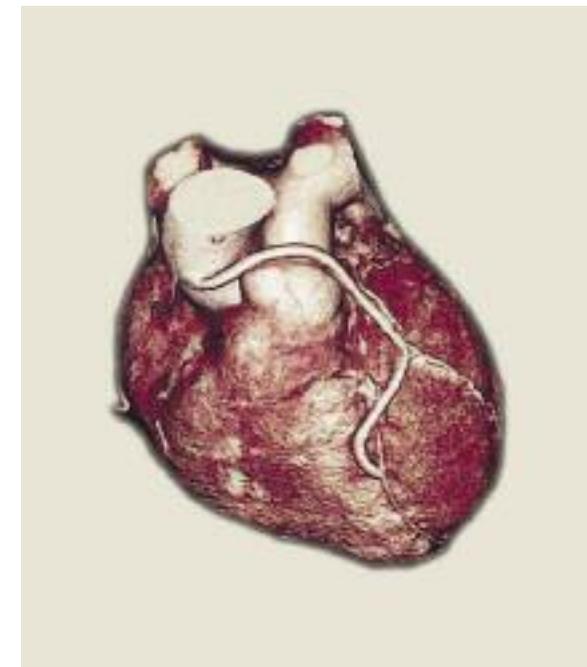
The vein is connected on one side to the aorta

and on the other to the coronary artery beyond the narrowing. In this way, the bypass provides more blood and oxygen to the heart.

e) Treatment of heart failure

This condition necessitates more specific therapy in addition to beta-blockers, ACE inhibitors and omega 3 fatty acids. Diuretics are often used, which help to pass water and reduce the peripheral oedema and shortness of breath.

Digitalis was often used in the past to strengthen the contraction of the heart, although it is no longer prescribed except in some cases where arrhythmias are present. In the more advanced cases, special devices that resynchronise the contraction of the ventricles are required. These resynchronisation devices include pacemakers and implantable cardiac defibrillators. In other cases, coronary artery bypass surgery may be indicated as well as heart transplantation.



Bypass of the coronary artery with a leg vein



HYPERTENSION

Different types

Symptoms

Diagnosis

Treatment

- a) Diet
- b) Physical exercise
- c) Treatments and drugs

ARTERIAL HYPERTENSION

Arterial hypertension or hypertension is the term doctors use to describe high arterial blood pressure. But what exactly is arterial blood pressure?

As explained earlier, the heart pumps blood around the body through a network of tubes known as arteries. The arteries have elastic walls and the network they form is spread out over the entire body: pressure refers to the force which the flow of blood exerts against the artery walls. The pressure inside the arteries depends on the amount of blood that the heart is pumping and the resistance encountered by the flow. In turn, the resistance depends upon the rigidity of the arteries. Let's imagine we are pushing a liquid along the inside of a soft rubber tube by blowing. The blowing phase is like when the heart contracts (doctors call this the **systolic phase**) and when we take a breath it is like when the heart relaxes (the **diastolic phase**). It follows that we can measure two levels of pressure: the maximum and the minimum pressure, corresponding to the force in the artery during contraction and relaxation respectively.

Let's imagine that we are squeezing the walls of the same tube and restricting its diameter: We will need to apply more force (pressure) to push the liquid along the tube. More force is also needed if the tube becomes less flexible and thicker, as is the case with our arteries as we grow older. The end result is the same: the heart has to work harder as it has to pump against a higher pressure.

Arterial pressure, to a large extent, depends upon the resistance that blood encounters as it flows in the arterial circulation.

Hypertension is a constant state where pressure readings are higher than normal standards.

The table on page 28 shows a classification of arterial pressure values.



Stethoscope

| TYPES OF HYPERTENSION | SYSTOLIC (mmHg) | DIASTOLIC (mmHg) |
|-----------------------|-----------------|------------------|
| Severe grade 3 | 180 ≥ 180 | 110 ≥ 110 |
| Moderate grade 2 | 160 - 179 | 100 - 109 |
| Mild grade 1 | 140 - 159 | 90 - 99 |
| Normal – high | 130 - 139 | 85 - 89 |
| Normal | < 130 | < 85 |
| Optimal | < 120 | < 80 |

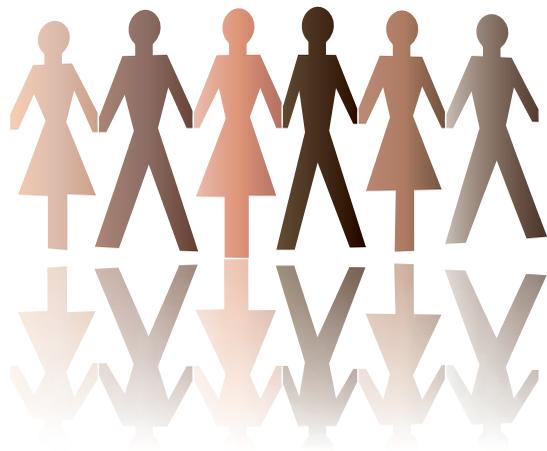
Types of hypertension

Hypertension is one of the most widespread diseases in the world in both industrialised and non-industrialised countries. It affects 20-25% of the adult population.

There are two types of hypertension: **primary** (or essential) and **secondary**, with the latter term referring to the fact that hypertension is secondary to or caused by a specific illness. Usually, secondary hypertension is due to kidney diseases but there are other diseases that can cause hypertension, such as **diabetes**, because hyperglycaemia damages the kidneys and arteries, **atherosclerosis** that makes blood vessels more rigid, **hyperthyroidism** (excessive thyroid function) and some tumours such as **phaeochromocytoma**. During **pregnancy**, the retention of liquids can increase the volume of the blood and cause hypertension.

Hypertension can also be secondary to the use (and abuse) of certain drugs such as anti-depressants, appetite suppressants, oral contraceptives, cocaine and amphetamines. Liquorice can also lead to hypertension.

The incidence rates of secondary and primary hypertension are about 5% and 95% respectively. Primary hypertension means that there are no specific reasons to explain the raised blood pressure. It is most likely due to genetic or environmental factors along with incorrect diet, lifestyle and stress.



Hypertension often occurs as part of the ageing process, even in patients who have never shown any symptoms of it before.

Symptoms

A person can suffer from hypertension for years without showing any symptoms; it is not unusual for patients to incidentally find they have high blood pressure after a medical examination.

The most common symptoms of hypertension are visual disturbances, heaviness of the head, headache, dizziness, and buzzing in the ears. When blood pressure is particularly high it can cause epistaxis or sudden nose bleeds. If you occasionally suffer from these disturbances you should consult a doctor, as these symptoms should not be present. It is important, especially as we get older and even more so if there is a family history of hypertension, to have blood pressure checked regularly.

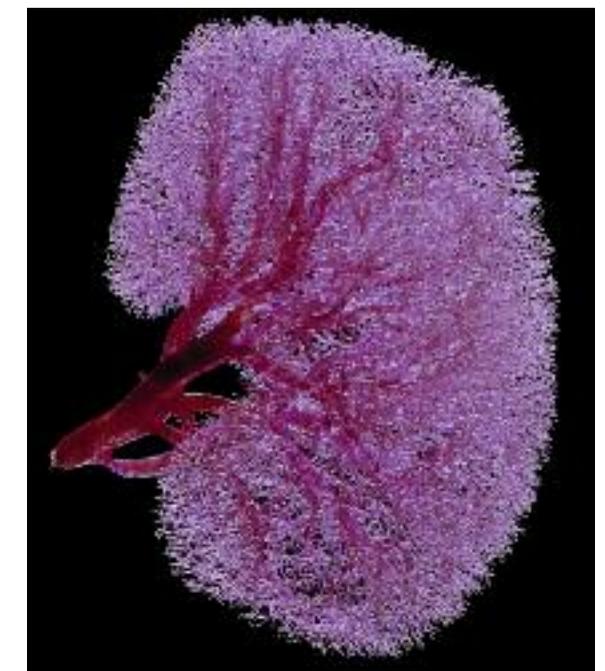
Constant high blood pressure can damage other vital organs. The fact that blood pressure is constantly high is medically relevant as it normally undergoes many variations during the day. It increases when we are nervous or excited, when we do physical activity and in the morning before we wake up; it remains constant during the day and decreases when we sleep.

Constant high arterial blood pressure damages the heart, which becomes larger and thicker; this is because it has to pump the blood against high pressure and thus has to work harder. As a result, it becomes bigger and stronger, as we do when we take up weight-lifting. Our muscles become bigger and stronger and, being a muscle, the heart does the same. Firstly, the thickness of the ventricles increases and they enlarge. However, if the blood pressure remains constantly elevated for months and/or years, the heart may not support the extra work and

fails to pump blood into circulation. The symptoms of heart failure are as follows: fatigue, breathlessness, swollen legs (oedema), cough, etc.

Hypertension also damages the coronary arteries, which harden and form atherosclerotic plaques. As a consequence, it may also cause angina, or, in the most severe cases, heart attack (myocardial infarction).

Hypertension decreases elasticity and increases the hardness of the arteries in the brain. This leads to the formation of extrusion or bubbles in the arteries known as aneurysms which, in turn, compress the brain tissue and might rupture, leading to a **stroke**. Depending on the part of the brain affected, a stroke can result in the paralysis of muscles, loss of speech, temporal and spatial disorientation and visual defects. Hypertension can also cause progressive damage to the arteries of the kidney and renal impairment characterised by the presence of protein in the urine, along with decreased urinary flow.



Kidney circulation

Hypertension is therefore a significant risk factor for cardiovascular diseases such as myocardial infarction, stroke and kidney disease, and it is essential that it is treated as soon as possible and for the duration of a patient's life.

Over the last 20 – 25 years, thanks to prevention campaigns and the success of various treatments, the death rate due to stroke has dropped by 60% and that due to heart disease by 50% but there is still a long way to go.

Diagnosis

Diagnosing hypertension is carried out by measuring arterial blood pressure with an instrument known as a sphygmomanometer.

Electronic sphygmomanometers that give an automatic reading are easier to use but are also less accurate than those with a column of mercury used by doctors. They are useful in cases of “doctor phobia” when a patient is afraid of being examined.

Blood pressure can vary widely and there are numerous external factors that can affect it. For this reason, it is best measured in quiet, peaceful surroundings. It is also best to avoid drinking coffee, smoking or taking drugs (eg. nasal decongestants) beforehand.

For accurate readings, it is best to take three sets of measurements one after the other and then compare the results.

Two values always need to be measured: the maximum pressure (systolic) that should not exceed 140 mmHg and the minimum (diastolic) that should not exceed 90mmHg.

If high blood pressure is detected, the patient should have a complete medical examination. Doctors generally prescribe urine and blood tests to assess glycaemia, electrolyte, HDL and

LDL cholesterol, triglyceride and creatinine levels. In some cases thyroid hormones, rennin, aldosterone and steroid hormones like cortisol are also measured.

Other tests to assess potential damage to the heart and blood vessels are usually prescribed in addition to the blood test. These include electrocardiograms, echo-cardiograms (to see the movements of the heart and the thickness of the ventricle wall), echo-Doppler examinations of the supra aortic trunks (to check the condition of the arteries that carry blood to the brain), renal ultrasound scans (to test kidney function) and eye examinations (to check for possible arterial damage).

Treatment

In cases of secondary hypertension, the underlying illness needs to be treated. In primary hypertension, the aim is to lower the blood pressure. This can be done by making changes to lifestyle and, if necessary, with the help of drugs.

The therapy for hypertension is based on four key components: diet, physical activity, pharmacological therapy and prevention of complications.

a) Diet

The dietary recommendations for hypertension are very similar, if not identical, to those for diabetes. Both diabetes and hypertension damage the cardio-circulatory system and affect each other. A diet for a diabetic is good for someone with hypertension and vice versa.

However, it is salt that has the greatest effect on blood pressure.

Salt is bad because it attracts water into the arteries. If you eat salty food, the amount of

sodium in the blood (natraemia) increases, causing water retention. As the volume of blood increases, so does the pressure in the vessels and hypertension develops.

On average we consume two teaspoons of salt per day when in fact one would be enough.

People suffering from hypertension need to:

- Gradually reduce the amount of salt (sodium) used both at the table and in preparing meals, until eventually it is almost abolished.
- Read the labels on packaging to see how much sodium the products contain. Avoid or limit the consumption of foods that contain more than 150 mg of sodium per portion.
- Choose foodstuffs that do not list salt among the first three ingredients.
- Use fresh food as often as possible.
- Avoid tinned or processed smoked meats.
- Rinse tinned foods under running water to remove the salt.
- If hypertension is accompanied by heart failure, do not consume more than 2 g of salt

(sodium chloride) per day.

- Replace salt with spices such as pepper, paprika, chili, garlic, lemon, oregano, marjoram and thyme.

People with hypertension respond differently to a reduction of sodium in the diet. Some patients who are sensitive to salt see a prompt decrease in blood pressure while in other non-sensitive patients there is no change. Regardless of this, decreasing the amount of salt is good for everybody.

If you are overweight, it is important to go on a diet. There are no magic diets; to lose weight you need to consume fewer calories than those you burn. For instance, if your daily intake is 2000 calories and you burn 2500, you will lose about 500 grams per week (500 calorie/per day x 7 days = 3500 calories = loss of 500 g). Another way of burning calories is to increase the level of physical activity. It is also important to remember that when we are over 60 we need fewer calories than when we were younger. In addition, it is important to limit fat intake and to





Physical activity

eat balanced meals – with lots of fruit, vegetables, cereals, chicken without the skin, fish, lean meat, few eggs and skimmed milk.

Alcohol is very high in calories and its intake should thus be limited. Hypertensive (and all other) patients should not consume more than one or two glasses of beer or wine per day. If there is a family history of alcoholism or over-sensitivity to alcohol, it should be avoided completely.

Although it is not part of a diet, it is essential that hypertensive patients give up smoking. Apart from causing lung diseases like bronchitis, emphysema and lung cancer, smoking damages blood vessel walls and causes rigidity of the arteries thus favouring hypertension and atherosclerosis. Smoking is one of the most significant risk factors for heart disease and heart attacks. It is however reassuring to note that the chances of an ex-smoker having a heart attack are the same as those of someone who has never smoked. Stopping smoking is therefore well worth the effort. To avoid any weight gain after giving up smoking, reduce your calorie intake. Please refer to **page 59** to learn more about smoking and giving it up.

Losing weight, reducing salt intake and giving up smoking can normalise blood pressure

levels and avoid the need for drugs in at least 15-20% of patients, especially in the elderly.

b) Physical exercise

The benefits of an active life are dealt with in a separate chapter (**see page 55**). Usually, regular and constant exercise helps to reduce blood pressure. However, just being very dynamic and active is not enough to offset the other risk factors associated with heart disease. People from Finland and Holland are generally very active, but have a diet that is rich in fat, and suffer the same number of heart attacks, if not more, than other Europeans. Therefore it is necessary to start a completely new regime to combat hypertension: stop smoking, take regular exercise and follow an appropriate diet. Although people with low blood pressure can tire easily or feel faint if standing in a hot room, they run less risk of stroke or heart attack than those with hypertension!

c) Treatment with drugs

Making changes to lifestyle is no doubt useful but it is not always enough. 80% of patients with hypertension need to take drugs for their condition and, as a patient's response to treatment depends upon individual characteristics, it is not unusual for a doctor to try different therapies. Sometimes more than one drug is needed to control blood pressure. There is no need to

worry if this happens as it does not mean that your case is any worse than that of someone else. Having high blood pressure does not mean you are ill. You can however become ill if it isn't controlled.

What does control mean? Wearing glasses does not improve our eyesight but as long as we wear them we can see well and can lead a normal incident-free life. Controlling blood pressure is much the same thing: as long as one continues treatment and keeps blood pressure under control, one can lead a normal incident-free life.

Taking care of hypertension is a meaningful investment - it means avoiding a possible heart attack, stroke or kidney disease. There are many drugs available for treating high blood pressure and some are similar to those used to treat cardiovascular diseases.

Diuretics act on the kidneys. They increase the amount of urine the kidneys produce and cause a removal of excess liquids. As the volume of the blood decreases, so does the pressure. Diuretics have several side effects and do not provide specific protection against heart attack or stroke.

Beta-blockers act on the heart and reduce the force and speed of contraction. The pump works less, less blood enters the arteries and pressure drops. There are many types of these drugs and, like diuretics, they all have side effects mainly associated with fatigue. They do offer useful protection against heart attack.

Calcium antagonists act on the blood vessels. They inhibit the entry of calcium in the arterial wall. As a consequence, the elasticity of the artery is improved and thus lowers blood pressure. These drugs are very effective in reducing blood pressure but have several side effects (headaches and swelling in the legs). They are not very useful for protecting against heart attack but reduce the incidence of stroke.

ACE inhibitors act on blood vessels in a different manner from calcium antagonists, maintaining the arteries elastic and thin. They also inhibit the entry of liquids into the arteries and thus reduce the volume of blood, which in turn reduces the pressure. They favour renal function and the elimination of liquids with the urine. These drugs are widely used as they prevent heart attack and stroke. They have virtually no side effects (except they can occasionally cause a cough).

Angiotensin II receptor antagonists are related to the ACE inhibitor family and inhibit rigidity of the arteries. Generally speaking they are better tolerated than ACE inhibitors but are less protective against heart attacks than ACE inhibitors.

Alpha-blockers are related to beta-blockers but act on the blood vessels, not on the heart. They are very powerful but rarely used as they have numerous side effects.

Combinations: Often one drug alone is insufficient and it has to be combined with two or three others.

In the past, the most frequent combinations involved beta-blockers and diuretics or ACE inhibitors and diuretics. A recent discovery has been the combination of ACE inhibitors and calcium antagonists.





DIABETES

Different types

Symptoms

Treatment

- a) Diet
- b) Glycaemic index pyramid
- c) Pharmacological treatment
- d) Preventing complications
- e) Hypoglycaemia

DIABETES

Diabetes is one of the most common illnesses of our times; understanding, preventing and treating it is imperative. To explain it, we will start by examining the process with which the body transforms the various nutrients contained in food into the energy that our bodies need to survive.

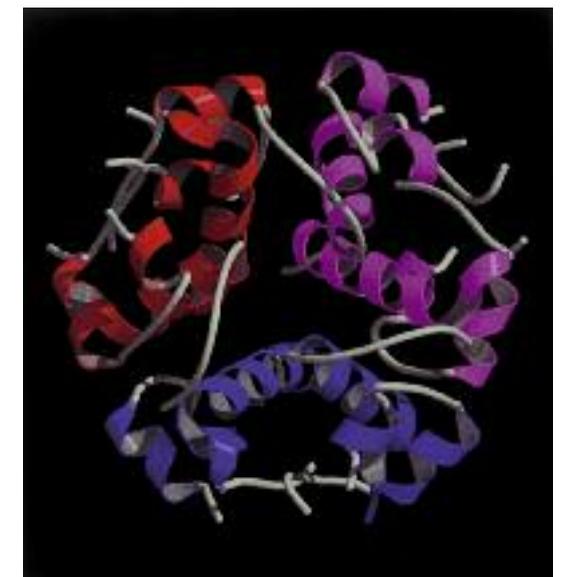
During digestion, we convert most of the food that we eat into a sugar known as glucose, which has a high energy value. In the intestines, this sugar is absorbed by the blood and transported all over the body, which uses it to produce energy.

The normal values of glucose in the blood (*glycaemia*) on fasting range from 60 to 110 milligrams (mg) per decilitre (dl). After eating, glycaemia increases but generally does not exceed 200 mg/dl. The speed with which glycaemia increases depends upon various factors - for example, on the speed with which the food is digested in the stomach and assimilated in the intestine, on the type of food, on the quality and quantity of the fibres and on other foods already in the stomach and intestine during digestion. The speed with which glycaemia increases determines the **Glycaemic Index** (GI) of foodstuffs. We will explain this concept later on.

The levels of glycaemia are regulated by two hormones produced by the pancreas: *insulin*, which lowers the level of sugar in the blood and favours the transformation of glucose into energy, and *glucagon*, which raises it.

Glycaemia increases in diabetics because the pancreas does not produce enough insulin or because the body does not use the insulin properly. Thus, diabetes is a chronic metabolic disease. which means that the body is unable to convert sugars and starches into energy.

In diabetes, also known as the “sugar disease”, the level of glucose in the blood can rise to the point



Chemical structure of insulin.

where it is eliminated in the urine. This phenomenon gave the illness its name: diabetes mellitus or “honey-sweet flow”.

Over time, hyperglycaemia can be responsible for, or lead to, serious medical complications including blindness, cardiovascular diseases, problems with getting about and renal impairment. Awareness is the key element. Although diabetes is a chronic disease, its effects can be counteracted by adopting a correct lifestyle, eating properly and, if necessary, following a certain pharmacological regime.

Types

There are two main types of diabetes: **primary and secondary**. “Primary” means that no other associated diseases are present. “Secondary” means that the diabetes is caused by a disease of the pancreas or by hormonal alterations or by drugs such as cortisone or antidepressants.

Primary diabetes is further divided into **types 1 and 2**. **Types 3 and 4** are secondary diabetes.

Type 1

Also known as juvenile or insulin dependent diabetes. It is a congenital condition that affects children or adolescents and can be hereditary. In Type 1 diabetes, pancreatic cells are destroyed and do not produce enough insulin to keep the normal level of glucose in the blood and to ensure the normal metabolism of sugar. In this case, the insulin levels are low or absent, while glycaemia is high.

Treatment consists of a daily injection of insulin. Administration of insulin, however, might cause hypoglycaemia (levels of glucose in the blood are too low). Any hypoglycaemia following the administration of insulin has to be offset with a balanced intake of sugars and carbohydrates.

Type 2

Also known as senile or non-insulin dependent diabetes. This type generally develops during middle-age after 35-40 years. It is the most common type and affects 80% of diabetic patients. The pancreas produces the right amount of insulin but the cells of the body are less sensitive or develop resistance to the effects of this hormone. Usually, patients with this type of diabetes are overweight with high arterial blood pressure (hypertension) and high levels of cholesterol (hypercholesterolaemia). The best way to combat it is to modify lifestyle, lose weight and take physical exercise. Oral drugs may sometimes be necessary and in more serious cases insulin will need to be administered.

Type 3

This form is secondary to diseases of the pancreas (the organ that produces insulin) or to endocrine diseases or to pharmacological treatment such as the use of cortisone.

Type 4

Associated with pregnancy and disappears after childbirth.

Symptoms

The symptoms of diabetes vary from polyuria (the need to urinate often) to thirst and hunger, tiredness and exhaustion, itching, muscular cramps, visual disturbances, difficulty in healing wounds, changes to the skin, weight loss or, more commonly, increase in weight. In rare cases, the first signs might be an acute metabolic decompensation with a diabetic coma characterised by acute tiredness, nausea, vomiting, excess urine, abdominal pains and, if not treated, loss of consciousness.

In Type 2 diabetes, the symptoms begin more gradually than in Type 1 and diagnosis is often made by chance when elevated glycaemia is

encountered during routine laboratory tests. Unlike Type 1 diabetes, in Type 2 the levels of insulin in the blood are normal or even high.

Treatment

There is no one treatment for diabetes, especially Type 2. Modern treatment involves a therapy based on diet, physical activity, pharmacological therapy and prevention of complications.

The aims of the therapy are to maintain acceptable levels of glycaemia, to prevent complications and to improve quality of life. As diabetic patients often feel tired and weak, the strain of daily life can be a real burden, especially if they are also overweight. By changing their diet and taking regular physical

exercise, diabetic patients can return to a normal life as the level of glycaemia decreases and the symptoms disappear.

a) Diet

Here are some suggestions regarding the correct diet for diabetics. However, it is recommended to follow a proper tailor-made diet with the help of a specialist.

Balanced calorie intake: in overweight diabetic patients, a decrease in calorie intake can reduce the level of glycaemia. To lose weight you need to limit the daily calorie intake to 1600 kcal and increase energy consumption by means of physical activity.

Being overweight is defined by two main parameters. The first is Body Mass Index (BMI), which is calculated by dividing weight (in kg) by the square of height (in m²). This index is abnormal when it is above 25. The second



parameter is abdominal measurement (in cm) taken just above the belly button. This parameter indicates overweight if it is above 102 cm in men and 88 cm in women.

Timing of eating: it is important to modify eating times to meet specific needs and glycaemic levels. This means that carbohydrates and sugars have to be split over the three main meals. It might also be convenient to have a snack between one meal and another. Insulin dependent diabetics must avoid insulin induced hypoglycaemia and a snack late at night can reduce this risk.

Balanced diet: contrary to popular belief, the basis for a healthy diet for diabetics also allows foods that are rich in carbohydrates and fibre – such as fruit and vegetables, pasta and/or rice. These elements have to provide half the calories consumed per day with the rest coming from proteins and vegetable fats. Animal protein intake should be limited, as it increases cholesterol. It is better to eat white meats such as poultry without the skin, rabbit, fish and low fat dairy products because these have a relatively low cholesterol content.

These changes to eating habits have to be adhered to for the rest of life and should be seen as changes for the better, not just a sort of deprivation. Often, the abolition of what we like to eat can be more dangerous than allowing it in small intelligent doses. The involvement of the family is of great help in those inevitable moments of difficulty. There is no doubt that dietary changes imposed by diabetes can also be of benefit to family members who, with the same genes and eating habits, might well also suffer from the disease at a later stage in life.

Liquid intake: it is important to drink at least 1.5 litres of water a day and to avoid sweetened drinks. Alcohol can be drunk but only in moderation. It is best to drink alcohol on a full stomach as it is gastrolesive. One or two

glasses of red wine a day are allowed, but you must be careful with beer, dessert wines and liquors as they carry high sugar content and increase glycaemia.

Desserts: total daily sugar intake should not exceed 50 g. Desserts can be eaten in moderation. It is best to eat desserts after a meal and not on an empty stomach. Homemade cakes are usually better than commercially made ones.

Products for diabetics: diabetics do not need special foods. In general, sweet foods made commercially for diabetics such as biscuits, cakes and chocolate contain high fat levels and artificial colourants that can cause flatulence.

Nowadays, unlike just a few years ago, diabetes is no longer seen as a sort of “allergy” to sugar, so there is no need for special products for diabetics. On the contrary, taking carbohydrates is not just allowed, it is actively encouraged. There are, however, differences that you need to be aware of when eating food with a high sugar content and, with this in mind, the Glycaemic Index acts as a guide.

Glycaemic index (GI): was introduced in 1981 by David Jenkins, professor of nutrition at the University of Toronto. If the diet is rich in sugars, the levels of glucose in the blood increase as the sugars are digested and the starches (and the sugars they contain) are assimilated. The speed with which this process takes place changes according to the type and the amount of fibres already present in the stomach, as well as to the quantity of other foods, as these slow the digestion process and therefore the velocity of sugar absorption.

The GI classifies foods according to the speed with which they increase glycaemia. It only applies to foods with a high carbohydrate content as proteins and fats do not have an immediate effect on glycaemia.

A rapid increase in the level of glycaemia in the blood leads to the secretion of large amounts of insulin. This in turn causes a rapid use of glucose by the body and, consequently, hypoglycaemia just 2-3 hours after the meal, with subsequent feelings of hunger and general malfunctioning of the body and brain. If we take other carbohydrates to offset the hunger, insulin is again secreted and so starts a vicious circle. This is not the only danger.

The body frequently does not use all the glucose, which is then transformed into adipose tissue. In primitive man, who had to confront long periods with little or no food, this was a survival mechanism because the adipose tissue could be re-transformed into glucose. However, nowadays with the excess of food produced by our civilisation, fat reserves are no longer used or needed. Instead fat reserves accumulate and lead to obesity with all the associated weight problems.

The GI is not universally recognised by the scientific community. The American Diabetes Association, for instance, is more concerned with the overall quantity rather than the quality of the carbohydrates we consume. The GI nonetheless remains a very useful tool in establishing a diet for diabetics. It should be used with caution because, as mentioned above, it is not the only criteria for assessing the different nutritional values of each item of food.

Here are a few examples: chocolate and peanuts have a low GI but high fat content; carrots are high on the GI but contain few calories and a lot of vitamins. Jacket potatoes have higher GI score than sugar cubes! The size of wheat, corn and oat grains affects the GI, which increases according to how much the grains have been refined: the less refined the grain, the lower the GI.

How is the GI determined? GI expresses a value as a percentage of a food of reference -

generally white bread. This value is calculated in the laboratory under controlled conditions. In practice, healthy volunteers eat a certain amount of a food group that contains 50 g of carbohydrates. Thereafter, any increase in the blood glucose level is measured and is then compared with the increase that occurs after eating a portion of white bread containing 50 g of carbohydrates.

To determine the GI of spaghetti, for example, the volunteers are given 200 g of plain spaghetti, which contain 50 g of carbohydrates. The increase in glycaemia is expressed as a percentage of that obtained with white bread. Foods that cause an immediate increase in glycaemia have a high GI score and vice versa.



b) Glycaemic index pyramid: This refers to a graphic representation of the glycaemic index of different food substances. There are five levels to the pyramid.

Fifth level (the top of the pyramid):

Spirits, animal fats, desserts and all foods rich in starch, sugars and saturated fats, frequently mass-produced. These should be used sparingly, on special occasions. They should be avoided if overweight or suffering from cardiovascular disease.

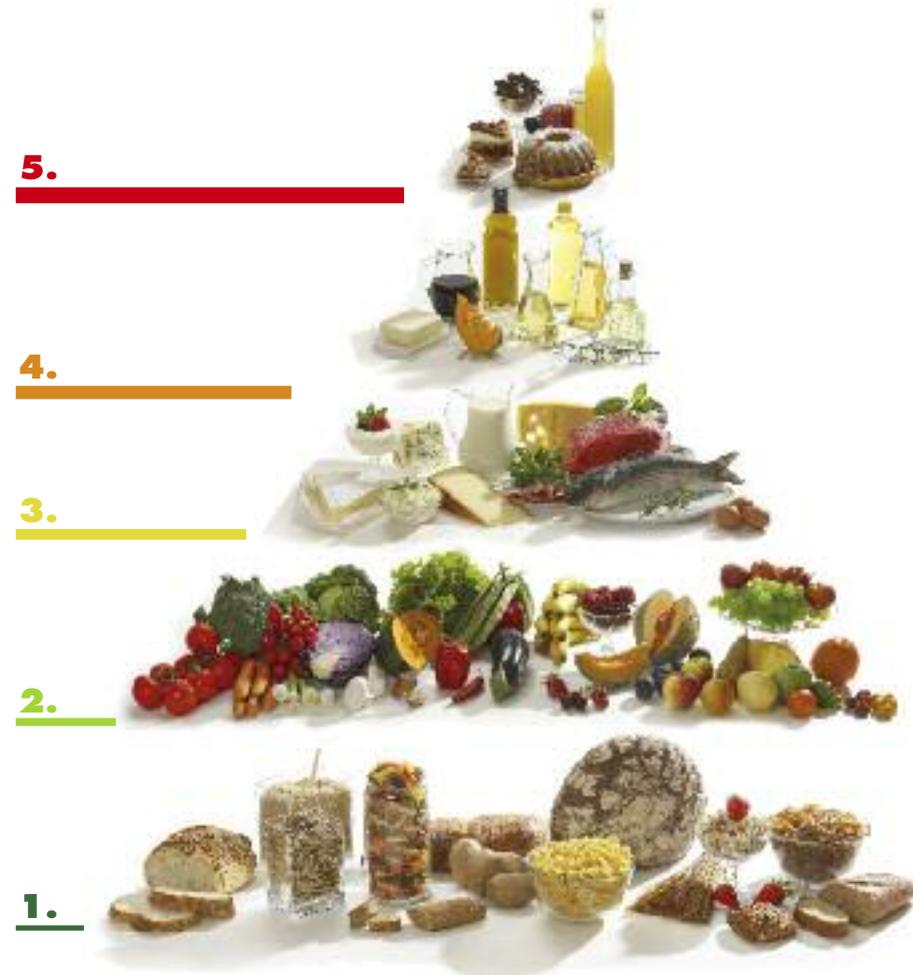
Fourth level:

Fats contained in oils, nuts and seeds. Diabetics should eat these, but in moderation and with caution. The vegetable components of this group are important for providing fatty acids and vitamins.

Third level: Milks and dairy products, meat, fish, eggs, cold cuts and poultry. All of these must be eaten in moderation by diabetics. Their carbohydrate content is low but they are rich in proteins and fats. However, they should make up part of the diet. In this group, glycaemic pulses are an exception as they contain a lot of carbohydrates.

Second level: Fruit and vegetables. These are a good source of vitamins and minerals and contain fibre, little fat and little protein.

First level: Cereals and cereal products such as bread, pasta etc. These form the basis of our diet and are especially important as they also form the basis of the diet for diabetics.



Glycaemic index pyramid

FOODS WITH A HIGH GI

| | | | |
|-------------------------------------|-----|--|----|
| Beer* | 110 | Bagel | 70 |
| Glucose | 100 | Fizzy drink, cola drink | 70 |
| Glucose syrup | 100 | Brioche | 70 |
| Cornflour, modified starch | 100 | Bar of chocolate (with sugar) | 70 |
| Wheat syrup, rice syrup | 100 | Dates | 70 |
| Rice flour | 95 | Crispbread | 70 |
| Potato flour (starch), Chips | 95 | Treacle | 70 |
| Baked potato | 95 | Unleavened bread (white flour), Rice bread | 70 |
| Instant potato (instant) | 90 | Crisps, chips | 70 |
| White gluten-free bread | 90 | Polenta, wheat bran | 70 |
| Sticky rice | 90 | Plain rice | 70 |
| Carrot (cooked) * | 85 | White sugar (sucrose) | 70 |
| Flour for white bread, Cornstarch | 85 | Puffed amaranth | 70 |
| Hamburger bun | 85 | Green banana | 70 |
| Pop-corn (without sugar) | 85 | Biscuit | 70 |
| Quick cook rice (pre-cooked) | 85 | Processed cereals containing sugar | 70 |
| Celeriac [cooked]* | 85 | Croissant | 70 |
| Rice pie | 85 | Maize flour | 70 |
| Cereal (from maize) | 85 | Gnocchi | 70 |
| Processed and sliced bread | 85 | Millet, sorghum | 70 |
| Turnip [cooked]* | 85 | White bread , “Francesino” loaf | 70 |
| Puffed rice, rice crispbread | 85 | Boiled peeled potato | 70 |
| Tapioca | 80 | Polenta | 70 |
| Broad beans (cooked) | 80 | Ravioli (soft wheat flour) | 70 |
| Potato purée | 80 | Risotto | 70 |
| Melon, water melon* | 75 | Tagliatelle, fettuccine (soft wheat flour) | 70 |
| Doughnut | 75 | Brown sugar | 70 |
| Rice and milk (with sugar), Pumpkin | 75 | Pineapple (tinned) Couscous | 65 |
| Waffle/wafer with sugar | 75 | Semi-whole meal flour | 65 |
| Lasagna (soft wheat flour) | 75 | Jam (with sugar) | 65 |
| Pumpkin (various kinds)" | 75 | Muesli (with sugar, honey...) | 65 |
| | | Whole meal bread | 65 |
| | | Cooked unpeeled potato (boiled, steamed) | 65 |
| | | Maple syrup | 65 |

KEY

* Despite their high GI ratings, these foodstuffs have a very low glucose content (about 5%). Consuming normal quantities of them should have a negligible effect on glycaemia.

** There is practically no difference in GI between whole dairy products and those with 0% fat. It is also important to be aware of the fact that despite their low GI ratings, dairy products have a very high insulin index.

| | |
|---------------------------------|----|
| Tamarind (sweet) | 65 |
| Beetroot [cooked]* | 65 |
| Chocolate rolls | 65 |
| Candied fruit (with sugar) | 65 |
| Quince jelly (with sugar) | 65 |
| Maize, corn kernels | 65 |
| Mars®, Snickers®, Nuts®, etc. | 65 |
| Rye bread (30% rye) | 65 |
| Regional “black” rye bread | 65 |
| Sorbet (with sugar) | 65 |
| Raisins | 65 |
| <hr/> | |
| Banana (ripe) | 60 |
| Powdered chocolate (with sugar) | 60 |
| Ice cream (with sugar) | 60 |
| Mayonnaise (bought) | 60 |
| Honey | 60 |
| Ovaltine®, Pizza | 60 |
| Ravioli (durum wheat flour) | 60 |
| Long grain rice | 60 |
| Durum wheat bran | 60 |
| Tinned apricot (with sugar) | 60 |

| | |
|---|----|
| Chestnut | 60 |
| Whole meal lasagna (durum wheat) | 60 |
| Melon*- | 60 |
| Pearl barley | 60 |
| Fresh bread | 60 |
| Porridge | 60 |
| Scented rice (jasmin) | 60 |
| <hr/> | |
| Mango juice (sugar-free) | 55 |
| Nutella® | 55 |
| Peaches (tinned with sugar) | 55 |
| Shortbread biscuit (flour, butter, sugar) | 55 |
| Ketchup | 55 |
| Loquats | 55 |
| Papaya (fresh fruit) | 55 |
| “Riso rosso” | 55 |
| Mustard (with added sugar) | 55 |
| Grape juice (sugar-free) | 55 |
| Tagliatelle (well cooked) | 55 |
| Spaghetti (well cooked) | 55 |
| Sushi | 55 |

FOODS WITH A MEDIUM GI

| | |
|---|----|
| All Bran™ | 50 |
| Energy cereal bar (sugar-free) | 50 |
| Biscuits (whole meal flour, sugar-free) | 50 |
| Lichees (fresh fruit) | 50 |
| Mango (fresh fruit) | 50 |
| Whole meal pasta | 50 |
| Brown rice | 50 |
| Cranberry juice (sugar-free) | 50 |
| Jerusalem artichoke | 50 |
| Pineapple juice (sugar-free) | 50 |
| Basmati rice | 50 |
| Persimmons | 50 |
| Kiwi fruit* | 50 |
| Macaroni (durum wheat) | 50 |
| Muesli (sugar-free) | 50 |
| Sweet potato | 50 |
| Apple juice (sugar-free) | 50 |
| Surimi | 50 |
| Wasa light™ | 50 |

| | |
|--|----|
| Pineapple (fresh fruit) | 45 |
| Green banana (unripe) | 45 |
| Banana (unripe) | 45 |
| Coconut | 45 |
| Spelt flour (whole meal) | 45 |
| Durum wheat (Ebly) | 45 |
| Cranberries | 45 |
| Wholegrain Basmati rice | 45 |
| Rye (whole meal, flour, bread) | 45 |
| Orange juice (squeezed sugar-free) | 45 |
| Chocolate bar (sugar-free like Montignac®) | 45 |
| “Capelli d’angelo” pasta | 45 |
| Whole meal couscous, whole meal flour | 45 |
| “Granola completa” (sugar-free) | 45 |
| Barley | 45 |
| Toast, whole meal flour (sugar-free) | 45 |
| Peas (tinned) | 45 |

| | |
|---|----|
| Tomato sauce, tomato paste (with sugar) | 45 |
| Grapefruit juice (sugar-free) | 45 |
| Grapes (fresh fruit) | 45 |
| <hr/> | |
| Oats | 40 |
| Oat flakes (uncooked) | 40 |
| Dried apricots | 40 |
| Shortbread biscuit (whole meal flour, sugar-free) | 40 |
| “Falafel” (broad beans) | 40 |
| Spelt | 40 |
| Broad beans (raw) | 40 |
| Oat flakes (uncooked) | 40 |
| Buck wheat (whole meal, flour or bread) | 40 |
| Coconut milk | 40 |

| | |
|--|----|
| 100% whole meal bread with natural yeast | 40 |
| Peanut butter | 40 |
| Kidney beans (tinned) | 40 |
| Spelt (whole meal) | 40 |
| Dried figs | 40 |
| Quince jelly (sugar-free) | 40 |
| Lactose | 40 |
| Unleavened bread (whole meal flour) | 40 |
| Dry cider | 40 |
| Spaghetti “al dente” (cooked for 5 min) | 40 |
| Whole meal pasta, “al dente” | 40 |
| Prunes | 40 |
| Sesame purée, tahini | 40 |
| Sorbet (sugar-free) | 40 |
| Carrot juice (sugar-free) | 40 |

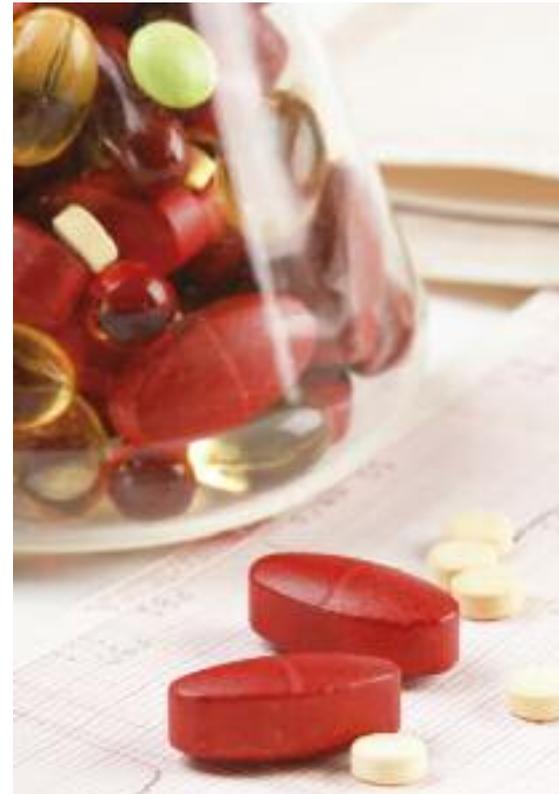
FOODS WITH A LOW GI

| | |
|--|----|
| “Cassoulet” (dish based on meat and beans) | 35 |
| Borlotti beans | 35 |
| Kidney beans | 35 |
| Chickpea flour | 35 |
| Ice cream (with fructose) | 35 |
| Yogurt** | 35 |
| Beer yeast | 35 |
| Stewed apple | 35 |
| Dried apple | 35 |
| Peaches (fresh fruit) | 35 |
| Peas (fresh) | 35 |
| Dried tomatoes | 35 |
| White almond purée (sugar-free) | 35 |
| Wild rice | 35 |
| Celeriac, (raw) | 35 |
| Tomato juice | 35 |
| Oranges (fresh fruit) | 35 |
| Cannellini beans | 35 |
| Chickpeas (tinned) | 35 |
| Black beans Falafel (chickpeas) | 35 |
| Figs (fresh fruit) | 35 |
| Sunflower (seeds) | 35 |
| Yeast | 35 |
| Linseed, sesame, poppy (seeds) | 35 |
| Quince (fresh fruit) | 35 |
| Pomegranate (fresh fruit) | 35 |
| Apples (fresh fruit) | 35 |

| | |
|--|----|
| Essene bread (from sprouted grains) | 35 |
| Peaches (white or yellow (fresh fruit) | 35 |
| Peas (fresh) | 35 |
| Plums (fresh fruit) | 35 |
| Tomato sauce, tomato paste | 35 |
| Mustard (sugar-free) | 35 |
| Durum wheat vermicelli pasta | 35 |
| Soya yoghurt (flavored) | 35 |
| <hr/> | |
| Garlic | 30 |
| Beet (raw) | 30 |
| Chickpeas | 30 |
| Fresh ricotta cheese ** | 30 |
| Passion fruit | 30 |
| Soya milk | 30 |
| Fresh powdered milk ** | 30 |
| Lentils | 30 |
| Mandarins, clementines | 30 |
| Pears (fresh fruit) | 30 |
| Grapefruit (fresh fruit) | 30 |
| Apricots (fresh fruit) | 30 |
| Carrot (raw) | 30 |
| String beans | 30 |
| Almond milk | 30 |
| Oat milk (uncooked) | 30 |
| Milk ** (skimmed and unskimmed) | 30 |

| | |
|---|----|
| Yellow lentils | 30 |
| Jam (sugar-free) | 30 |
| Tomatoes | 30 |
| Turnip (raw) | 30 |
| Soya vermicelli | 30 |
| Cherries | 25 |
| Mung beans (soya), Soya flour | 25 |
| Hummus (chickpea dip) | 25 |
| Green lentils | 25 |
| Blackberries | 25 |
| Peanut paste (sugar-free) | 25 |
| Whole almond purée (sugar-free) | 25 |
| Currants | 25 |
| Gooseberries | 25 |
| Dark chocolate (>70% cocoa) | 25 |
| Bush beans | 25 |
| Strawberries (fresh fruit) | 25 |
| Raspberries (fresh fruit) | 25 |
| Cranberries | 25 |
| Pearl barley | 25 |
| Dried peas | 25 |
| Whole nut purée (sugar-free) | 25 |
| Pumpkin seeds | 25 |
| Cocoa powder (sugar-free) | 20 |
| Artichokes | 20 |
| Dark chocolate (>85% cocoa) | 20 |
| Fructose | 20 |
| Aubergine | 20 |
| Tamari soy sauce (sugar and sweetener-free) | 20 |
| Lemon juice (sugar-free) | 20 |
| Antilles cherries, Acerole | 20 |
| Palm hearts | 20 |
| Bamboo shoots | 20 |
| Ratatouille (mixed cooked vegetables) | 20 |
| Soya cream | 20 |
| Soya yoghurt (natural) | 20 |
| Agave (syrup) | 15 |
| Cashew nuts | 15 |
| Asparagus | 15 |
| Broccoli | 15 |
| Brussels sprouts | 15 |
| Cucumber | 15 |

| | |
|---|----|
| Onion | 15 |
| Bran (wheat, oats ...) | 15 |
| String beans | 15 |
| Fennel | 15 |
| Belgian lettuce | 15 |
| Lupini beans | 15 |
| Hazelnuts | 15 |
| Olives | 15 |
| Sweet peppers | 15 |
| Pine nuts | 15 |
| Leeks | 15 |
| Ravanelli | 15 |
| Scallions | 15 |
| Soya | 15 |
| Tempeh | 15 |
| Ginger | 15 |
| Winter cherries | 15 |
| Peanuts | 15 |
| Chards | 15 |
| Cauliflower | 15 |
| Cabbage | 15 |
| Gherkins | 15 |
| Sauerkraut | 15 |
| Sorrel | 15 |
| Carob flour | 15 |
| Mushrooms | 15 |
| Cereals | 15 |
| Lettuce (prickly, curly, lamb's etc.) | 15 |
| Almonds | 15 |
| Walnuts | 15 |
| Chillies | 15 |
| Pesto | 15 |
| Pistachios | 15 |
| Rhubarb, Blackcurrants | 15 |
| Celery, stick | 15 |
| Spinach | 15 |
| Tofu | 15 |
| Courgette | 15 |
| Avocado | 10 |
| Shellfish (lobster, crab) | 5 |
| Vinegar | 5 |
| Spices, herbs (parsley, basil, oregano, cumin, cinnamon, vanilla, etc.) | 5 |



c) Pharmacological treatment

Pharmacological treatments for diabetes vary according to its type.

In Type 1 diabetes, the underlying problem with the disease is the lack of insulin needed to stimulate the metabolism of glucose. The only pharmacological treatment therefore is the administration of *insulin*.

In Type 2 diabetes, drugs known as oral hypoglycaemics serve to make insulin act more effectively, or to increase its production. There is no one individual pharmacological treatment for all patients with Type 2 diabetes. Each therapy regime has to be tailor-made with the aim of bringing glycaemia levels as near to normal as possible, without encountering side

effects. To achieve this, doctors have a wide range of drugs at their disposal. Here are details of some of the most important classes of anti-diabetic drugs.

Metformin and glitazones reduce glycaemia, facilitating the action of insulin and enhancing the utilisation of glucose by the cells. Both have side effects and those of glitazones need to be carefully monitored, especially as regards to the heart.

Sulfonylureas and glinides act on the pancreas and stimulate the production of insulin. They share several undesired side effects including hypoglycaemia.

GLP-1 analogues and DPP-4 enzyme inhibitors have recently become available and, like the sulfonylureas, stimulate the production of insulin. Their use is still limited.

Each drug for treating diabetes has to be taken at a specific time recommended by the doctor when he prescribed. They are usually taken



Glucose meter



with the main meals of the day. There are, however, drugs such as gliclazide modified release that should be taken once a day with breakfast to ensure a reduction in glycaemia for the rest of the day.

Usually, anti-diabetic drugs have to be taken for the whole of a patient's life. Diabetes is a chronic disease and the same applies to its treatment. This, together with the change of lifestyle, is sometimes the only way to keep glycaemia levels low and to prevent damage to the body.

Over the course of time, the originally prescribed therapy may no longer be adequate and the doctor will therefore alter the regime.

d) Preventing complications once the diagnosis has been confirmed it is important to organise a complete self-care management system that includes measuring glycaemia levels and regular medical check-ups (every 3-6 months). It is also necessary to regularly measure blood pressure, blood lipid and cholesterol levels. There are training and dietary advice courses available to help those living with diabetes.

Frequently the change in lifestyle (diet and physical exercise) needs the assistance of expert guidance from health service staff. A constantly high level of glycaemia is dangerous as it can cause severe disturbances to the kidneys and the arteries (including the coronary arteries or the heart). Further problems include damage to the nervous system, the retinas, plantar ulcers, infections, muscular spasms, hyperviscosity of the blood and delays in the cicatrisation of wounds. For these reasons, it is essential that diabetes is diagnosed and treated as early as possible.

Subjects at risk include those who have a family history of diabetes, those who have experienced an abnormal increase in weight, and those who suffer from hypercholesterolemia and hypertension or have had a myocardial infarct. These subjects should have a glycaemic load curve test. The test involves consuming a large amount of glucose with glycaemic measurements

taken at regular intervals to see how it concentrates in the blood and how it is controlled by insulin.

e) What to do in the event of hypoglycaemia?

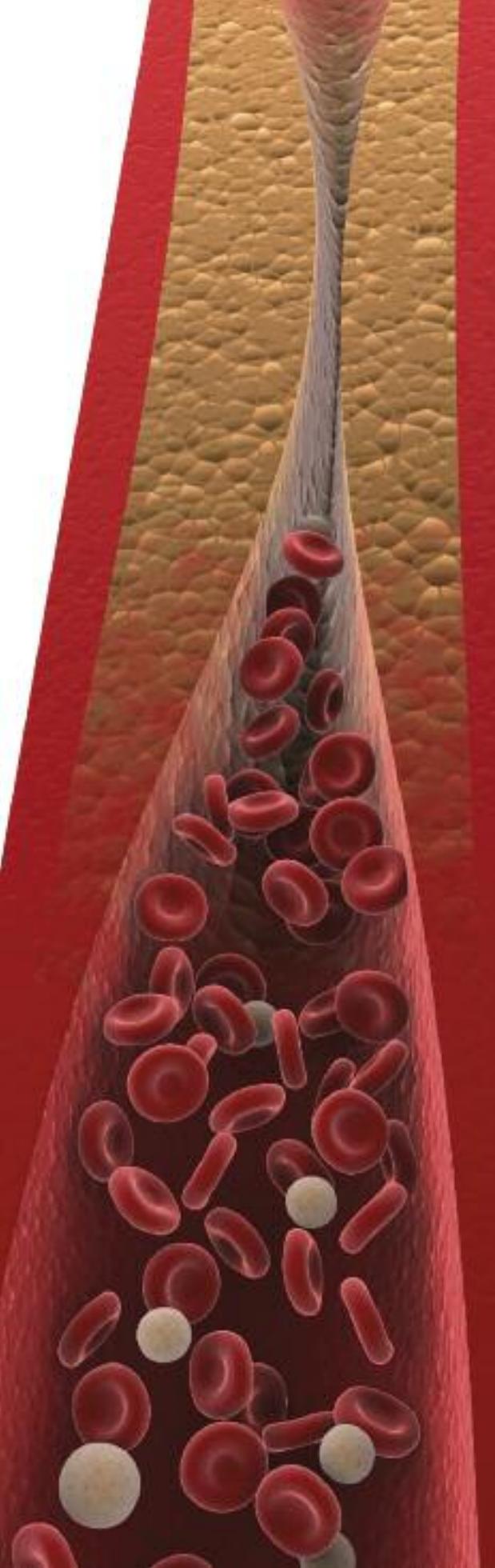
Hypoglycaemia is a drop in the level of glucose in the blood to below normal values. This is a frequent complication that can occur in diabetics under pharmacological treatment, especially with insulin.

Hypoglycaemia can have varying symptoms such as tingling in the mouth and at the tip of the tongue, palpitations, pallor, obscured vision, difficulty in concentrating, abnormal behaviour and unsteadiness walking.

In these cases it is important to react quickly and take carbohydrates that are absorbed immediately by the blood, eg. 3-6 cubes of sugar, a cup of a sweetened drink or fruit juice or 1 slice (20-40 g) of white bread.

Those who suffer from diabetes should always carry glucose or a few sugar cubes and tell family and colleagues about this. The most common causes of hypoglycaemia are excessive physical activity, stress, missing meals, gastrointestinal disturbances (vomiting and diarrhoea), excessive administration of insulin, mistaken medication or high consumption of alcohol.





HYPERCHOLESTEROLEMIA

Treatment

The Portfolio Diet

Drugs for hypercholesterolemia

- a) Statins
- b) Ezetimibe
- c) Fibrates

HYPERCHOLESTEROLEMIA

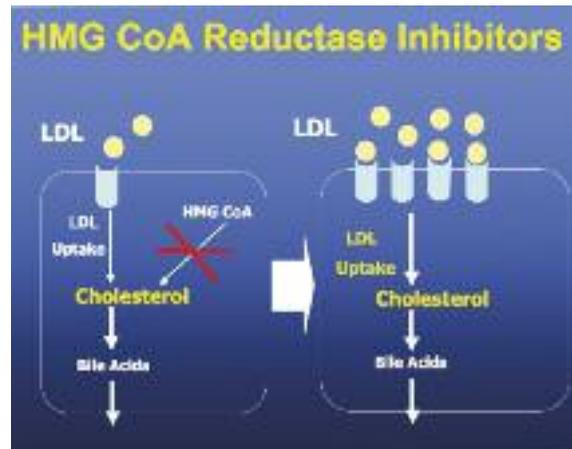
Hypercholesterolemia is the presence of high levels of cholesterol in the blood and, along with hypertension and diabetes, is a significant risk factor for cardiovascular diseases.

The correct amount of cholesterol in the blood is about 200 mg/dL. Cholesterol is a fat and therefore does not dissolve easily in the blood. For this reason cholesterol is not found free but associated with proteins in particles known as HDL or LDL, depending upon their density (H for high density lipoprotein and L for low density lipoprotein). LDL ("bad cholesterol") carries cholesterol from the liver through the arteries to the cells of the body. HDL ("good cholesterol") carries cholesterol from the cells and arteries to the liver for elimination. It is important that the concentration of HDLs in the blood is high (greater than 40 mg/dL) and the concentration of LDLs is low (and in any case should not exceed 115 mg/dl). Total cholesterol blood value is the sum of HDL and LDL.

To give a clearer picture of the amounts of cholesterol in the body, we have about 5 litres of blood, with about 10 g of cholesterol present in it. Cholesterol is essential for the synthesis of steroid hormones and vitamins such as vitamin D. It is also present in the biliary acids and is a relevant component of cell membranes. Thus, it is estimated that our bodies contain about 30 g of cholesterol in total. LDL cholesterol is considered "bad cholesterol" because, when present in high levels, it accumulates in the arteries and contributes to the formation of atherosclerotic plaques that are the cause of coronary artery diseases. For this reason, in subjects at high risk (patients with previous ischaemic heart disease, diabetes and hypertension), LDL cholesterol should not exceed 100 mg/dL (as opposed to 115 mg/dL in normal subjects). The main source of cholesterol is the liver, which constantly produces about 1 g of cholesterol per day. All foodstuffs of animal origin contain cholesterol in widely differing amounts. In general, 100 g of meat contains 100 mg of cholesterol. However, only 50% of cholesterol from food is absorbed by the intestine.



Molecular structure of cholesterol



Statins: mechanism of action

Cholesterol is also contained in plants but to such a small degree that, for many years, scientists ignored its presence. Phytosterols play the role of cholesterol in plants and there are over 200 different forms of phytosterols.

Triglycerides, as the name suggests, are made up of three linked fatty acids. Like cholesterol, they circulate in the blood and, if present in excess, accumulate in adipose tissue and in the arteries. They contribute towards weight gain and atherosclerosis. The normal value of triglycerides in the blood is 170 mg/dl.

Treatment

There are two possible ways of reducing excess cholesterol levels: by an appropriate diet or by the use of specific drugs called statins. Although statins are generally well tolerated, they can be toxic for the liver, especially if used in combination with other drugs, as is often the case with elderly patients. This has been demonstrated by a frequent

increase in transaminases, which indicates a hepatic disturbance. In a few cases, statins can also cause leg pain. For this reason and considering that certain foodstuffs contain high levels of cholesterol, it is always best to consider an appropriate diet as the first approach and statins only in case of failure.

One would naturally think that decreasing the amount of cholesterol in the diet would decrease it in the blood. Unfortunately, it is not as simple as that. Individuals respond in very subjective ways to a low cholesterol diet. Often high cholesterol levels are genetically determined and in this case a low cholesterol diet may not be effective. To achieve a significant reduction (eg. reduce LDLs by 20 or 30 %) without the use of statins is possible, but necessitates a special diet, the so called Portfolio Diet.

The Portfolio Diet

David Jenkins (the same clinical researcher who proposed the Glycaemic Index) demonstrated in an experiment on hypercholesterolemic patients (with LDLs of 160 mg/dl or more) that a significant reduction in overall cholesterol and LDLs can be achieved using a very special "Portfolio" Diet.

This is not just a totally vegetarian diet, or better still, a vegan diet, which contains nothing that comes from animal origin. It is much more. It must have four essential basic elements.

- Plant sterols (phytosterols) - 1 g per 1000 Kcal.
- Soluble fibres (eg. psyllium, oats, barley) - 10 g per 1000 Kcal.
- Soya proteins - 25 g per 1000 Kcal.
- Almonds - 23 g per 1000 Kcal.

A typical daily menu would be:

Breakfast

- Soya milk
- Cereals (oat, barley flakes etc.)
- Almonds
- Oatmeal bread with sterol enriched margarine
- Apple

Lunch

- Legume soup (beans, chickpeas, lentils etc.)
- Soya or tofu hamburger with aubergines and/or okra or lettuce
- Oatmeal or mixed barley bread
- Apple

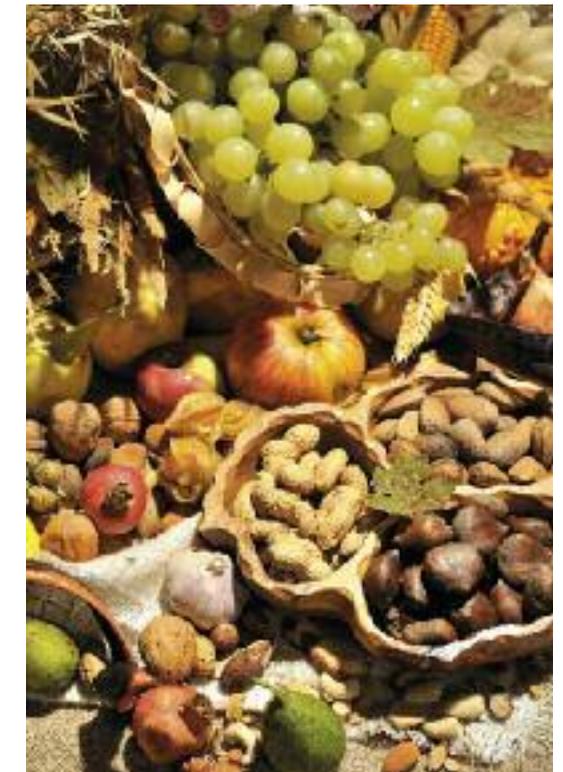
Dinner

- Tofu with vegetables
- Fruit

Snacks

During the day you can have snacks of almonds, soya yoghurt, and soya milk with psyllium until reaching 1500-2000 Kcal per day for a diet suitable for a person of normal weight leading a semi-sedentary life.

A few observations about the Portfolio Diet are needed. Firstly, we should note that there is the need to add sterols to artificial margarine. This is because in nature, as can be seen in the table below, such a high quantity of sterols cannot be acquired from the ingredients alone. The plant sterols are important as they contribute to the reduction of cholesterol by about 6-8%. It is believed that they compete with cholesterol in the intestine and therefore reduce its reabsorption.



FOODSTUFF

STEROL content per 100 grammes

| | |
|------------------------------|-----------------------|
| RICE BRAN OIL | 1 g approx |
| CORN OIL | 1 g approx |
| WHEATGERM OIL | 0.5 g approx |
| OLIVE OIL | 0.2 g approx |
| SOYA OIL | 0.2 g approx |
| NUTS (of differing types) | from 0.10 to 0.15 g |
| LEGUMES (of differing types) | from 0.10 to 0.15 g |
| VEGETABLES | from 0.010 to 0.025 g |
| FRUIT | from 0.010 to 0.025 g |



Secondly, soluble fibres can come from different sources - for example from psyllium, obtained from the chaff of *Plantago ovata* seeds, which create a jelly-like substance, or from aubergines and red or green okra (*abelmoschus esculentus*). These plants should always be on the menu. Another essential ingredient is oats. It is believed that the fibres of this beta-glucan rich cereal and those from the above mentioned plants are particularly good at reducing the absorption of cholesterol by the intestine. Lastly, the Portfolio Diet contains soya proteins. Although the mechanism with which these proteins reduce cholesterol has not been fully explained, it is believed that peptides from soya reduce the production of cholesterol by the liver. Almonds do not seem to have any effect on the reduction of cholesterol but are necessary as they supply monounsaturated fatty acids in a diet which, in the absence of olive oil, has a low fat content.

So it seems that the Portfolio Diet acts mainly against the reabsorption of cholesterol, which in turn is excreted with intestinal bile.

However, it is evident that this is not exactly an enjoyable diet. It is difficult to maintain such a difficult regime over time and is insufficient in delivering the necessary energy to support the hectic workload imposed by modern society. This was immediately realised and in a year-long experiment, again coordinated by Jenkins, the addition of 10 g of butter per day and one egg per week produced a reduction in cholesterol from 10 to 20% or more, depending on how strictly the patients adhered to the diet. But....there is even better news!

Jenkins recently announced that, if the principles listed above are adhered to, the diet can provide the same results as the vegan version, even if three or four meals per week are based on fish or white meat. What a relief!

Although these levels of cholesterol decrease are comparable with those obtained with drugs, especially statins, we should remember that it has been shown that statins reduce the risk of heart disease and prolong life as well as reducing cholesterol. Just following a diet can't beat that!

A less restrictive dietary approach (as described in this book) is however necessary for the treatment of lipid disorders and it goes without saying that differing versions of the Portfolio Diet can be combined with statin treatment to provide even better results.

Drug for hypercholesterolemia

Incredible improvements have been recently achieved in the pharmacological control of cholesterol levels.

Statins are the drugs prescribed today when overall cholesterol levels and LDLs have to be reduced in dyslipidemic patients. This has only been possible since 1987, when Lovastatin became available. Lovastatin is a natural product. It is produced by a microscopic fungus *aspergillus terreus*, by a yeast *monascus purpureus* and by an edible fungus cultivated on a mass scale, *pleurotus ostreatus*, and commonly known as oyster, milky cap, and blewit.

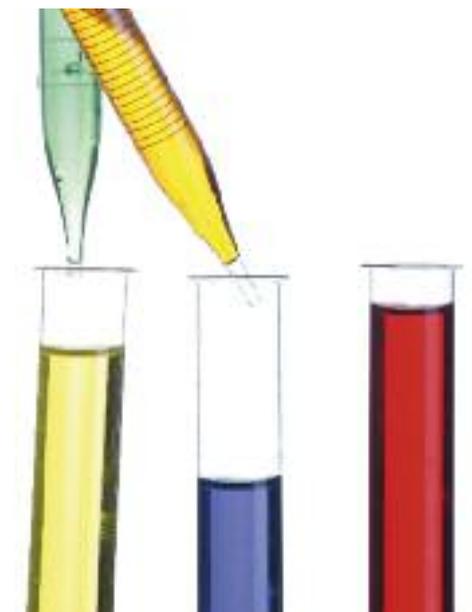
In addition, rice fermented with *monascus purpureus* yeast is commonly found in China and is known and sold in the USA under the name of "red yeast rice". It contains a range of statins, the "monacolins" that include mevastatin and lovastatin. Interestingly, this "red rice" was widely recognised in Chinese medicine for its purifying and disintoxicating properties.

Today there are nine well known statins, of which five are obtained from chemical synthesis and the other four from fermenting microorganisms with or without chemical modification (ie. semi-synthetic and natural). What they all have in common is their mechanism of action. Statins inhibit an enzyme, liver HMG-CoA reductase, which is at the beginning of a chain of about thirty passages needed for cholesterol synthesis. Patients are often advised to take statins in the evening due the fact that they

remain in circulation for only a short time and cholesterol is synthesised mainly at night. The action of statins is not limited to just reducing cholesterol - it has been observed that they increase the number of HDL receptors, thus favouring even more the removal of "bad" cholesterol.

Ezetimibe is a new type of drug which has become available recently. It lowers cholesterol using a different type of mechanism than that of statins and acts by inhibiting the intestinal absorption of cholesterol. There is also a pharmaceutical preparation available that combines ezetimibe with statins to provide an enhanced effect.

Fibrates are another class of drug that can be used. They decrease the number of triglycerides and slightly increase the "good" cholesterol HDL. Sometimes fibrates have to be combined with statins. In this case, great care needs to be taken regarding the severe side effect which manifests as muscle pain, generally in the calves. Other drugs combined with statins are derivatives of nicotinic acid. This combination too can provoke side effects and its use should be carefully monitored.





SUGGESTIONS FOR GOOD HEALTH

Physical activity

Frequently asked questions

- a) How much physical exercise is recommended?
- b) What does physical activity mean?
- c) How strenuous should the exercise be?

Smoking

- a) The respiratory apparatus
 - b) The cardiovascular system
 - c) Neurological diseases
 - d) Urological diseases
 - e) Other unpleasant side effects
 - f) Passive smoking
 - g) Smoking and young people
 - h) The benefits of those who stop smoking
 - i) How to stop
 - j) The golden rules
- Benefits after you stop smoking**

Diet and guidelines for well-being

SUGGESTIONS FOR GOOD HEALTH

We were created to live for no more than thirty years and our bodies were designed for movement. Primitive man had to hunt to find his food to survive and so, like other mammals, had a far from sedentary lifestyle. The social evolution is providing an excess of food (although not for all) and progress in medicine, especially in cardiology, has considerably extended our life span despite the little exercise we now take. So, societies in which we live have allowed us to live longer but have also imposed adverse work patterns and given us cars, lifts, escalators, over-eating, smoking and increasingly lazier lifestyles. None of this is good for us.

The key elements of prevention are: physical activity, diet, and not smoking.

Physical activity

With a sedentary lifestyle, unused muscles tend to waste away (atrophy) and blood pressure increases, as does the level of sugars in the blood. Fats do not get burnt but are stored in the body, resulting in weight gain and increased cholesterol levels. At this stage a vicious circle is set in motion: we feel heavier and inefficient so we move less and worsen the situation.

Regular physical activity offers a whole range of benefits: we lose weight, our heart rate (the number of times the heart beats in the course of the day) decreases, as do blood pressure, cholesterol and triglyceride levels. In addition, regular physical activity reduces the risk of osteoporosis, diabetes, myocardial infarct and stroke, maintains muscular tone while increasing muscular mass, facilitates blood circulation, improves the amount of oxygen supplied to tissues, and helps giving up smoking. The table on page 57 provides calorie consumption according to different activities.



Sedentary lifestyle

These are the physical benefits – but the psychological benefits are also important. Thanks to the production of endorphin, regular physical activity reduces stress, facilitates concentration, relieves tension, improves our appearance and generates a sense of physical and psychological well-being. People who practise a sport or take exercise (swimming, walking, jogging, yoga, etc.) enjoy a better life, are less likely to suffer from cardiovascular disease and obesity, and achieve a state of stable metabolic equilibrium.

We can all find the time to take exercise; all it needs is a bit of will power.

In diabetics, regular physical exercise reduces the need for insulin, decreases post-meal hyperglycaemia, helps keep weight under control and normalises the level of fats in the blood. In other words, physical exercise plays the same role as insulin. In people suffering from hypertension, regular physical activity

reduces blood pressure. For those with problems of high cholesterol, physical exercise reduces LDL levels.

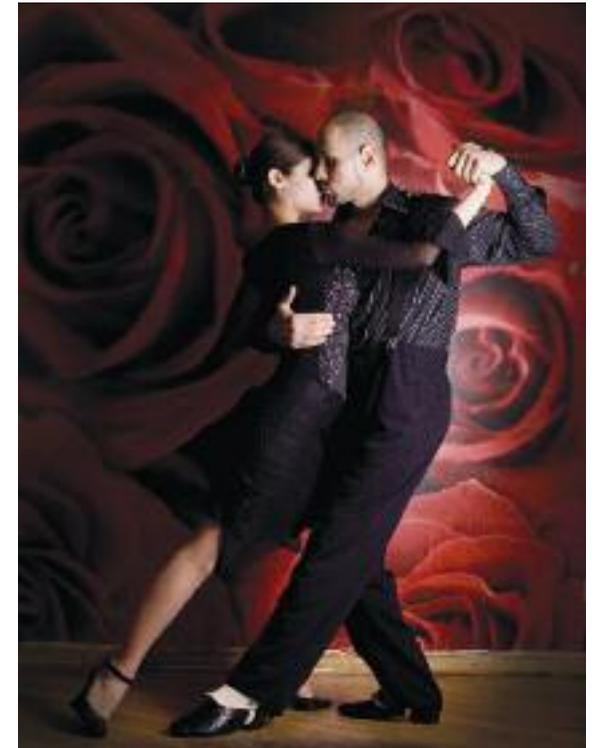
To lose weight we need regular and constant physical exercise and a balanced diet. We put on weight because we eat badly and excessively. We often follow too many diets for short periods and don't take enough exercise. If one decides to take exercise, it is important to begin gradually. Exercise should begin with a warming up phase and end with a recovery time. It is vital not to push beyond the limits. We should drink plenty of water before, during and after exercise. People suffering from diabetes should not do more than 50-60 minutes of exercise per day but should start today – not tomorrow!!

If you do not like or do not have time for proper physical activity sessions, here are a few suggestions about how to increase the amount of exercise in daily life.

- 1) Burn up calories cleaning the house, ironing, doing the shopping or gardening.
- 2) Avoid all forms of energy saving: carry things that are moderately heavy, don't take lifts or escalators.
- 3) Walk or cycle.
- 4) Don't use the car.
- 5) Make an activity plan.
- 6) Take the dog for a walk more often.
- 7) Go dancing - in one evening of Latin-American dancing for example, you can burn 1000 calories.
- 8) Always avoid physical activity just after a meal. During meals, blood flow is recruited by the intestine to promote digestion and if you do heavy exercise just after a meal, blood flow will be deviated to the muscles, lungs and heart. As a consequence, digestion will slow and increase the risk of stomach ache, indigestion, nausea and stomach cramps. On the other hand, a stroll helps us digest our meal.

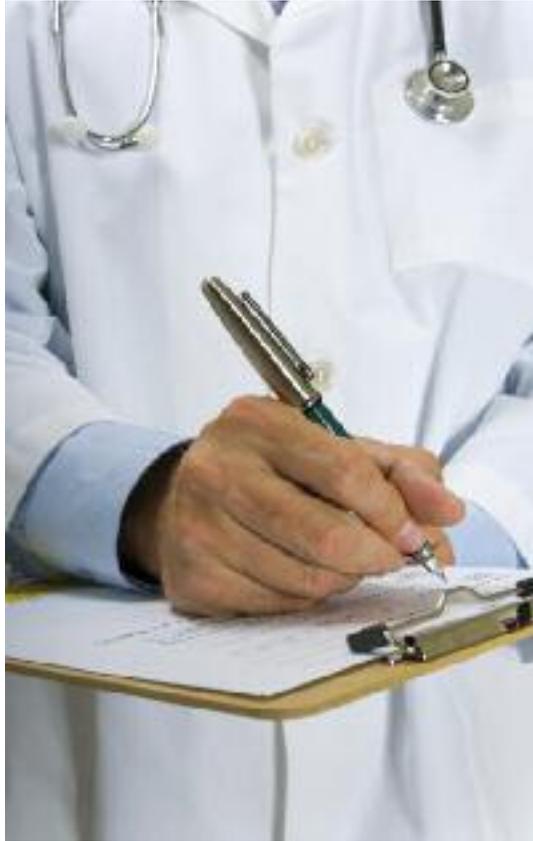
Scientists have calculated how many “points” certain habits are worth in terms of health and have established that our lifespan depends on our DNA to a factor of 25%. Obviously we cannot modify our DNA but the remaining 75% is connected to individual choices we make. It is quite important to note that these choices still count even if made at 70 years of age. The research involved 2,367 doctors with an average age of 72 and 41% of them aged over 90. The habit that proved to have the worst effect on lifespan was that of living a sedentary lifestyle. The probability of reaching the age of 90 for those who do not exercise drops by 44%. Even smoking has a lesser effect, 22%. High blood pressure rates at 36% and obesity at 26%.

But remember, when there is more than one risk factor, the percentage risk factor increases exponentially.



Calories consumed every 15 minutes by differing activities

| | |
|------------------------|--------------|
| Latin American dancing | 250 calories |
| Running | 188 calories |
| Swimming | 158 calories |
| Football | 129 calories |
| Mountain hiking | 126 calories |
| Tennis | 107 calories |
| Cycling | 98 calories |
| Skiing | 96 calories |
| Walking | 75 calories |
| Working out | 65 calories |



Frequently asked questions

a) How much physical exercise is recommended?

It doesn't matter how much or which activity you do – what is important is that you do it regularly. You will see immediate results, but if you don't keep up with the exercise you will just as quickly lose the benefits you have worked for so hard. An active lifestyle doesn't mean being active for a few days or months, it means adopting a whole new way of thinking for the rest of our lives. The new lifestyle, however, must not become an obsession. It will not be the end of the world if you miss exercise for a week as long as you take it up again as soon as possible. An interruption of a week or two, even a month, is not a problem. Just doing one, two or four weeks of physical activity out of a whole year of inactivity, however, is a waste of time.

The motto is “continuity and moderation”. Interrupt if needs be, but never give up!

b) What does physical activity mean?

It means performing simple moderate physical exercise like walking, jogging, swimming, cycling, dancing, gardening, doing housework. You should do 30-50 minutes of exercise every day or 60 minutes, three or four days a week.

c) How strenuous should the exercise be?

The effort required should be moderate, but at the same time strenuous enough to make you breathe harder without becoming short of breath. In practical terms you should exercise until you are breathing harder, can still speak normally but are not sweating. To a large extent this is aerobic exercise, meaning that the body uses oxygen to produce the energy needed for that activity.

The next stage in exercise will make you sweat and make you breathe harder. This stage corresponds to the anaerobic exercise, meaning the level of effort which is carried out by the muscles in the absence of oxygen. It is best to move to the anaerobic stage only when you are trained to do so and if you do not suffer from heart problems. If that is the case, you are advised to consult your doctor before starting.

d) Do I need to consult a doctor before starting a physical activity?

No, as long as you don't have any particular medical problems.

Smoking

It is well known that smoking is bad for health in general and particularly for the heart.

Why is this?

When you light a cigarette, at least 4,000 toxic components are produced into the air and/or inhaled into the body! Among these are chemical substances (carbon monoxide, which reduces the capacity of the blood to transport oxygen, nicotine, nitrosamine), tar (solids including the carcinogenic benzopyrene), irritants (formaldehyde, acrolein, ammonia, phenols, prussic acid) polonium, cadmium, nickel and particulates, ie. the particles in suspension that irritate the bronchi. Cigarettes contain at least 11 chemical compounds that can cause cancer. A smoker who inhales deeply retains more than half of the toxic products in smoke: with tar and carbon monoxide at the forefront. Precisely the worst things for the health!

There are two types of smoking: active and passive. Active smoking, as the name suggests, is the direct inhalation of smoke, while passive smoking is the inhalation of other people's smoke, or second-hand smoke.

Interestingly, in the small Himalayan kingdom of Bhutan, until recently nobody smoked. This was simply because tobacco did not exist and its importation was severely punished. Unfortunately, there are no statistics on the incidence of different diseases but it would have been interesting to know. Today, Bhutan is open to tourism and foreigners are allowed one pack of cigarettes each; this is an example of how one society can contaminate others.

The damage caused by smoking can be found throughout the body.

a) The respiratory system.

Smoking causes lung cancer which, among all of the cancers, is the main cause of death in males. Chronic obstructive bronchopneumopathy, commonly known as bronchitis, also mainly affects smokers. Of those suffering from chronic bronchitis, 90-95% are smokers or ex-smokers. The disease is the consequence of both the systemic effect and the local effect of smoking, which can



cause constant inflammation of the bronchia, preventing the normal flow of air which, in turn, results in a shortage of oxygen and difficulty in breathing. Exposure to smoke also causes a decrease in the immune defences of the airways, with an increased incidence in infection rates and the suppression of the cough reflex, with subsequent congestion and the formation of catarrh.

b) The cardiovascular system.

Smoking is an important risk factor for cardiovascular diseases, especially myocardial infarction. This is because on the one hand it increases the rate of heartbeats (therefore the heart needs more oxygen to function), while, on the other, it irritates the coronary artery walls, leading to atherosclerosis and coronary thrombosis. This increases the risk of blood clot formation in smokers. Blood clots, in turn, block the arteries and cause angina, heart attack and stroke.

c) Neurological diseases.

Smokers display reduced cognitive functions (memory, attention span, concentration). They provide incorrect responses 20% more often than non-smokers in global cognitive function tests. Tobacco smoke also has a negative effect on the cognitive functions of the elderly and may even be fatal for people with pre-existing vascular diseases or diabetes.

d) Urological diseases.

Smoking is also an important risk factor for cancer of the gallbladder, as the by-products of smoke deposit in the bladder and carcinogens kick into action.

e) Other unpleasant side effects.

Smokers run a 70% higher risk of suffering from osteoarticular and/or muscular diseases and are more likely to have backache. The skin too suffers: the risk of developing facial wrinkles is twice as high in moderate smokers and three times higher in those who indulge heavily.

Smoking favors the occurrence of lens defects, better known as cataracts, particularly in the elderly.

f) Second-hand (passive) smoking.

The smoke given off by the slow burning of a cigarette, combined with that exhaled by smokers, is the main source of pollution in enclosed settings. Actually, passive smoke contains similar irritants, oxidants and carcinogens as active smoke. Wherever people smoke there is second-hand smoke in the air, although we might not notice it because it is almost invisible. At least it is diluted in settings that are ventilated.

People who breathe second-hand smoke are at risk of the same diseases as smokers, including cancer and heart disease. In several countries, all enclosed public places and workplaces are now smoke-free. In most EU countries, it is illegal to smoke in the indoor parts of public places such as pubs, bars, nightclubs, cafés and restaurants, trains, aeroplanes and shopping centres.

When you give up smoking, you will also be protecting the health of your family and friends!

g) Smoking and young people.

It is important to consider the effects of smoking on adolescents.

- Children are particularly affected by second-hand smoke as their bodies are still developing. Growing up in homes where at least one parent is a smoker is also damaging as children become accustomed to the smell of smoke.
- 1 child out of 4 will know what a cigarette is before reaching the fifth birthday!
- At 11 years of age, 1 out of 3 and at 16, 2 out of 3 will have tried smoking.
- 95% of smokers began in their teens.

Prevention in this case is fundamental. There is a need to communicate clearly with young people about the damage caused by smoking and the problems associated with it.



At least 50% of smokers start young. This significantly reduces life expectancy. A smoker aged 25 who smokes 40 cigarettes a day decreases his life expectancy by a mean of eight years. Smoking kills 10 times more people than car accidents and more than many other diseases.

h) The benefits for those who stop smoking.

Quitting smoking isn't easy but the improvements to life and health are really motivating. There are no disadvantages to quitting smoking. Actually there are important advantages. You will:

- Reduce the risk of illness, disability or death caused by cancer, heart disease and lung diseases.
- Reduce the risk of gangrene or amputation caused by circulation problems.
- Protect the health of others by not exposing them to second-hand smoke.
- Reduce the chances of our children suffering from asthma.

- Improve fertility and chances of a healthy pregnancy and a healthy baby.
- Improve breathing and general fitness.
- Enjoy more the taste of food.
- Save money if you're a heavy smoker.
- No longer smell of tobacco.
- The appearance of skin and teeth will improve.
- Feel more confident in social situations.
- Get approached more often by potential new friends and partners when socialising.
- The home will smell fresh and the walls will no longer be stained with nicotine.
- The risk of fire at home will be reduced.

i) How to stop.

Giving up smoking is possible. There are millions of ex-smokers who, to a large extent, gave up when they became aware of the damage they were doing to their health and who also had the willpower and determination to succeed. For some, willpower and determination are not enough and they need psychological and/or pharmacological support.

j) The golden rules

- we need to want to stop and overcome any worries about putting on weight or not being able to relax.
- it is best to try stopping when we are in a relatively stress-free period.
- it is important to increase our liquid intake immediately (especially water).
- knowing the fate awaiting those who don't give up is a great motivator.
- accept the help of those who have tried and succeeded, using proven methods.
- try to think often of the benefits that stopping will bring.

When you do give up, you will feel the benefits very quickly. These benefits will multiply over the years and, in due course, all the damage caused by smoking will disappear.



Stop smoking!

Benefits after you have smoked your last cigarette:

- **20 minutes**
Blood pressure drops back to the level before the last cigarette, the temperature of your hands and feet returns to normal.
- **8 hours**
The level of nicotine and carbon monoxide in the blood decreases by 50%: oxygen levels return to normal.
- **24 hours**
The carbon monoxide is eliminated from the body, the lungs begin to expel mucus and harmful substances deposited in the tissue. The chances of having a heart attack diminish.
- **48 hours**
All traces of nicotine have gone from the body; senses of smell and taste are much improved
- **72 hours**
It is much easier to breathe; the airways gradually relax, leading to an overall sense of well-being.
- **2-12 weeks**
Blood circulation improves.
- **3-9 months**
Lung function parameters improve by 10%. Less coughing, breathlessness and fewer general respiratory problems. Also less fatigue and nasal congestion.
- **1 year**
50% less chance of coronary disease.
- **5 years**
The risk of heart attack, stroke or death due to lung cancer is cut by 50%.
- **10 years**
The risk of contracting cancer of the mouth, throat, oesophagus, gallbladder, kidneys and pancreas decreases; the risk of heart attack or of coronary disease tends towards the same level as that of people who have never smoked.

Diet and guidelines for well-being

Diet is a key element to well-being and this is what this book is about. Here are some recent guidelines for well-being. They confirm that a healthy and balanced diet is important for everyone.

The rules are:

- Do not skip meals. Skipping meals is not a good way to reduce the calories we consume. If you don't eat enough on one day, you will eat more the next day or the day after. Small frequent meals are better as they mean fewer ups and downs in insulin levels, they help prevent drowsiness after meals and also mean less swelling of the stomach.
- Breakfast is fundamental. Missing breakfast and not eating over a 12 hour period causes exhaustion and the body burns fewer calories.
- To keep weight under control, we need to balance our drink and calorie intake with our physical activity.
- Eat fruit and vegetables that are rich in fibre, as well as cereals and wholemeal flour products.
- Eat five portions of fruit and vegetables per day.
- About half of the cereals you eat each day should be wholegrain.
- Drastically reduce the intake of saturated fats and fatty acids and instead eat lean meat, poultry, game meat and non-fat dairy products.
- The intake of saturated fats of animal origin (butter) should be replaced by monounsaturated (like olive oil) and

polyunsaturated fats (seed oils and some fish oils).

- Drink and eat products that contain little sugar.
- Read the labels on foodstuffs carefully to see what they contain. Limit the intake of products that have oil and fats as their main ingredients and avoid products that do not specify the type of vegetable oil used, as they may be rich in saturated oils. Also check the amount and type of sugar and salt.
- Avoid dried fruit and pre-prepared desserts.
- Consume less than 2 g of salt per day, including that found in ready-made foods.
- Limit alcohol consumption to one glass of red wine per day for women and two for men.
- Take regular physical activity - not less than 40 minutes a day for adults and 60 minutes for children.
- Give up smoking. Smoking is bad for the whole body, not just for the heart.
- Do not go to bed for at least two hours after an evening meal. The body needs time to digest everything we have eaten. If you don't follow this rule, all the calories will be stored in the liver as glycogen and will then be converted into fat. Going to bed on a full stomach also increases the risk of indigestion, reflux (where acids from the stomach rise up to the oesophagus) and the sensation of burning in the stomach.
- Eat slowly and never while standing up. If you eat in a hurry, enzymes in the saliva and gastric juices can inhibit the proper functioning of the digestive muscles and it is easy to swallow air.



MAIN INGREDIENTS

Different chemicals

Carbohydrates

Fats

Omega 3 fatty acids

Proteins

Fibres

Antioxidants

Vitamins

Minerals

Other elements

Water

Items of food

Useful tips

Stock

Carpaccio

MAIN INGREDIENTS

Different chemicals

The foods we eat contain different chemical substances and the main ingredients of these foods are broken down into molecules during digestion. In this form, they are more easily absorbed by the body. They provide us with the energy we need to live and to keep our bodies working properly.

The main ingredients in the foods we eat are carbohydrates or sugars, fats, proteins, fibres and vitamins (including organic vitamins), mineral salts and water (inorganic compounds).

Energy is measured in kilocalories (kcal). The amount of energy that the body needs per day varies according to age, physical activity, body mass and other factors. To maintain the right body weight, we need to find a balance between our food intake and the amount of energy we consume.

Carbohydrates

There are two types of carbohydrates: starches and sugars. Starches, also known as complex polysaccharide carbohydrates are found in cereals, bread, pasta, rice, potatoes and pulses. They are intrinsic and extrinsic. Intrinsic sugars are part of the cellular structure of foods and are mainly found in fruit and vegetables, whereas extrinsic sugars are added to foods in the form of sucrose (sugar) and fructose (honey). Carbohydrates are the main source of energy for the body. The brain alone needs about 100 g of glucose per day. It is believed that carbohydrates supply at least 60% of our total energy requirements. Carbohydrates are needed to burn fats and thus help us lose weight, but they must be consumed in moderation to decrease the workload of the pancreas, which produces the insulin needed to maintain the right level of glycaemia. A plate of pasta is by no means prohibited and, in fact, is better for you than bread or rice, which have high GI ratings.





For diabetics, 80-85% of carbohydrate intake should come from complex carbohydrates, preferably pasta, rice, pulses, then bread and potatoes. 15-20% should come from simple carbohydrates, preferably fruit and skimmed milk. Glucose can be replaced by fructose and sucrose up to a maximum of 20-25 g per day.

Fats

Fats (or lipids) are important as they provide a source of energy. We get fats from the food we eat. They remain in the intestine for longer, as they are difficult to digest. Once absorbed they enter the blood and, from here, any excess fat that is not used for energy production is deposited in the adipose tissue causing weight gain. There are harmful and healthy fats. They can be

divided into saturated (solids) of animal origin (eg. butter or lard) and unsaturated (liquids) of plant origin (such as olive oil or seed and fish oils). Unsaturated fats can be further broken down into monounsaturated (fats of plant origin like olive oil) and polyunsaturated (fats of plant and animal such as seed and some fish oils). Fats can also be split into visible (olive and seed oils, butter, margarine and lard) and invisible fats (contained in meat, cheeses, eggs, fish and milk). Mono and polyunsaturated fatty acids offer some protection against atherosclerosis and heart diseases. Saturated fats from animal origins, if taken in excess, are not healthy.

A healthy fat distribution would be 22% unsaturated (of which 15% are monounsaturated and 7% are polyunsaturated) with the remaining 8% being saturated fats.

Omega 3 fatty acids

Omega 3 fatty acids are polyunsaturated fats found in fish (sardines, anchovies, wild salmon) and in vegetables. They have highly cardioprotective characteristics. They contribute towards maintaining cardiac cell membrane integrity, reduce arrhythmias and favour the formation of anti-inflammatory substances. Numerous studies have shown that Omega 3 reduces the incidence of the recurrence of infarction and sudden death and improves the function of failing hearts.

Proteins

As we all know, proteins are essential for the body. We need proteins to develop and grow; to form new cells and repair old ones (especially muscle cells) and to regulate all bodily functions, Proteins are formed by simple

units known as amino acids that are linked to one another in chains. The length of these chains varies according to the number of amino acids of which proteins are composed. Amino acids are sub-divided into essential, non-essential and semi-essential. Essential amino acids are supplied by the food. The other can be synthesised by the body from essential amino acids.

The digestion of proteins begins in the stomach and continues in the duodenum. They are absorbed and passed into the blood, in the intestine and are eliminated in the urine. It is for this reason that, in cases of kidney disease, the intake of proteins has to be reduced.

One gramme of protein corresponds to four calories, so any proteins that we consume in excess of the daily needs are converted into glucose and create energy. The "first class"





proteins that contain all eight essential amino acids are of animal origin and are found in meat, dairy products, fish and eggs. “Second class” proteins are of plant origin and, apart from soya, do not contain all the essential amino acids.

A diet that is too rich in protein causes demineralisation of the bones, damage to the kidneys and favours high blood pressure. The World Health Organisation (WHO) suggests that 10-15% of our daily calories should come from proteins. This means 0.75 g of protein for each kilo of body weight. If a person weighs 50 kilos, he should take 38 g of protein per day. If he weighs 70 kilos, he should take 52 g and so on.

Fibres

Fibres are also known as non-starch polysaccharides and are mainly of plant origin. They arrive undigested in the intestine where they are fermented by bacteria. Fibres are split into water, fatty acids and gases, with the latter being absorbed by the faeces. Fibres can be hydrosoluble and insoluble. Most plants contain both.

Many studies indicate that soluble fibres (such as those found in citrus fruits, apples, pulses, barley, oats and rye) are useful to reduce LDL cholesterol. They bind in the gallbladder with bile salts which contain cholesterol and prevent its reabsorption in the intestine. Fibres also control the level of glucose in the blood and limit the absorption of fats. In addition fibres favour the sensation of being “full”, which is useful when trying to lose weight.

Insoluble fibres (such as cellulose) are found in all plants, especially vegetables, pulses and cereals. Cellulose is important for preventing constipation; it accelerates passage of the faeces through the intestine and can prevent cancer, diverticulitis and irritation of the bowel. Fibres of this type have a protective antioxidant action.

The recommended fibre intake is about 30 g per 1000 calories per day. People suffering from constipation can go to 35 g per day. There are no proven benefits above this level increase fibre intake.

Beans, soya beans, whole-grain barley, bran cereals, wholemeal bread, peas, wholemeal pasta, Brussels sprouts, dried apricots, dried figs, almonds, blueberries, plums and oranges have high fibre content.

Antioxidants

Oxygen, although essential for life, is toxic. For this reason, the body needs agents that are able to exert an antioxidant action. Antioxidants are present in fruit and vegetables as vitamin C (found in citrus fruits and kiwis) and vitamin E (found in broccoli, cabbage and similar vegetables). Other antioxidants are selenium, zinc and chrome (found in beer yeast). The tannin in green tea and in persimmons also plays an antioxidising role.

Red wine is a good antioxidant as it contains flavonoids and tannins.

Vitamins

Vitamins are organic substances that we need in small doses (1g or even 1 mg per day). They are not produced by the body but have to be introduced with food. They provide neither energy nor plastic material (like proteins for example). They are, however, essential as bioregulators and act as “guardians” to check that metabolic processes are properly performed. Each vitamin plays a different role with the main ones being:





Folic acid

Also known as folacin - needed for the formation of cells and especially for red blood cells. A lack of folic acid hinders the normal course of pregnancy, can cause anemia and plays a part in cardiovascular diseases. It is recommended that the daily intake of folic acid never exceeds 1 mg. It is found in pulses, green leaf vegetables, wheat germ, liver, beer yeast and in fish.

Vitamin A and beta carotene

Essential for the eyes, enhances growth and protects the skin. Excess vitamin A accumulates in the liver and causes liver or bone damage. Daily intake should not exceed 7.5 mg for women and 9 mg for men; it is found in foods of animal origin such as liver, milk, butter, eggs, cheese and fatty fish.

The body can, however, convert beta carotene - found in carrots, fruit and green vegetables - into vitamin A. Beta carotene is important for the prevention of cancer and it has antioxidant properties. The recommended daily intake of beta carotene is 6 mg, equivalent to five portions of fruit or vegetables daily.

The vitamin B group (B1, B2, B3, B5, B6, B12)

These are hydrosoluble vitamins that play a role in many fundamental biological processes. They are essential for growth, for proper functioning of the digestive system, metabolism, membranes and skin. They also ensure that the nervous system functions well and favors the use of glucose. These vitamins tend to disappear during the processing, cooking or preservation of food and, as they do not accumulate in the body, it is important to ensure that we consume them regularly.

Vitamin B1 is found in sunflower seed, pork, bacon, peanuts and wholemeal pasta; **B2** in meat, dairy products, liver, bran, eggs and game; **B3** in poultry, turkey, tuna, sword fish, sardines and in cereals with bran; **B5** in assorted meats (especially liver), eggs, green vegetables, wholemeal cereals and in walnuts; **B6** in various meats, eggs, corn, fish, bran and in lentils; **B12** in assorted meats, dairy products, mussels, oysters, scallops, sardines, fatty fish and eggs.

Vitamin C

This is an important antioxidant vitamin which reduces ageing of tissue. Vitamin C makes a significant contribution to the correct functioning of the immune system, strengthens our defences against infections, accelerates the healing of cuts and fractures and controls cholesterol levels by counteracting its absorption.

A deficiency of vitamin C can lead to bleeding of the gums and nose, increased vulnerability to infection and, if prolonged, can cause scurvy. Excess vitamin C on the other hand can

have a laxative effect, cause diarrhoea and gastric disturbances. Vitamin C is mainly found in fruit and vegetables; it is easily destroyed during cooking and food preservation processes.

Vitamin D

This vitamin is important as it enhances the absorption of calcium and phosphorus in the bones. In young people, it enhances skeletal growth and in the elderly prevents osteoarthritis. Vitamin D deficiency can lead to rickets in young people, or to weakness and pain in adults. Excess on the other hand, can cause kidney damage and deposits of calcium. The main sources of vitamin D are the sun (30 minutes of exposure per day is sufficient), cod liver oil, milk, dairy products, fatty fish and eggs.

Vitamin E

This vitamin is a powerful antioxidant that protects cell membranes and prevents the formation of blood clots. It strengthens the immune system defences, keeps the skin healthy and helps damaged tissue heal. Excess vitamin E does not generally cause problems. It is found in cereal, walnuts, avocados, sun flower seed oil, corn oil, almonds and liver.

Vitamin H

Contributes to cell maintenance and function. Found in beer yeast, meat, milk and peanuts.

Vitamin K

This vitamin is synthesised by the large intestine. It has anti-haemorrhagic properties and a lack of vitamin K can cause problems with coagulation and bleeding. Vitamin K is found in many ingredients, especially those with dark green leaves, in the skin of fruit and in liver.

Vitamin PP

We need vitamin PP for the growth and maintenance of the body. It is found in meat, fish, cereals and pulses.

Minerals

These are inorganic substances and many vital functions of our bodies depend on their adequate intake. Among the most important minerals we need are:

Calcium

For the formation of bones and teeth. Calcium is also essential for coagulation of blood, for contraction of the heart and other muscles and for the nervous system. It is primarily found in milk, yoghurt, cheese, green leaf vegetables, almonds, plums and pulses. Children need calcium to grow and adults also need it to prevent osteoporosis. The human body contains about 1 kg of calcium and, to keep this level stable, we need to take 1g per day. Lack of calcium can cause muscle cramps and loss of appetite.

Chlorine

Chlorine is a key ingredient of the gastric juices that make the digestion of foods possible. Chlorine also regulates the acid-alkali balance of the body and is involved in the process of muscular contractions. It is usually found in table salt, meat, eggs and seafood.

Chrome

Involved in the metabolism of sugar. Chrome is present in plants, meats and in unhusked cereals.

Iron

This is an essential component of the haemoglobin of the red blood cells which carries oxygen from the lungs throughout the body. Iron acts as a defence against infection and helps the healing process. A lack of iron leads to anaemia. Iron is absorbed better if taken along with vitamin C (for example, after a plate of lentils, you should have an orange or a kiwi fruit). During menstruation, women lose a lot of iron and tend to be anaemic. Iron is found both in foods from animal and plant origin. So

it is present in: green vegetables, pulses, cereals, red meat, nuts and dried plums and also certain spices such as curry, ginger and parsley.

Fluorine

Keeps bones and teeth healthy. A lack of fluorine has been linked with an increase in tooth decay. It is found in tea, coffee, rice, spinach, onions and lettuce.

Phosphorus

The human body contains about 1 kg of phosphorus, mainly in the bones. Phosphorus is vital for every cell and helps the body maintain the right acid-alkali balance. Excess phosphorus can lead to demineralisation of the bones, and to osteoporosis. Foods with a high

phosphorus content are milk, cheese and meat. Contrary to popular belief, fish do not contain much phosphorus.

Iodine

Present in thyroid hormones. A lack of iodine can cause hypothyroidism. It is found in fish, seafood, milk and in plants.

Magnesium

Along with calcium, magnesium helps prevent demineralisation of the bones, increases stamina and has a cardiac protective action against coronary diseases and arrhythmias. It also alleviates depression and anxiety. Magnesium is found in nuts, seeds, vegetables, cereals, cheese and eggs.



Manganese

Manganese enables enzyme activity during the synthesis of fats. It is found in cereals, pulses, tea and fruit.

Potassium

Potassium is essential for the muscles, nerves and the heart. It regulates the balance of liquids in the body and is vital for the correct functioning of the cells. Potassium deficiency can cause arrhythmia and muscular weakness, even leading to paralysis. Potassium is found in fresh and dried fruit, nuts (especially chestnuts), pulses, garlic, potatoes and various other plants.

Copper

Copper is necessary for the digestion process. A lack of copper can cause anaemia and liver problems. Copper is found in seafood, cabbage, pulses, nuts and chicken.

Silica

This mineral is excellent for the development of the bones, skin and tissue. Silica can be found in strawberries and beans.

Sodium

Sodium plays a similar role as potassium. A lack of sodium causes muscular cramps, apathy and loss of appetite. Excess sodium, on the other hand, can increase blood pressure and thus raise the risk of cardiovascular diseases, the retention of liquids (oedema) and favors the formation of kidney stones. It is found in common salt, tinned and smoked foods, stock cubes, in nearly all mass produced foods, sauces, cheese, cold cuts, rolled meats and sausages, and bread.

Zinc

This mineral is important for growth, fertility, the immune system and for the healing of wounds. Zinc also has an antioxidant effect. It is found in dairy products, meat, pulses and in wholegrain cereals. A lack of zinc can be caused by

smoking and alcohol and by a poor diet with insufficient vitamins.

Other elements are:

**aluminium,
bromine,
cadmium,
cobalt,
sulphur**

Mineral salts are eliminated every day through the urine, faeces and sweat, but it is vital that these losses are constantly rebalanced with food intake.

Water

Makes up 60% of the body.

Water is the only indispensable element and a lack of it will kill us much faster than hunger.

Our daily requirement is 1.5 to 2 litres, regardless of how thirsty we may feel.

This amount can vary according to climate, physical activity and diet. If the body is well hydrated it works better and disposes of waste materials more easily.

Water is eliminated through the urine, faeces, sweat, skin and lungs.

The respiratory system alone consumes half a litre a day.

Water is not a source of energy, has no calories, does not make us fat and we can drink it either sparkling or still.

Because "hard" tap waters have little sodium, they are preferable to bottled mineral waters when suffering from diabetes or hypertension.

Items of food

In this book, you will find many recipes suitable for people who suffer from diabetes, high blood pressure or high cholesterol. It is hoped that these will provide the inspiration for a healthier diet.

However, we also want to encourage you to continue eating the dishes you enjoy most, without risking your health, simply by making a few changes to the ingredients.

This will require a better understanding of what different foodstuffs contain – which is exactly what this chapter is all about. It provides you with a simple, effective guide that you can refer to as and when necessary in order to check the health benefits (or otherwise) of the most frequently used foodstuffs.

For example, people generally say that eating too much meat is bad for you, while fruit does you good. To a large extent this is true. However, not all meats contain the same amount of fat, and not all of us can eat any type of fruit. Some foods, such as pulses and cereals are excellent; others that are artificial and mass-produced contain substances that are harmful to people suffering from diabetes, high blood pressure and high cholesterol levels (plus other associated illnesses).

Alcohol

Rapidly absorbed and used by the body, alcohol only provides energy, so the amount consumed in any healthy diet should be limited. It has no nutritional value and contains a lot of calories: 1 g of alcohol contains 7 kcal, which is almost the same as fat (9 kcal). Because alcohol blocks the formation of sugars at the liver, it can cause hypoglycaemia. Diabetics who do not wish to give up drinking are advised to consume as little as possible, and to

compensate any consumption with carbohydrates. Excess alcohol can lead to obesity, higher blood pressure and higher cholesterol, which are all risk factors for cardiovascular diseases.

Alcoholic drinks such as beer and wine

Taken in moderation, a glass with a meal can protect against cardiovascular diseases and atherosclerosis. Red wine contains flavonoids, which contribute towards protecting the heart thanks to their anti-oxidising action that keeps the arteries clear and increases the amount of “good” cholesterol (HDL). The weekly limits of 21 units for men and 14 for women should not be exceeded (one unit is equivalent to a glass of wine or beer or a small glass of spirits). If you exceed the limits, the beneficial effect is lost and you will instead increase your health risk.



Anchovies

Anchovies are a fairly low-fat fish that are found in the Mediterranean and Eastern Atlantic. They grow to a maximum length of about 20 cm. These fish are highly prized and can be eaten fresh or preserved in different ways. They are rich in protein and Omega 3. Anchovy paste is a mass-produced product, sold in a jar or tube, that's formed by grinding strips of salted fillets into a paste with water, oil or butter, salt, aromatic substances and preservatives. This paste is NOT recommended for people suffering

from high blood pressure, cardio-circulatory diseases, gastric ulcers and obesity.



Apples

Research has demonstrated that the quercetin in apples helps lower cholesterol. The antioxidants they contain can kill free radicals, protect against cancer and combat ageing. They also contain tannin, malic acid and pectin. As apples have a low Glycaemic Index (GI) and are more filling than other types of fruit, they are recommended for diabetics. Eating the skin serves to regulate bowel movements and minimise colitis.

Artichokes

Artichokes contain cynarin, a substance that's noted for stimulating biliary secretion – they are therefore recommended for people suffering from liver disease. They are also particularly rich in fibre and tannin and have antidiarrhoeal properties. We thoroughly recommend artichokes.

Aubergines

Containing a lot of water and few sugars, aubergines have depurative and diuretic properties. They stimulate the liver and can help lower cholesterol (provided they are cooked simply, as they absorb many condiments). Recent studies recommend the consumption of aubergines in the management of type 2 diabetes and hypertension. Scientists believe their high fibre and insoluble carbohydrate content may help inhibit the action of some enzymes.

Avocados

Avocados contain monounsaturated fats and

are rich in vitamin E, as well as various other vitamins and minerals.

Bananas

Have a high Glycaemic Index (GI) score and should be avoided by diabetics.

Barley

Wholegrain barley is rich in soluble and insoluble fibres that reduce cholesterolemia. It also contains minerals, proteins and phosphorus. Pearl barley, which is commonly used in cooking, is usually stripped of its external husk. This means the barley doesn't need to be soaked to soften, and can therefore be cooked more quickly. However, it also means that it loses many of its nutritious properties.

Beans (see legumes)

Many different varieties are used in cooking.

Beer

Beer is an ancient drink that goes back to Egyptian times. It was used as an incentive to make slaves work harder, and was also attributed with certain medical characteristics. It tasted very different then, as it was fermented with honey.

Beer contains water, group B vitamins, sugars, amino acids, organic salts, tannins and more. It has a lower alcoholic content than wine, but people often forget that it can still be harmful. The best temperature at which to serve beer depends on its alcohol rating: low-percentage beers are best served cold (about 6°C), while higher-percentage beers are best at room temperature. The head on beer is a natural product and protects it from oxidation. Lager seems to increase HDL and lower LDL cholesterol, but consumption in moderation is the key message. Those suffering from obesity and gastrointestinal inflammation should avoid it, while those with diabetes should seek medical advice first.

Beet

There are many different types of beet, and they can be used in many ways. They can be used as vegetables, as fodder and for producing

sugar. In terms of human consumption, the most commonly used are beetroot, chard and green leaf beet. They are rich in cellulose, and can therefore stimulate intestinal peristalsis. 100 g of beet contains 91 g of water, 1.1 g of protein, 4 g/100 kcal of glucides, vitamins B1, B2, PP, C, and mineral salts such as potassium, sodium, phosphorus, calcium, iron, zinc and copper.



Berries

In general, berries are rich in vitamins (A, B1, B2 and C), mineral salts and fibre. Raspberries have diuretic and energy-providing properties, as well as containing minerals, fibres and organic acids. Currants are rich in phosphorus, magnesium, flavonoids, provitamin A and vitamin C. They have anti-inflammatory properties and protect blood vessels, as do cranberries. Blue cranberries contain a polyphenol antioxidant that can reduce the level of “bad” cholesterol LDL. Only small quantities should be taken, 2-3 times a week.

Bicarbonate of soda

Traditionally, a teaspoon of bicarbonate of soda in water is used to soften chickpeas and beans. However, we do not recommend this, as it destroys most of the vitamins.

Bread

Some breads have a low Glycaemic Index (GI), including those made from barley, wheat bran, soya seed, linseed, multigrains and mixed stoneground wholemeal cereals.

Broad beans

Rich in fibre and soluble fibre, broad beans help to lower cholesterol levels. They also contain

vitamins, mineral salts, flavonoids and quercetina that combat cardiovascular diseases.

Broccoli, cabbage and cauliflower

These vegetables are rich in fibre, antioxidants, vitamins A, C and beta carotene; as such, they are useful in combating heart diseases. They also contain indole-3-carbinol, a plant hormone that is thought to protect against the risk of breast cancer. Cabbage juice is a useful aid for gastroduodenal ulcers and ulcerative colitis. Many people are put off by the unpleasant cooking smell that cabbage emits. This can be lessened by placing a wad of vinegar-soaked cotton on the lid of the saucepan, or by adding some lemon juice, a walnut or a bunch of parsley into the pan.

Butter

Butter is especially popular in Northern Europe. It is made from cream and can be bought with or without salt. 200 g of butter contains 12.2 g of water, 0.3 g of protein, 87 g of lipids, 0.4 g of glucides and 230 mg of cholesterol. It has a very high stearic acid content, which is closely related to the onset of cardiovascular diseases. Butter must be avoided completely by those suffering from hypercholesterolemia, arteriosclerosis and cardio-circulatory diseases. The use of low-fat and low-cholesterol butters must be very carefully measured.



Cabbage (see broccoli)

Cardamom

These seeds come from tropical plants that grow naturally in Asia. They are popular in cooking due to their aromatic, spicy taste. They are also used as condiments for meats and in the preparation of breads, liquors and infusions.

Carrots

Carrots are rich in beta carotene, which has excellent anti-oxidising properties that combat heart diseases and cancer. They also protect against eye diseases and skin damage caused by the sun. They have a high Glycaemic Index, especially when cooked. To be taken in moderation by diabetics.

Celery

Laboratory tests on mice have demonstrated that the regular consumption of celery lowers blood pressure by 13% and cholesterolemia by 7%. Its efficacy on people has yet to be confirmed.

Cereals

A great source of energy. Barley refreshes, detoxifies and plays an important antiseptic role in the intestine. Wholegrain rice contains a lot of essential amino acids and is a good source of group B vitamins. Millet is easily digested and contains a high proportion of magnesium, phosphorus, silicon, iron and manganese. Oats are an excellent source of vitamin E and are rich in proteins, while having a very low sugar content. They contain a well-balanced mixture of saturated and unsaturated fats. Consuming oatmeal every day helps the heart and the circulation, regulates glycaemia, improves the skin and lowers cholesterol levels.



The most complete cereal is wheat, from which we get the flour used to make bread and pasta. Corn, on the other hand, is used to make the flour for polenta. Cereals are rich in carbohydrates (70%) and medium-quality proteins. Products containing cereals (e.g., pasta, bread, polenta), along with other foods rich in carbohydrates (e.g., fruit and vegetables)

should provide 55% of our daily calorie intake. Wholemeal flour, oats and barley generally have a low Glycaemic Index. It is best to consume legumes and cereals together, such as pasta and beans, rice and peas or rice and lentils.

Cheeses

Cheese is a good source of calcium (plus other minerals like phosphorus) and, during the first 30 years of life, allows bone density to reach its highest genetically programmed level. It also prevents osteoporosis later in life. Care is needed however, as cheeses are generally rich in saturated fats, cholesterol and salt. They are not recommended for people with hypertension. Hard cheeses contain a lot of calcium, vitamins B2, B12 and proteins. Parmesan cheese can supply a woman's daily calcium requirements during pregnancy and breast-feeding. Just 50 g equates to more than 50% of the daily recommended intake. In general, the recommended amount is 2-3 level tablespoons of grated cheese on first courses, vegetables and sauces. Alternatively, you can eat it as a main course, accompanied by a large serving of raw vegetables, 2-3 times a week. It is important to be aware that low-fat cheeses contain a lot of saturated fats.

Chestnuts

Chestnut flour is an excellent food that contains approximately 76% glucides, 6% protein, 4% fat, a trace of sodium, potassium (800 mg per 100 g), iron, calcium, phosphorus and vitamins.

Chicken

Chicken, rabbit and turkey are low in fats and rich in proteins. The names used for chicken change according to the age it reaches: a pullet is about 3-4 months old and weighs about 600 g, a chicken is about 6 months old and weighs about 1 kg, while a hen is a mature bird and weighs about 1.5 kg. A cockerel is a male chicken about 6 months old. A rooster is a male chicken over 2 years old, and too tough for cooking. The hen is a female adult bird dedicated to laying eggs. Its meat is fatty and firm, and ideal for making stock. The capon is a castrated rooster that can weigh up to 2.5 kg

and is very fat, but has tender meat with a delicate flavour. Capon stock and boiled meat are regarded as delicacies. Battery chickens, which have barely enough room to move during their short lives, contain a lot of water and fats. Their meat has little muscle tissue and is somewhat limp as a result. Free-range chickens on the other hand, have well-developed muscles and therefore contain fewer fats and less water. Chickens should be plucked before cooking.

Chilli peppers

Very rich in vitamin C and believed to lower cholesterolemia, chilli peppers can help digestion, have an analgesic effect on the brain and stimulate the production of endorphins.



Chocolate

Milk chocolate contains less cocoa and has a higher calorie content than dark chocolate; it is therefore less effective as an antioxidant. Dark chocolate contains more caffeine and teobromine (two stimulants) and more iron and magnesium than milk chocolate. Neither is recommended for diabetics and people with high blood pressure.

Cinnamon

This is a spice with a characteristic perfume and a sweet, slightly spicy taste. It is best kept in the dark in an air-tight container. It has a powerful effect as a stimulant of gastric secretions, so is not recommended for people suffering from inflammation of the gastrointestinal tract. Putting a few cinnamon sticks in boiling water and drinking the infusion is said to enhance the metabolism of glucose and reduce cholesterol levels in the blood. It is not recommended for diabetics.

Cocoa

The flavanol found in cocoa (and also in tea, red grapes and other fruit and vegetables) stimulates the production of nitric oxide, which has proven to be an effective antioxidant, vasodilator, anti-arteriosclerotic and antithrombotic agent that also protects the cardiocirculatory system. Cocoa powder contains a lot of anti-oxidising flavonoids too, which are good for the cardiovascular system. A cup of cocoa made with water or low-fat milk has about the same anti-oxidising benefit as a glass of red wine.

Coconut

One of the few fruits that contain a lot of saturated fats, coconuts are generally best avoided. However, some say that coconut saturated fats are less harmful than those from animals. Coconut milk is rich in vitamins and mineral salts.

Codfish and stockfish

These names refer to different ways of treating fresh cod. Codfish is salted cod, sold in portions; stockfish is dried cod, sold as a whole fish. Haddock (which the French call aighefin) is another variety of cod, which is salted and smoked. Codfish has white flesh and can be bought dry or soaked. It is not recommended for people with high blood pressure. To desalt codfish, soak it thoroughly under running (or frequently changed) water. It is best cooked in cold water over a medium heat. Stockfish should be tenderised first, then soaked in water for 2 days, before being cooked for about 3 hours.

Coffee

Coffee contains no calories, although adding sugar will obviously change that. Decaffeinated coffee contains none of the antioxidants that protect against heart diseases and cancer. Strong coffee appears to increase cholesterol levels. Contrary to popular belief, too much coffee may not act as a stimulant and can actually cause tiredness. Furthermore, if drunk after eating food, it can hinder the absorption of many beneficial substances - so is best avoided at the end of a meal. Coffee can increase blood

pressure and is not recommended for those with hypertension.

Coriander

A plant from the Mediterranean. When raw, the fruit is virtually inedible, but its dried seeds add delicacy and aroma to other foods and are often used in the preparation of sauces and mustards.

Cucumbers

Cucumbers are mildly diuretic and stimulate the kidneys to eliminate excess liquid. They can also lower cholesterol levels in the blood. Very refreshing in summer, and delicious raw with salad.



Curry

Typically, the spices used in curry contain vitamins and beta carotene that protect against heart diseases.

Desserts and cakes

Desserts and cakes are not recommended for diabetics, and should be avoided generally as they are based on eggs, butter and sugars. They have a high Glycaemic Index (GI) and their sugar (sucrose) is rapidly absorbed which raises the level of glucose in the blood. Desserts and cakes made with wholemeal flour, olive oil, fresh fruit, egg whites, low-fat yoghurt or sorbets can be eaten in moderation. Those made with fresh fruit are especially better, as they are rich in fructose. If you are diabetic, only eat home-made products made with sweeteners and avoid those that have been bought from a baker's or come pre-packaged.

Dill

Semi-dried dill seeds contain an essential oil (which gladiators once used to lubricate their bodies). They are mainly used in the preparation of sauces, stocks or condiments for sauerkraut and marinades. Dill is also thought to be a cure for hiccups.

Dried fruit

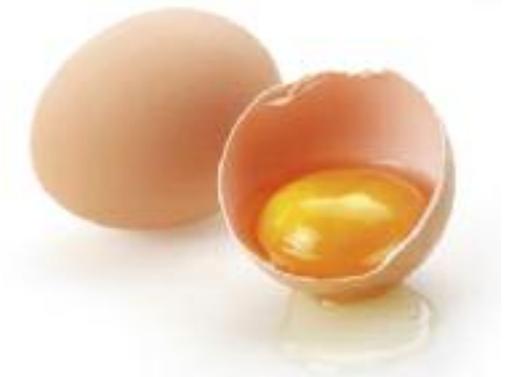
By this, we mean fruit that has been sun-dried, dried in an oven, air-dried or simply allowed to dry out naturally. Dried fruit has a high sugar and energy content that is enhanced by the drying process. Not recommended for people suffering from diabetes, obesity, cardiological disturbances or gastrointestinal diseases.

Duck

This meat contains a lot of fat (similar to lamb). Saturated fats are concentrated in the skin, so this is best not eaten. Unsaturated fats are found in the red meat.

Eggs

Eggs contain a lot of cholesterol, vitamin B2, vitamin E, phospholipids and iron that is not absorbed well by the body. The white of the egg contains no cholesterol, but this is concentrated in the yolk. A small amount of egg is permitted as part of a complete meal. People with no cholesterol problems should consume no more than seven eggs a week, which should include those used in making pasta, desserts, mayonnaise and other dishes.



Fats

A high fat intake is extremely bad for the body. We should only consume small amounts of fat.

The soluble vitamins in fat (like vitamin E) are more easily absorbed from unrefined fats compared to cooked fats. We strongly advise that you use extra virgin olive, sunflower, wheatgerm or corn oil. Extra virgin olive oil is an antioxidant that reduces or hinders the formation of free radicals and thus protects the arteries. You should never eat fried foods. Try to eat mainly polyunsaturated and monosaturated fats; these are seen as the “good” fats and are found in nuts, fish and plant oils. 20-30% of our calorie intake should come from fats. Less than 10% should come from saturated fats. It is worth noting that 80% of harmful fats come from industrially prepared foods such as crisps and crackers. Current guidelines recommend products made with legumes, fruit and wholemeal flour.

Fish

Fish with white flesh (like cod, codfish and sole) are ideal for the diet as they are almost completely fat-free and rich in vitamins, proteins and mineral salts. Fatty fish – eels, herring, mackerel, salmon and sardines – are one of the few foods that contain Omega 3 polyunsaturated fatty acids. They help prevent atherosclerosis and heart diseases thanks to their specific action against relapsing infarction. All fish are rich in the iodine, fluorine and calcium needed for making bones bigger and stronger. Fish should ideally be eaten two or three times a week, and they are especially recommended for people with high blood pressure. Fish can be baked in the oven, grilled, pan-fried or baked “al cartoccio” (in parchment paper) with olive oil and tomato added after cooking. Fish should be prepared without adding salt or using sauces that contain salt. Other types of condiments can be used, such as garlic, parsley, sage, rosemary and thyme. The best ways to cook fish are steaming, microwaving or grilling. Eating fish at least once a week reduces the decline in mental alertness (caused by ageing) by 3%.

Not all fish are suitable for people who suffer from high blood pressure. Fish that have been treated with salt, tinned, dried or smoked should be avoided as they contain sodium. You

should also avoid smoked, salted or pickled herrings, pickled or salted anchovies, baccalà, tinned crab, oysters, smoked salmon or salmon in brine, stockfish, pickled tuna or tuna in brine and lumpfish roe.

Fruit

Fruits are essential for the vitamins, carbohydrates and mineral salts they contain. Equally important is the fibre content that softens the faeces and allows regular bowel movements. We should all try to eat five portions of fruit and vegetables per day. Diabetics can also eat fruit of any type, as long as they do so in moderation and vary the type. Fruit is best eaten as a snack between meals. The table below shows the types of sugar contained in some varieties of fruit.

| Fruit (per 100 gr) | Fructose (gr) | Glucose (gr) | Sucrose (gr) | Total (gr) |
|--------------------|---------------|--------------|--------------|------------|
| Apricot | 0.9 | 2.4 | 5.9 | 9.2 |
| Peach | 1.5 | 2.0 | 4.8 | 8.3 |
| Melon | 1.9 | 1.5 | 4.4 | 7.8 |
| Watermelon | 3.4 | 1.6 | 1.2 | 6.2 |
| Banana | 4.9 | 5.0 | 2.4 | 12.3 |
| Apple | 5.9 | 2.4 | 2.1 | 10.4 |
| Pear | 6.2 | 2.8 | 0.8 | 9.8 |
| Grapes | 8.1 | 7.2 | 0.2 | 15.5 |

Game

Game animals such as roe, deer and boar have a tough dark flesh that contains little water and fat, but that is rich in proteins, vitamins and mineral salts. Game birds have a less tough and lighter-coloured flesh. Both game animals and game birds need to be hung before cooking, as this softens the meat and gives it its delicate aroma.

Garlic

Garlic is from the same family as the onion and they have much in common, including a reputation as a “curative” foodstuff. It has antibiotic, antiviral and antioxidising properties; it can lower cholesterol, prevent thrombosis (its sulphate substances help components in the blood flow more easily); and it plays an important role in preventing atherosclerosis.

Garlic is rich in potassium and helps replace that which the body loses naturally. It also contains zinc and sulphur (which are components of insulin), so can help to lower blood-sugar levels. It is widely believed that eating 3-4 cloves of garlic a day is good for you. To prevent halitosis after eating garlic, try eating a few leaves of parsley or a few juniper berries.

Ginger

In the Orient, ginger root has been used for thousands of years for both culinary and medical purposes. It is well known for its soothing action on inflammation of the gastrointestinal system and for treating symptoms associated with nausea. In phytotherapy, it is recommended for sufferers of hypercholesterolemia and for combating the early signs of a cold – by consuming a drink made of hot water, honey and a teaspoon of freshly grated ginger. The root is also delicious if put in a blender, then added to fresh pineapple, apple or carrot juice.

Grapes

Grapes are rich in anthocyanosides that reinforce capillaries. The black variety (as with wine) contain calcium, phosphorus and a lot of polyphenols, which are antioxidising substances that help protect against heart diseases. Diabetics need to be careful as grapes are rich in sugars, and they are not recommended for people who are either overweight or on diets.



Honey

Honey is a wonderful source of energy. For this reason, plus its high content of vitamins and

mineral salts, it is recommended for children and athletes, for the elderly, for use during convalescence, pregnancy and breast-feeding, and for those suffering from indigestion. Diabetics and obese people should follow their doctor’s advice about how much honey they can consume.



Jams

Jams contain a lot of sugar and not many vitamins. They should be avoided by diabetics.

Lamb

Even the lean part of this meat contains a lot of fat. Its saturated fat content is similar to that found in beef and pork, however lamb contains double the amount of total fat.

Laurel

This plant has aromatic leaves that are used in cooking to add flavour to meats, fish and sauces. Laurel leaves help the appetite and digestion, as well as combating flatulence and dilating the bronchi (which increases lung capacity).

Leeks

Belonging to the same family as onion and garlic, they help keep cholesterol levels low if taken regularly.

Legumes

Legumes are rich in plant proteins, which can be as beneficial as protein from fish or meat if taken in combination with cereal proteins (richer than sulphur amino acids). The

guidelines for a healthy diet suggest replacing meat, eggs and dairy produce at least 2-3 times a week with legumes (beans, peas, soya, lentils). Legumes are cholesterol-free and contain lecithin, a phospholipid that is low in saturated fats and favours emulsifying lipids. To minimise the problems associated with the presence of fibre in legumes (i.e., swelling and intestinal gas), simply sieve them after cooking. This removes the outer parts of the legumes, which are the indigestible parts that cause the above problems. Alternatively, you can use shelled legumes like broad beans and peas. When combined with cereals, legumes slightly influence glycaemia after meals as they have a low Glycaemic Index (GI). Beans are rich in vitamin B12 and lentils are rich in iron; soya contains isoflavones (phytoestrogens that can offset problems during the menopause); fresh peas contain vitamins, vitamin C, carotenoids, fibre and mineral salts. Borlotti beans, peas, chickpeas, cannellini beans, butter beans and lentils can be bought in cans, but remember that they contain salt and must be rinsed under running water and drained before use.



Lemons

Thanks to their low calorie content, lemons can be used in slimming diets either in thirst-quenching drinks or as a condiment. They are rich in vitamins and mineral salts, and help aid digestion. They also contain substances that help strengthen blood-vessel walls, and they have disinfectant and astringent properties.

Linseeds

Rich in Omega 3, linseeds are good for diabetics as they facilitate the functioning of insulin.

Liquorice

Liquorice is fat-free and contains a lot of minerals. It has a mild laxative effect, and can be used as an alternative to sweets. Too much liquorice can cause hypertension.

Liver

Liver contains a lot of iron and proteins, but it also has a high cholesterol content. It is therefore best avoided.

Mackerel

This is one of those fish that we should generally eat more often. Apart from containing Omega 3, it is also rich in vitamins B, E and D that help strengthen the bones and prevent damage to the coronary arteries.

Mango and Papaya

These fruits are rich in vitamin E, beta carotene and soluble fibres that are important for keeping cholesterol levels low. Rich in sugars, diabetics should only consume them in moderation.

Margarine

In general, margarine contains fewer calories and fats than butter. It is therefore very useful for those suffering from hypercholesterolemia and general cardiovascular disturbances. Some margarines are rich in Omega 3, which is important for protecting the heart and balancing cholesterol levels. Others can contain fats that harm the heart, and others can contain a whole range of different fats. It is therefore very important to read margarine labels carefully. Those made with sunflower and wheatgerm seed oils contain polyunsaturated fats and vitamins. Those made with olive oil contain monounsaturated fats and are therefore healthier. Margarine must be used with care in cooking, as its low polyunsaturated fat content makes it unstable when heated. It is better used from the tub as a condiment. Even those following a low-calorie diet should use it very sparingly.

Mayonnaise

This joins the list of foods to avoid, due to its high cholesterol and fat content. In recipes

where it is an ingredient, it can be replaced by a sauce made by mixing a half cup of low-fat yoghurt, a teaspoon of aromatic herbs and two drops of soya sauce.

Meats

Meats contain proteins that are important because of their essential amino acids. Nowadays, we tend to eat too much protein, especially from animal derivatives that “strain” the kidneys. Even lean cuts contain invisible saturated fats, which are bad for our health. Eating meat every day is not recommended, and you should only eat red meat once a week. Try to vary the type of meats you eat, as they all contain their own particular protein. White meats such as turkey, chicken and rabbit are best, although red meat does have its benefits when eaten in moderation.



Melons and watermelons

Rich in lycopene and carotenoids that help control diseases associated with age such as cancer and Alzheimer's.

Milk

Cow's milk contains a good amount of proteins and calcium. Too little calcium in your diet could lead to heart diseases, cancer of the colon and osteoporosis. However, milk does contain a lot of saturated fats so it is better to use low-fat, soya or asses' milk. Goat's milk, like cow's milk, is high in saturated fats.

Mint

A natural tonic that is soothing and helps digestion, mint also has antiseptic and antibacterial properties. A mint infusion is wonderful before going to bed.

Monkfish

A white fish with little fat and a high protein content. Like all white fish, it is rich in selenium and helps prevent damage to the cardiovascular system.

Mostarda

This is the name given to a spicy sauce or a candied fruit condiment with a mustard flavoured syrup. The sauce is made with flour, white mustard, vinegar, pepper and cinnamon. It is generally served with boiled meats. “Mostarda Cremonese” is made of candied fruit in a slightly spicy syrup, while “Mostarda Mantovana” is made of thin slices of quince apple in syrup. Not recommended for diabetics.

Mushrooms

Low in carbohydrates, but rich in proteins, fibre, vitamins and mineral salts. The nutritional and calorie values vary significantly between fresh, dried and preserved mushrooms – although generally, they all contain few calories. Shiitake star mushrooms are used in Japanese cuisine in soups and sauces (available from herbalists and organic shops), and they are thought to help align the immune system with the needs of the body.



Mustard

There are two types of mustard: black and white. These are used to make similar condiments, with the black variety being spicier. Many different types of mustard, with differing aromas, are available in the shops. In England, you can buy powdered mustard made

from white mustard seeds mixed with turmeric, which gives it a golden colour. In France, they make mustard paste predominantly from a mixture of black and white seeds blended with white wine, vinegar and wine must. Meaux mustard from Alsace dates back to the 17th century and is grainy with seeds in plain view. In Italy, there are two common types of mustard – a sweet and a spicy variety. There are more than 20 types of mustard, flavoured in different ways such as with paprika, lemon, chilli peppers, pepper, garlic and mint. Mustard stimulates gastric secretions and is not recommended for those with gastro-intestinal problems.



Nutmeg

Nutmeg is used to provide aroma in many dishes and in the production of liquors and scents. It stimulates gastric secretion, and must not be taken by those suffering from inflammatory gastric and intestinal illnesses. Nutmeg should be used sparingly in the kitchen as its scent can overpower other more delicate flavours. Whole nutmegs are selected for their size and are usually pre-shelled when you buy them; while essential nutmeg oil (with its characteristic scent) is usually extracted from the smallest ones.

Nuts

All nuts are rich in iron, magnesium, zinc and proteins that are essential for the diet. However, they do have a high calorie content as they are rich in unsaturated fats; hazelnuts and macadamia nuts contain a lot of monounsaturated fats; whereas pine nuts and

walnuts contain polyunsaturated fats. Brazil nuts are rich in magnesium and selenium, which are antioxidant minerals that help protect against heart diseases, cancer and the effects of ageing. Pecan nuts contain zinc that helps strengthen the immune system.



Oats

Oats are usually found in abundance in the cereals that we have for breakfast (such as muesli). Oat fibres are soluble and can help reduce cholesterol levels in the blood. They have a low glycaemic score, provide energy and are filling. They are rich in calcium and phosphorus, and can be used to make excellent soups.

Oils

Cold-pressed plant oils provide essential unsaturated fatty acids and vitamin E. Extra virgin olive oil also provides polyunsaturated fatty acids and antioxidants such as polyphenols, phytosterols, chlorophyll and carotenoids. These help stop the activity of free radicals to protect the body from harm. Extra virgin olive oil should not be confused with olive oil. The former comes from the process of pressing olives, whereas olive oil is the result of several high-tech production processes. Extra virgin oil consists of a monounsaturated fatty acid that does not interfere with the endogenous production of cholesterol. It is easily digested, keeps well and can be used in cooking (including at high temperature – e.g., for frying). Olive oil can also be used for high-temperature cooking, and it also consists of an oleic acid. However, this acid is transformed

(due to the differing production processes) and loses all its nutritional benefits.

There are many other oils available that have been extracted from differing substances such as: corn, sunflower, vegetable, peanut, grape seed, rapeseed, cotton, palm, coconut, sesame, tobacco, tea, etc. Seed oils consist mainly of polyunsaturated fatty acids that have a positive effect on the production of cholesterol. In their pure form, they are recommended for those suffering from hypercholesterolemia or cardiocirculatory disease. However, care must be taken with these oils as they are extremely sensitive to heat and can undergo irreversible chemical degradation if overheated, which makes them not just difficult to digest, but harmful to the body as well.

Rapeseed oil has very individual characteristics in its fatty acid make up. Extensive animal studies have shown that this oil causes severe damage to the heart and liver. Following these results, the FAO/WHO commission prohibited its use for human consumption. Many genetically selected species were subsequently studied. Routine consumption of rapeseed oil was demonstrated to severely damage the health.

All oils have the same calorie content, about 900 kcal per 200 mg or 3766 kj, and it is wrong to state that seed oils are “lighter” than olive oils. The best products for frying are: olive oil (of any type), peanut oil and grapeseed oil.

Generally, the healthiest oil is extra virgin olive oil. Of all the fatty substances available to us, the most harmful are those of animal origin, which contain cholesterol. Substances of plant origin, like extra virgin olive oil, do not contain cholesterol. Considering the very high calorie content of fats and the undeniable connection between them and the most commonly found diseases, their use as a condiment must be lessened and particular attention must be paid to the quality of fats chosen. People suffering from obesity, cardiovascular, liver and kidney diseases need to reduce their consumption of oils and fatty substances. Use one teaspoon of extra virgin olive oil per day as a dressing on salad or cooked food. Be accurate with your measurement, and have the same amount each time. For further advice and suggestions, see the section about frying on page 94.

Olives

Olives are the fruit of an evergreen, used mainly for the production of oil. Some varieties of olives can be eaten fresh, preserved in brine or dried. Olives have a high calorie and mineral salt content, so over-indulging is not recommended for people suffering from obesity, liver and cardiocirculatory diseases and arteriosclerosis. They are absolutely not recommended for those suffering from high blood pressure.



Onions

Onions offer the same benefits as garlic. Experts claim that onions reduce cholesterol levels and blood pressure while “thinning” the blood, and therefore decrease the risk of thrombosis. Onions are good for diabetics and people with high blood pressure. They are best eaten raw, and we recommend eating them once or twice a week.

Oranges

Citrus fruits in general, and oranges in particular, are well known for their beneficial effects. They contain calcium, pectin, potassium and folic acid, but are more noted for their vitamin C and flavonoid content. This combination supports the body’s natural defences, as well as purifying the system. It also protects blood-vessel walls and stimulates tissue growth. Oranges also contain soluble fibres that slow down the absorption of fats.

Oregano

This herb has a pleasant taste and aroma due

to the presence of an essential oil containing phenol. The variety with the strongest scent is found in southern areas of Europe. The smallest and youngest leaves are collected and dried in the shade. When they have shrivelled up, they are placed in sealable containers to protect them from damp. If properly preserved, oregano can keep its scent for a long time. This herb goes well with meats, vegetables and fish, and is best added after cooking – otherwise it can leave the dish with a bitter taste.

Paprika

Paprika is a Hungarian word that refers to some varieties of sweet pepper. Once the peppers have been thoroughly cleaned inside and out, they are dried, then ground into a powder. This paprika powder is often used in traditional Eastern dishes and other forms of cooking to recreate so-called “gypsy” dishes. In goulash and other meat-based stews, paprika is an essential ingredient. Paprika should never be cooked by itself; it is best used in combination with onion and is a great addition to browned meat and gravy. It stimulates gastric secretions and can cause a burning sensation in the stomach.

Parsnip

Parsnips have been cultivated for at least 2,000 years. They consist of a very tasty yellowish/white root. They have the same consistency as carrots and are richer in carbohydrates and proteins, but have fewer vitamins.

Pasta

White pasta contains fewer fibres, minerals and vitamins than its wholemeal equivalent, but is still a good source of carbohydrate compounds. It has a low-fat content and medium Glycaemic Index (GI) rating. Each type of pasta has its own cooking time, which is usually indicated on the packaging. Pasta must only be cooked until it is “al dente”; overcooking it causes an increase in its GI.

Pears

Pears are rich in organic acids, antioxidants, fibre, minerals (iron and calcium) and vitamins (B1, B2, PP and C). One pear a day provides 16% of your recommended fibre intake and

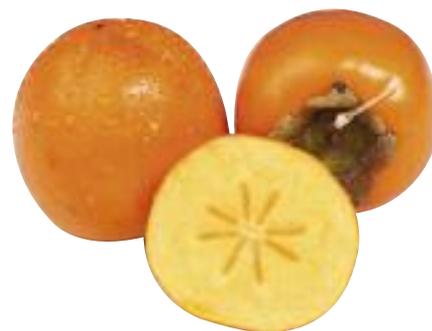
10% of your recommended vitamin C. Pears also help digestion and, when cooked, can combat constipation and keep cholesterol levels low.

Pepper

Pepper comes from a long climbing plant that produces pods, each of which holds about 20 to 40 seeds. Black pepper is the best-known type, but the colours are defined by how they are prepared. Pepper has a distinctive spicy aroma, and the younger the plant is harvested, the spicier it is. The white variety is obtained by steeping black pepper in salt water or pickling lime and then shelling it. This gives it a milder aroma than black pepper. Pepper can cause a significant production of gastric juices, and is therefore not suitable for everyone. It is not recommended for those who suffer from: duodenal ulcers, internal or external haemorrhoids or anal rhagades, hiatus hernia, skin diseases, gastric pyrosis, gastritis, duodenitis, colitis or hypertension. From a culinary point of view, freshly ground black pepper is the healthiest choice.

Persimmons

Originating from China, persimmons are rich in vitamins, mineral salts and sugars – if picked at the right time – and are an excellent source of energy. Perfect for children and sports enthusiasts.



Pheasant

Contains much more fat than other wild birds, so is best avoided.

Pomegranates

Pomegranates are not especially nutritious and contain a lot of sugar and vitamin C. A daily

intake of around 50 ml of pomegranate juice helps prevent the build-up of cholesterol and fats on artery walls.

Pork

Pork contains a little more fat than beef, but is rich in vitamin B, zinc and selenium.

Potatoes

Potatoes are eaten in vast quantities right across Northern Europe, with Belgium having the highest annual consumption at 200 kg per person. Potatoes contain vitamins, vitamin C, potassium, fibres and minerals. New potatoes contain more vitamin C than old ones, and white potatoes have a high Glycaemic Index (GI) rating. To minimise the effect on glycaemia, potatoes are best served with other vegetables that have a low GI.

Prunes

A study has demonstrated that regular intake of prunes reduces LDL cholesterol in the blood. They also have laxative properties.

Pumpkin

Pumpkin is rich in fibre, vitamin A (as with carrots, apricots, tomatoes and peppers) and mineral salts, especially potassium, calcium and phosphorus. It is recommended for the prevention of tumours and as an active restorative against infectious diseases and respiratory infections. In culinary use, pumpkin should not be fried.

Rabbit

A white meat, often thought of as a delicacy, with little fat and a high protein content. It has less cholesterol than a lot of other meats (35-50 mg/100 g), so is recommended for diabetics and people with high blood pressure and hypercholesterolemia. Rabbit meat is rich in mineral salts such as magnesium, potassium, chlorine, sodium and sulphur.

Rice

Like pasta, white rice also contains fewer vitamins, minerals and fibres than the wholegrain variety. Rice has a high Glycaemic

Index rating. We recommend Basmati, wholegrain or parboiled rice.



Rosemary

This shrub grows naturally throughout the Mediterranean region. It has a very strong scent that comes from an essential oil containing camphor, eucalyptus and terpenes. Rosemary is used to add aroma to various dishes, including meats, fish and vegetables. In the 17th century, rosemary was approved by the Hungarian Court after Queen Isabella (who was in her eighties and had become remarkably frail) found a new lease of life thanks to a mix of rosemary, mint and lavender. From then on, rosemary has been known for its therapeutic value, including antiseptic, diuretic, stimulatory and tonic properties. In culinary use, it can be used in whole branches, chopped pines or in powder. Although it has a certain affinity for garlic, it also blends very well with thyme, sage and savory.

Saffron

This spice is noted for adding a distinctive yellow colour to certain dishes such as Milanese risotto, bouillabaisse, fish soup and some cheeses. Only small amounts should be used to avoid a bitter after-taste and to not make the dishes too yellow. As saffron stimulates gastric secretion, it is best avoided by those suffering from inflammation of the gastric system (as is the case with all spices). Saffron is very expensive.

Salami and sausages

These contain a lot of saturated fats and sodium, and have a medium Glycaemic Index (GI) rating.

Salt

Salt is best avoided by those with diabetes and hypertension (hypercholesterolemia and hypertension is an explosive combination for the coronary arteries). Daily sodium intake should be no more than 2 g. Unfortunately, we all tend to consume at least twice that due to high sodium levels in nearly all packaged foods. Therefore, everyone should try to reduce the amount of salt in their diet. Aside from its health risks, it also masks the natural flavour of food, so as an alternative, try using aromatic herbs, lemon juice or vinegar.

Salmon

Salmon is rich in Omega 3 and low in saturated fats. Compared to smoked salmon, the fresh variety contains less salt. Furthermore, freshly caught wild salmon is better than that from a fish farm, as it contains more Omega 3 and fewer potentially harmful contaminants.

Seeds (sunflower, sesame, poppy and pumpkin)

These seeds are rich in minerals, proteins, fibres, polyunsaturated fats, antioxidants and vitamin E. Even though they have a high calorie content, they can be consumed in moderation.

Shellfish

Shellfish contain little fat, and are rich in minerals, vitamins and polyunsaturated fatty acids. They have a high cholesterol content, but in a form that is easily absorbed by the intestine. Avoid cooking shellfish in butter or fatty sauces. Scampi and prawns are high in cholesterol, while crabs contain a lot of Omega 3 and are therefore better for you.

Soya

Soya is very rich in proteins, with the only negative factor being its low methionine content. However, this amino acid is abundant in cereals (bread, pasta etc.), so if soya is consumed along with these, you will get the same benefit as the proteins found in meat,

fish, milk and eggs. The table below lists the protein content found in 1 g of soya and other foods:

| | |
|------------|-------|
| Soya | 34.9% |
| Lentils | 23.0% |
| Beef | 18% |
| Beans | 18% |
| Sole | 16% |
| Oats | 14% |
| Egg | 13% |
| Wheat | 12.5% |
| Brown rice | 7.4% |
| Milk | 3.5% |



The fatty acids in soya beans are mainly unsaturated and very unstable at high temperatures; they are therefore not suitable for cooking. Their carbohydrate content is also high (33.4%), without containing any gluten. Soya has a high content of “noble” mineral salts such as calcium, iron and potassium (although many are lost during processing), not to mention vitamins. Like other pulses (chickpeas, beans, broad beans etc.) soya decreases cholesterol and plays a key role against the onset of arteriosclerosis. Soya can be consumed by everyone.

Spices

For thousands of years, Mediterranean and European societies have associated spices with the Orient. This applies particularly to India, where the hot, spicy aromas that enrich so many dishes come from. These poignant aromas became a status symbol because of their high cost. Doctors recommended them to rich patients to help digestion, and their exotic charm made them even more alluring. Cumin,

turmeric, cinnamon, nutmeg, clove (fresh or powdered), juniper and ginger can all be used in preparing food. Spices should be kept well sealed, otherwise they tend to lose their characteristic aroma.

Spinach

Spinach contains high levels of protein and iron. It is a commonly used ingredient in many dishes (cooked in a little water or simply added to the main pan), or it can be eaten raw. It can be seasoned with oil and vinegar. It also tastes great with a sauce made from anchovies, parsley, finely sliced capers and lemon juice.



Stock cubes

If using stock cubes (meat extract or powdered vegetable), only buy ones that contain no salt, preservatives or colorants – and only use them in moderation. Homemade stocks (see page 95) are definitely safer and healthier.

Stockfish (see codfish)

Strawberries

Strawberries are very rich in vitamin C (more than citrus fruits), and help against arthritis and liver diseases.

String beans

Rich in mineral salts, fibres and vitamins, and with a much lower calorie content than other legumes, string beans are often used in diets to aid slimming.

Sugars

Sugars have a high Glycaemic Index (GI) rating and, unlike complex carbohydrates, are high in calories and are fattening. They therefore

indirectly damage the coronary arteries and are not recommended for diabetics as they are absorbed rapidly and can increase glycaemia. Cane sugar contains neither fats nor fibres and is a simple carbohydrate. Brown sugar contains a small amount of vitamins and minerals. It is better to use a little honey instead of sugar. The WHO has determined that a small amount of sugar (one level teaspoon - 23 kcal) per day can form part of a healthy diet for diabetics, but attention must be paid to the sugar contained in packaged foods, especially snacks, sweets, chocolate bars etc. Sugars also damage the teeth by accelerating decay.

Sweeteners

Nowadays, diabetics of normal weight and metabolic balance are allowed to consume a small amount of sugar, but the use of sweeteners is safer. Saccharine (which has been available for many years) has long been suspected as being carcinogenic and the cause of foetal deformations. The WHO advises against saccharine for pregnant women and infants, and suggests limiting intake to a maximum of five tablets per day. The benefits of saccharine lie in its powerful sweetening effect - it is 500 times more effective than sugar and in its total lack of calories. Aspartame, on the other hand, has the same calorific value as sugar - although it too has a high sweetening effect (200 times greater than sugar), so can be used in very small doses - keeping the calorie content low. Both sweeteners are unstable at high temperatures and therefore cannot be used for baking cakes and biscuits. They are best used in uncooked recipes or with fruit. Do not overdo the use of sweeteners that should be prescribed by the doctor. Fructose is a sugar that is extracted from fruit. It has about the same amount of calories as normal sugar (sucrose) but has a stronger sweetening effect and so less can be used. It is absorbed more slowly by the body and so causes fewer ups and downs in glycaemia. Excessive fructose intake (more than 25g per day) can cause diarrhoea and raise triglyceride levels. Stevia rebaudiana, commonly known as sweetleaf, also deserves a mention. It is a shrub that grows in Paraguay and Southern Brazil. For centuries, its dried

leaves have been used as a sweetener by the indigenous people. The leaves from this small green shrub have a refreshing taste and can be 30 times sweeter than sugar. Unlike artificial sweeteners, sweetleaf can tolerate high temperatures and so can be used to bake. These leaves do not raise glycaemia. Unfortunately, some laboratory tests have shown that sweetleaf can cause mutations and damage DNA, and it is also believed to be carcinogenic. For this reason, the EEC has prohibited its sale in Europe.

Swordfish

This is a large saltwater fish that can grow to 4 metres in length and can weigh more than 300 kg. Its pink-coloured flesh is very expensive as it is both highly prized and very nutritional. Given the size of this fish, it is sold in slices. The flesh is firm and, as it does not taste particularly salty, there are many ways to prepare it. The most prized part is the belly, i.e., the central area of the stomach that is pink, soft and fat, while the toughest parts are the back and the fin.

Tarragon

Tarragon is an aromatic herb, also known as estragon, the leaves of which are often used with raw vegetables. Tarragon stimulates digestion and acts as a non-fermentative in the intestine. It also has mild pain-killing properties against neuralgia and rheumatic pain.

Tea

Dark green tea contains a lot of flavonoids (such as quercetin) that can apparently decrease the risk of stroke and some types of cancer and cardiovascular diseases. Tea contains less caffeine than coffee and, for this reason, is less effective as a stimulant. It also contains no calories. Drinking too much tea does not act as a stimulant and can, in fact, cause tiredness. If taken with meals, it can hinder the absorption of certain substances. Green tea or infusions are the healthiest tea choices.

Thyme

Thyme grows naturally in dry coastal areas, especially in the Mediterranean. Dried thyme leaves add aroma to many foods, notably fish.

It has many beneficial health properties, including antiseptic, antispasmodic, cicatrising, diuretic, tonic and vermifugal actions.

Tomatoes

Rich in lycopene and antioxidants, tomatoes are important in combating cellular ageing. They also play a significant role in the prevention of heart diseases and cancer (especially prostate). They contain beta carotene, potassium, vitamins C and E, and have diuretic and laxative properties, especially when mature. Tomatoes are best eaten with a small amount of oil or fat, as this enables the lycopene to be absorbed more easily. Tomatoes can be eaten raw every day (approximately 300 g) or as a pure sauce (approximately 4-5 spoons per day).



Tuna

This saltwater fish can grow up to 3 metres in length and more than 400 kg in weight. As a result, it is usually sold in slices. The flesh is pink and has a medium content of fatty substances. Tuna is of lower-quality than swordfish. The flesh is low in fat, rich in vitamin E and Omega 3 and plays an important antioxidant role. Tuna can be bought fresh or preserved in oil or brine. The production of canned tuna preserved in oil is a huge business, but the quality varies according to the parts of the tuna used, the oil employed for preservation and the technology used during preparation. The most prized part is the pink, tender belly. Tuna in brine has significantly fewer calories than that preserved in oil, but neither is recommended for people suffering from hypertension, arteriosclerosis, cardio-circulatory and liver diseases due to their high salt content.

Turkey

Turkey is rich in proteins, vitamin B and selenium. It contains very little fat and is good for those on a slimming diet.

Vanilla

This is not just an aroma, but an ingredient that adds flavour to even the simplest dessert. It does this by reactivating the sense of smell and acting as a natural “tester”. We should avoid the powder and liquid substitutes that have invaded the market and confuse the palate. Many of the vanilla sticks on sale are black, dried out and rigid with no scent; and even if these are boiled in milk, they remain jaded. Top-quality vanilla is bright brown and flesh-like, eager to release its wonderful aroma. It can be used not just with desserts, but also with pork and lamb dishes.

Veal

Veal is a white meat with little fat and a high protein content.

Vegetables

Just like fruit and pulses, vegetables are an important source of fibre - which helps to satisfy our appetite. They are rich in vitamins, antioxidant properties, mineral salts and water. Spinach, string beans and red peppers also contain beta carotene. Vegetables also contain carbohydrates, but it is their high fibre content that ensures a low Glycaemic Index (GI), if consumed with other foods that are rich in carbohydrates such as pasta and rice. Vegetables are best eaten raw or steamed, and buying fresh or frozen is better than buying tinned products. Vegetables are an essential element of first courses, fillings and side dishes.

Vinegar

Vinegar is used to add flavour to raw and cooked vegetables. It can also be used as a natural preservative for pickling vegetables or marinating meats and fish. Vinegar stimulates the secretion of gastric juices. It is not recommended for people suffering from perchlorhydria, gastritis, ulcers, colitis and cystitis. Balsamic vinegar, or vinegar made from red/white wine and honey, can be used in moderation as a condiment.

Wild herbs

Wild herbs are cheap and available throughout the year. They include spinach, which is rich in minerals and iron and provides an abundance of vitamins and folic acid. Herbs (the least harsh of the chenopodiaceae) are rich in vitamins A, B2, PP, C and mineral salts, and these can be retained by cooking at a low temperature. They are also the easiest to include in recipes thanks to their characteristic taste. Turnip tops (the unflowered buds of Cimos Brassica Campestris) mature all year round and have detoxifying properties. Catalogna chicory, the most commonly used chicory, is notable for its phosphorus, calcium, vitamin A and mineral salt content. Its bitter taste stimulates gastric secretion. The wide leaf and white varieties (puntarella) are best eaten raw with anchovies. Lettuce is rich in purifying chlorophyll and is delicious in a hot soup. Romaine lettuce also contains vitamin C. Borage (Celtic borraich) has many therapeutic properties – it is a stimulant, a hypotensive, a diuretic and a depurative. In cookery, it is traditionally used for filling Ravioli di Magro.

Yoghurt

Along with Kefir (acidulated milk with different bacteria and yeasts), yoghurt is an excellent source of probiotic bacteria. This supports intestinal bacterial flora and acts as an immuno-stimulant. Low-fat yogurt is rich in proteins and calcium, and most natural yoghurts contain less than 1 g of fat per 100 g. It should be noted that low-fat yoghurt with fruit can contain many sugars, so always check the label carefully.



Useful tips

Always buy **fresh ingredients** and eat **raw or in-season** vegetables.

Do not refreeze food that has been thawed.

Trim any visible fat or skin from meat and poultry.

White meat is recommended instead of red meat. Always remove visible fat.

With poultry, take care not to undercook because it contains bacteria.

Keep your fridge clean at all times to prevent bacteria and mould developing.

Throw away tins and jars of food that are past their use-by date.

Do not add **salt** to ready-to-use foods, and try to use less salt when preparing or seasoning.

Use **low sodium salt** as an alternative.

Avoid butter; instead use extra virgin olive oil or margarine with omega 3.

Cut out foods that are rich in animal fats (butter, lard), fat cheeses, fatty meats, offal and fries.

Cooking chocolate can be substituted with cocoa powder and vegetable oil.

Diabetics should take extra precautions with food preparation. “Wet” cooking methods, like boiling and long slow simmering, should be avoided. Instead other methods are recommended that use “dry” heat, such as the oven, microwave or grill.

Eat fibre rich foods such as vegetables, fruit, wholemeal products and pulses. Make use of the wholegrain varieties of products such as flour, barley, pasta, cereal, muesli and oats that are also rich in fibre.

Instead of stock cubes, use home-made meat or vegetable stock and herbs and spices.

Oils: Use extra virgin olive, sunflower, wheat germ or corn oils. We also recommend that you use them in moderation. Don’t judge by eye - measure the amount you need with a spoon and only add to the dish after cooking.

Stir-fry vegetables in a pan, with a little water instead of oil, and serve then “al dente”. This will preserve the vitamins and minerals.

Substitute 1 egg yolk with 1 egg white. When a recipe requires a whole egg, substitute with 2 egg whites, or 1 egg white plus 1 tsp vegetable oil.

Thicken soups with purees, vegetables and skimmed milk powder. This increases the vitamin A, C and calcium content.

INGREDIENT TIPS

We recommend that you use as many of these ingredients as possible....

Raw and cooked vegetables (except carrots); salads; most fresh fruit (except bananas, grapes and mango); all types of fish (including sardine, mackerel, fresh and tinned tuna, salmon and shellfish); certain types of meat (including turkey, chicken, rabbit, veal and game), ‘good’ dairy products (skimmed milk, low-fat yoghurt, low-fat cheeses), oils but choose from olive oil, corn oil, soya oil, sesame seed oil and sunflower seed oil; all pulses (including soya beans, beans, peas, chickpeas and broad beans); wholegrain bread; all cereals (including pasta and barley); powdered bran and cocoa; egg whites; fruit sorbets; water; freshly squeezed citrus fruits.

.....but these should only be used rarely and then in very small quantities

All saturated fats; fried foods of any type; smoked meats and fish; fat meats (including duck, goose, pheasant; offal: liver, brain,

kidney), processed meats (including sausages, salami, frankfurters, bacon, rotisserie products and tinned meats); salted foods and snacks; paté; ‘bad’ dairy products (whole fat milk, whole yoghurt, cream, full-fat cheeses, lard, and margarine); caviar; pasta made with egg; saturated vegetable fats (such as palm oil, coconut oil and mayonnaise); stock cubes; chocolate; bakery products containing butter, cream, eggs, milk, lard, coconut and palm oil; biscuits and assorted snacks; ice cream; drinks such as spirits, aperitifs, beer and fruit juices; simple sugars such as glucose; assorted desserts; dried fruit; sweeteners; potatoes; cooked carrots; bananas, mango and grapes; and all foods containing monosodium glutamate.

These are all cholesterol-free....

Pasta; rice; plain or wholegrain bread; flour; potatoes; olive oil; vegetable margarine; pulses (peas, beans, lentils, chickpeas, soya beans); fresh fruit; dried fruit; vegetables; egg white; sugar; honey; jam; cocoa.

COOKING TIPS

General

It is important to be aware that some cooking methods can actually harm foodstuffs, both in terms of nutritional value and in taste, smell and appearance. All foods including meat, fish and vegetables undergo significant changes during the cooking process depending on technique, temperature, duration and even the type container used. A good rule is never to overcook, especially vegetables and fruit, because this will reduce the vitamin value. The best advice, therefore, is cook little but cook quickly - this way you will retain the consistency, taste and vitamin value of the food. Prolonged cooking of roasts and stews on the other hand causes changes to fatty substances. Use non-stick pans that allow you to use little fat or pressure cookers that allow fast cooking times. The Chinese Wok also allows fast cooking at high temperatures using little fat. Once again, it is essential to stress the importance of learning to cook without fats, and to add them to the plate only after cooking.

Diabetics

Diabetics should take extra precautions as regards food preparation. “Wet” cooking methods such as boiling and long slow simmering should be avoided. Other methods using “dry” heat such as the oven, microwave or grill are recommended.

Boiling

Boiling is an ideal cooking method for cereals such as pasta, rice and spelt, but less effective for vegetables due to the huge loss of hydrosoluble vitamins and mineral salts. It is for this reason that we recommend re-using the water used for cooking vegetables when cooking pasta or sauces as some of the lost ‘goodness’ can be recovered. Use a little water and cook vegetables until they are “al dente” or slightly crunchy. Do not overcook or use salted water as iron minerals dissolve and disappear more easily. Do not cut vegetables into small pieces as the loss of vitamins is directly proportional to the surface area in contact with water.

Steaming

Steam cooking is preferable to boiling as foods do not lose their consistency and vegetables, especially, remain crunchy. This method is recommended for certain foods whose key components are soluble (such as fish and vegetables) or for foods with low fat content. Cooking juices should be re-used for making sauces and creams. Diabetics are advised to eat foods prepared using dry cooking methods.

Microwaves

Microwave ovens are a convenient and fast method for heating, thawing and cooking, especially those with a grill. They are very energy efficient as the cooking times involved are short. One drawback is that microwaved food can still have cold areas after cooking as the water content in the food is not evenly distributed.

Oven

This type of cooking provides evenly distributed temperatures (although sometimes difficult to obtain in a gas oven) but long cooking times

can cause damage to heat-sensitive vitamins (such as vitamin C) and also alter some proteins. One suggestion is to brown roasts in the pan before putting them in the oven so that the seal formed traps the juices, aroma and nutrients inside the meat. This type of cooking does not need additional fats. Instead use aluminium foil and oven paper.

Casseroles

Use casserole dishes for braising, stewing and cooking meats. Stewing means slow cooking in a liquid (for instance wine or water) that adds flavor to the ingredients and makes them tender. Unfortunately, due to the long cooking times, about half the vitamins and water-soluble minerals are lost whereas fats are not. Remove the skin and fat from meat before cooking. This type of cooking is not suitable for diabetics.

Grills

You can either use an electric or a charcoal grill. Take care not to blacken or burn the meat (this advice applies for any type of food that comes into direct contact with heat, including pizza or bread baked in a wood-burning oven) as potentially carcinogenic hydrocarbons can form. The guidelines for successful grilling are the same as for boiling meats - use high heat but take care not to pierce the meat with a fork when turning as this allows the juices to escape. Season just before removing from the grill and serve hot. Cooking times depend upon the size of the meat with about 15 minutes needed for 500 grammes weight and around five minutes for a single cutlet. It is best to eat grilled food in moderation, always remembering to remove any burnt bits. With the high temperatures used in grilling, it is easy to burn the outside of food while the inside remains raw. This applies particularly to foods such as hamburgers or sausages that contain minced and processed meats. It is very important to keep the grill clean and to prevent the build-up of residue that continues to burn and release toxic substances on to new foods. There are however benefits to be had from using the grill; fat simply melts away and no condiments are needed.

'Al cartoccio' (wrapped in parchment paper)

A highly recommended method for cooking meat and fish with the addition of vegetables or aromatic herbs – and there is no need for fats.

Frying

Frying is not recommended if using oil.

However, if you do fry, here are a few suggestions:

- Only use oils such as extra virgin olive oil or peanut oil. These have a high smoke point (the temperature at which oil starts its irreversible process of degradation).
- Because frying involves very high temperatures, those with a low smoke point will more readily form acrolein - a toxic substance that damages the liver and irritates the mucous membranes.
- Do not coat the food to be cooked with thick batter or breadcrumbs as they will absorb a lot of oil.
- Do not mix oils or blend 'new' with 'old'
- Never use oil more than once.
- Dispose of old oil thoughtfully - collect it in a container and use approved methods and collection points.

Pans and saucepans

Pans with non-stick Teflon surfaces are soon to be replaced with a new technology that has a lesser effect on the environment and on health. Teflon contains a chemical agent that can damage the thyroid. Non-stick pans with Teflon should therefore be used with care and never be allowed to overheat. While responsible cooking means that critical temperatures are rarely reached, mistakes and accidents do happen, so please be careful or replace your Teflon pans. Alternatives include:

- **Steel** - an excellent material for all types of cooking, even at high temperature. Take care not to scratch the metal.
- **Aluminium** - suitable for all types of cooking. Take care not to scratch when cleaning with abrasive pads and do not leave acidic foods in the pan.
- **Iron** - highly resistant and durable. Replace iron pans if they are scratched or if rust appears. This can be caused by cooking even at moderate temperatures. Do not clean with abrasive pads.

Stocks

Meat, fish and vegetable stock can be the base for many dishes. It is better to prepare a large quantity of stock once a week then freeze smaller amounts to be used as and when required. Stock made from red meat is best avoided. Below are a few recipes:



VEGETABLE STOCK

You need:

- 3 litres of water
- 150 g of leeks
- 500 g of courgettes
- spinach leaves
- ½ carrot
- 2 sticks of celery
- 2 onions
- 3 mature tomatoes
- 2 cloves of garlic
- 4 cloves
- 2 corns of black pepper
- small bunch of aromatic herbs
- small slice of ginger
- pinch of coarse low sodium salt

Method:

1. Clean and chop the vegetables into pieces.
2. Place them in a large saucepan and cook for 5 minutes.
3. Pour in 3 litres of hot water.
4. Add the cloves, pepper corns, garlic, aromatic herbs and ginger.
5. Simmer for about 60 minutes.
6. Filter the stock through a sieve and cheesecloth.
7. Allow to cool

8. Keep in the fridge until required.
9. Can be used to add flavour to dishes, sauces, soups and for cooking in place of oil. Various types of vegetables can be used including beet and lettuce.

FISH STOCK or SOUP (BISQUE)

You need:

- 3 litres of water
- 1½ kg of fish heads, bones and scraps (best from white fish such as cod, turbot and bass, or shellfish such as prawns, scampi or crabs)
- 2 medium sized onions
- 2 sticks of celery
- ½ carrot
- 300 g of fresh tomatoes
- 3 cloves of garlic
- 7 peppercorns or 1 chilli pepper
- 4 laurel leaves
- bunch of parsley
- strand of saffron
- vegetable stock
- 2 glasses of white wine
- 1 lemon
- 4 slices of fresh ginger
- 4 drops of tabasco

Method:

1. Chop the celery, carrot, onions, garlic, laurel and place in a saucepan with a little vegetable stock.
2. Add the cleaned fish heads and press with a wooden spoon.
3. After a few minutes, add the ginger, parsley, chilli pepper or pepper corns.
4. Pour in the white wine and allow to evaporate.
5. Dissolve the saffron in a little vegetable stock and add to the fish.
6. Cut the tomatoes into pieces and add.
7. Add 3 litres of water and a few drops of tabasco.
8. Boil then skim.
9. Cover the pan and simmer for about 20 minutes (do not cook this for more than 30 minutes otherwise the bones break and make the stock bitter).
10. Add the squeezed lemon.

- Filter the stock through a sieve and cheesecloth.
- Do not keep in the fridge for more than 24 hours. The stock can be frozen for later use in making sauces and soups.

CHICKEN AND TURKEY STOCK

You need:

3 litres of water
 remains of 1 chicken
 1 piece of turkey
 1 onion
 ½ carrot
 2 sticks of celery
 5 cloves
 5 corncobs of black pepper
 small bunch of aromatic herbs
 parsley
 1 small slice of ginger root
 pinch of low sodium salt

Method:

- Put the water on to boil.
- Add the chicken, turkey, chopped vegetables and herbs.
- Bring to the boil then skim the stock and add a pinch of salt.
- Cover the saucepan and simmer for 2 hours.
- Filter the stock through a cheesecloth inside a sieve and allow to cool. When cold, put in fridge.
- The next day, any fat will have solidified on the top. Skim off the fat and filter again.
- The stock can be kept in the fridge for up to two weeks or it can be frozen. Use this stock for making sauces and soups.

MUSHROOM STOCK

You need:

400 g fresh mushrooms
 3 cloves of garlic
 20 g of onion
 100 g of carrot
 200g white celery

100 g tomatoes
 handful of dried mushrooms

Method:

- Soak the dried mushrooms in warm water.
- Clean any dirt off the fresh mushrooms with a brush.
- Rinse the dried mushrooms and filter the water.
- Unite all the ingredients including the filtered water in a blender.
- Blend the mixture. If necessary, add a little water.
- Put the mixture in a pan and bring to the boil for 1 minute.
- Allow to cool and put in freezer. Use this stock to add flavour to your dishes.

BEEF STOCK

You need:

3 litres of water
 2-2.5kg of beef on the bone
 1 onion
 1 carrot
 2 sticks of celery
 5 cloves
 small bunch of aromatic herbs
 parsley
 basil
 pinch of low sodium salt salt

Method:

- Put the meat in cold salted water and slowly bring to the boil.
- When the water is boiling, skim and remove any froth from the top.
- Add herbs, celery, carrot and onion with 5 cloves stuck in it, parsley and basil.
- Cover and simmer for several hours. Add a pinch of salt.
- Remove the meat from the liquid then filter the stock through a cheesecloth inside a sieve and, when cold, put the stock in the fridge.
- Leave overnight. The next day, the fat will have come to the surface and can be easily removed.

Carpaccio

Carpaccio is a dish of thinly sliced meat or fish. For perfect results, the slices must be very thin, fresh and absolutely clean.

FISH CARPACCIO

Serves 4

250-300g of fish

The best fish for this dish comes from medium or large fish with firm flesh, such as tuna, salmon, swordfish, sturgeon, cod, bass and hake.

- Remove all the bones using tweezers.
- Use a knife to remove any fat or dark patches as they have a bitter taste. Wash the fish in cold water and dry with kitchen roll or a dish towel.
- Place the fillets in the freezer for 20 minutes nb.: they must be very cold.
- Place the fillets on a cutting board and using a sharp knife with a long thin blade, cut them into very thin slices across their length. The slices should be 2-3 mm thick. For wider slices, cut slightly more sideways.
- If the slices are too thick, use the same procedure as above with oven paper.
- Arrange the slices on a serving dish without letting them overlap.

BEEF OR VEAL CARPACCIO

Serves 4

250-300 g of meat

The best meat for this dish is beef or veal loin, or sirloin.

- Before cutting and preparing the meat, remove all fat and nerves using a sharp knife.
- Place the meat in the upper part of the fridge for at least 2 hours or for 10 minutes in the freezer so that it is very cold.

- Place the meat on a cutting board and cut into slices, across the direction of the fibres.
- Make the slices as thin as possible, using a sharp knife with a long narrow blade: the blade should be from 2-3mm thick. Alternatively, use a slicer that will allow you to cut very thin slices, all of the same thickness.
- If the slices are too thick, put one slice at a time between two pieces of damp oven paper and use a tenderiser to make them thinner.
- Arrange the slices on a serving dish. Do not let them overlap, so that the full flavor of the condiment can be absorbed.



RECIPES



First Course
Okra with chicken

Main Course
**Baked fish with onions
and tomatoes**

Leek pie

Dessert
Cheese mousse



Albanian

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Okra with chicken

Serves 4

4 chicken thighs
1 kg of okra
3 ripe medium-sized tomatoes
1 onion, finely chopped
2 tsp of extra virgin olive oil
1 tbsp of white wine
pinch of low-sodium salt and
freshly ground pepper

1. Place the chopped onion in a pan and sauté in a little water until it becomes transparent.
2. Add 1 tbsp of white wine and allow it to evaporate.
3. Peel and chop the tomatoes into cubes, then add them to the pan.
4. Season with a pinch of salt and pepper and cook for 5 minutes.
5. Add the okra and a little water, and bring to the boil.
6. Cook until “al dente”. If you overcook the okra or do not stir them with care, they might open and thus lose their green colour along with their vitamins and mineral salts. Put them to one side while preparing the other items.
7. Place the chicken thighs in a tray lined with ovenproof paper. Season with pepper and 2 tsp of extra virgin olive oil.
8. Bake in the oven at 180° for about 15 minutes or until they are golden brown. The exact cooking time will vary according to the quality and size of the chicken. Discard any fat that is produced during cooking. Serve the chicken on a hot plate, surrounded by the okra and the tomato sauce.

Kcal/portion 510
Protein g 40
Lipids g 31
Carbohydrates g 18
Cholesterol mg 164
Sodium mg 155

Baked fish with onions and tomatoes

(Picture page 101)

Serves 6

1 kg of whole fish
1 kg of onions
1 kg of tomatoes
2 laurel leaves
black peppercorns
4 tbsp of chopped parsley
¼ cup of white vinegar
4 cloves of garlic, cut into quarters
2 tbsp of extra virgin olive oil
pinch of low-sodium salt

1. Thickly slice the onions and finely slice the tomatoes.
2. Place the fish on a tray lined with ovenproof paper. Cover with the onions, tomatoes, laurel leaves, peppercorns, garlic, parsley and a pinch of salt. Sprinkle with the vinegar and extra virgin olive oil.
3. Bake in the oven at 180° for about 20 minutes, or until you are able to remove one of the dorsal fins with a gentle pull. The exact cooking time will vary according to the size of the fish. Serve the fish on a hot plate, either as a whole or cut into portions.

Kcal/portion 253
Protein g 34
Lipids g 7
Carbohydrates g 14
Cholesterol mg 62
Sodium mg 150

Leek pie

Serves 8

300 g of maize flour
300 g of ricotta cheese
150 g of low-fat cottage cheese
1 kg of leeks
500 g of fresh onions
4 tsp of extra virgin olive oil
low-sodium salt
freshly ground pepper



1. Tip the flour onto a marble surface and form a mound.
2. Slowly pour about 150 ml of warm water into the middle of the mound, and add a pinch of salt and 2 tsp of olive oil. Knead the dough until it reaches a soft and flexible consistency (you may need to add more water).
3. Finely chop the leeks and onions, and then sauté them in a non-stick pan with a little water until they become transparent.
4. When ready, remove from the heat and add the cottage cheese, ricotta, salt and pepper.
5. Grease a 22 cm quiche tray with 2 tsp of olive oil. Line the inside of the tray with the dough, then pour in the mixture.
6. Bake at 180° for about 25 minutes.
7. Remove from the tray and allow to rest. Serve lukewarm or cold.

Kcal/portion 325
Protein g 13
Lipids g 12
Carbohydrates g 43
Cholesterol mg 12
Sodium mg 104

Cheese mousse

Serves 6

250 g of low-fat ricotta (or any other soft cheese)
2 egg whites
200 g of fresh or tinned apricots (or your preferred fruit)
several mint leaves
2 tbsp of pistachios
sweetener (see page 89)

1. Place the ricotta in a sieve to drain off any excess water.
2. Beat the egg whites until they are firm.
3. Gently fold the egg whites into the ricotta, then add the sweetener.
4. Pour the mixture evenly into six dessert bowls and place them in a refrigerator for a few hours.
5. Before serving place the apricot pieces and the pistachios on top, and garnish with mint leaves.

Kcal/portion 72
Protein g 6
Lipids g 3
Carbohydrates g 5
Cholesterol mg 0
Sodium mg 49



Cheese mousse



First Course
Austrian pancake soup

Main Course
Wiener tafelspitz

Dessert
Salzburger nockerl

Austrian

SOCIETY OF CARDIOLOGY



Austrian pancake soup

(Picture page 105)

Serves 6

5 cups of stock (see page 95)
150 g of flour
250 ml of low-fat milk
2 eggs
2 eggs + 1 yolk
low sodium salt
½ tbsp margarine (see page 82)

1. Mix the flour with the milk, then add the eggs and a pinch of salt to make a soft dough.
2. Heat the margarine in a non-stick pan and when hot pour in the dough.
3. Spread rapidly on the hot surface and cook quickly.
4. Use a plate to turn the pancake over and cook it on both sides.
5. Place the pancake on a cutting board and cut it into thin slices.
6. Bring the stock to the boil.
7. Add the pancake slices and cook for 2 minutes.
Serve piping hot in a soup bowl.

| | |
|------------------|--------------------|
| Kcal/portion 153 | Carbohydrates g 18 |
| Protein g 8 | Cholesterol mg 144 |
| Lipids g 5 | Sodium mg 665 |

Wiener tafelspitz

Tafelspitz is the name of the meat cut usually from a young bull. The meat for Tafelspitz is well-aged pieces of beef cut from the lower sirloin. Austrian butchers give almost every muscle of beef a separate name. The hind leg alone is divided into 16 cuts: there is for example the Hueferscherzl, Hueferschwanzl, Nuss, Wadlstutzen, Gschnatter, Schwarzes Scherzl, Weisses Scherzl, Duennes Kuegerl, Schalblattel also called Fledermaus. An alternative is a similar cut of properly hung beef from a young bull, with firm white fat (not yellow). Some people leave the fat on

to prevent the meat from becoming dry but, for the purposes of this book, it is better to remove it before cooking.

Serves 8

2 kg beef
1 carrot
parsley root
1 stick of celery
2 small onions
10 peppercorns
low sodium salt

1. Pour 2-3 litres of water into a pot and bring to the boil.
2. Add the carrot, parsley root, the stick of celery, the onions and the peppercorns.
3. Gently flatten the meat on a wooden board then put it into the boiling stock.
4. Let simmer for 2-3 hours.
5. Just before the end of cooking time, season with a pinch of salt.
6. Cut the meat into 1cm slices.
Serve with Apfelkren and, for a richer taste, serve with potato pancakes.

Apfelkren

2 apples
2 tbsp of horseradish
1 tbsp of vinegar
1 tsp of sweetener
the juice of 1 lemon

1. Peel and grate the apples.
2. Season with vinegar, sugar, lemon juice and horseradish.

Potato pancakes

1 kg of potatoes
1 tbsp of margarine
½ tbsp of caraway seeds
Low sodium salt

1. Peel the potatoes and boil until soft (be careful not to overcook them).
2. Cut into slices.
3. Heat the margarine in a pan. When hot, add the potato slices and cook until they are crispy.

4. Season with a tiny pinch of salt and the caraway seeds before serving.

| | |
|-------------------|--------------------|
| Kcal/portion 426 | Carbohydrates g 28 |
| Protein tot. g 55 | Cholesterol mg 178 |
| Lipids tot. g 8 | Sodium mg 257 |

Salzburger nockerl

(for experienced cooks only)

This recipe is very rich and is not suitable for people with heart problems or for those who have to follow a diet. However we are including it as having it once a year, at Christmas for example, is unlikely to do much harm.

Serves 5/6

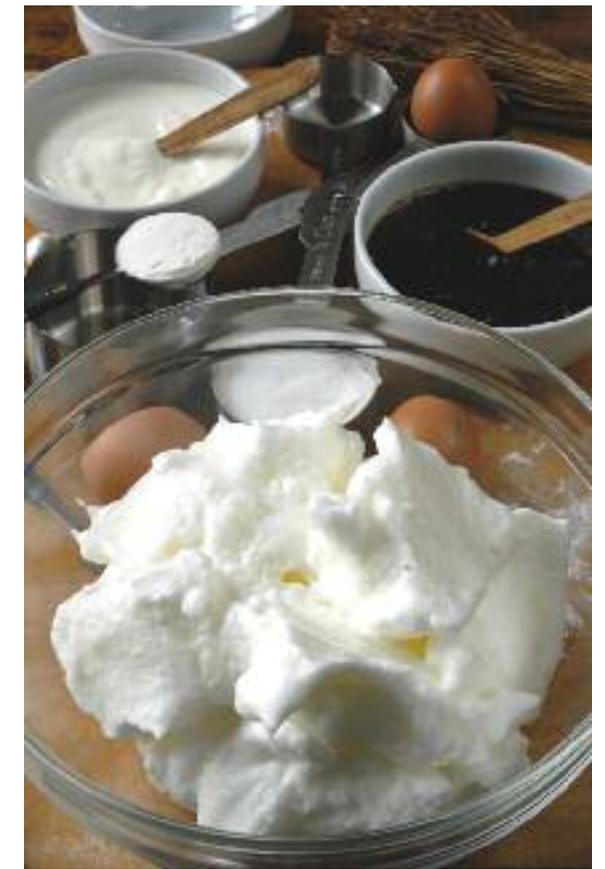
¼ cup cream
¼ cup bottled wild cranberry sauce or any fruit preserves or jam
5 large egg whites
¾ tsp salt
½ cup granulated sugar
1 tbsp all-purpose flour
3 large egg yolks
1 tsp pure vanilla extract
Icing sugar for dusting

1. Put an oven rack in the middle position in the oven and preheat to 200°.
2. Pour the cream into a 9-inch pie plate or shallow gratin dish and spoon cranberry sauce into the cream in dollops (it will be sparse).
3. Put the egg whites and salt in a bowl, then set the bowl in a larger bowl of hot water and stir the whites to warm up to room temperature for 1 to 2 minutes.
4. Remove the bowl from the hot water. Beat the whites with an electric mixer at high speed until they just form soft peaks, then beat in the granulated sugar, 1 tablespoon at a time, beating just until the whites form stiff, glossy peaks of meringue.
5. Sprinkle the flour over the meringue and fold it in gently but thoroughly. Whisk together the egg yolks and vanilla in a small

bowl, then fold this mix into the meringue gently but thoroughly.

6. Spoon large dollops of the meringue onto the cream mixture and bake for 13 to 15 minutes until golden brown and set. If you prefer a less creamy soufflé, bake for 5 minutes more.
7. Dust lightly with icing sugar and cool for 5 minutes before serving.

| | |
|------------------|--------------------|
| Kcal/portion 202 | Carbohydrates g 23 |
| Protein g 8 | Cholesterol mg 323 |
| Lipids g 9 | Sodium mg 82 |



Ingredients for Salzburger Nockerl



First Course
Cold sorrel soup

Main Course
Stuffed cabbage rolls

Dessert
**Curd pudding
with blackberries
and raspberries**



Belorussian
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Cold sorrel soup (Cholodnik)

Serves 4

300 g of sorrel
½ a cucumber
30 g of spring onions
1 hard-boiled egg
1 tbsp low-fat yoghurt
500 ml of boiling water
1 tsp of fresh dill
pinch of low-sodium salt

This is a summer soup made with kefir, sour clotted milk or sour cream diluted with water and the addition of vegetables and eggs. The vegetables are boiled beetroot (not pickled), fresh cucumber, green onion and dill. The boiled egg is to be finely chopped or grated. Some people add a tsp of mustard for a sharper taste.

Before serving, cholodnik is kept in the fridge for no less than one hour. To enhance the full taste of the soup, you can serve it with hot boiled potatoes

1. Wash the sorrel thoroughly, remove the stalks and finely chop the leaves.
2. Add the sorrel to a saucepan of boiling water and simmer for 5-7 minutes.
3. Remove from the heat and allow to cool.
4. Chop the spring onions and cucumbers, finely chop the hard-boiled egg white and mash the yolk. Add all ingredients to the cooled sorrel broth.
5. Before serving, season with a pinch of salt and decorate with 1 tbsp of yoghurt and a sprinkle of dill.

| |
|-------------------|
| Kcal/portion 38 |
| Protein g 3 |
| Lipids g 2 |
| Carbohydrates g 3 |
| Cholesterol mg 57 |
| Sodium mg 42 |

Stuffed cabbage rolls

(Picture page 109)

Serves 4

1 cabbage
200 g of minced meat (beef or veal)
½ cup of rice
2 or 3 carrots
4 onions
2 tbsp of oil (see page 84)
2 tbsp of tomato sauce
low-sodium salt
freshly ground black pepper

1. Remove the leaves from the cabbage and fast boil them. Cut out any thick veins that are visible on the leaves.
2. Cook the rice in salted water, and drain when ready.
3. Wash and chop the carrots into chunks, then wash and thinly slice the onions.
4. Thoroughly mix the rice, onions and carrots with the minced meat.
5. Spoon the mixture evenly onto the cabbage leaves, roll them up, secure them with a toothpick, and season them with freshly ground black pepper.
6. Place the rolls into a large skillet with 1 tbsp of oil and ½ glass of water. Cover them with the tomato sauce and simmer for about 40 minutes, basting frequently.

| |
|--------------------|
| Kcal/portion 256 |
| Protein g 15 |
| Lipids g 9 |
| Carbohydrates g 30 |
| Cholesterol mg 36 |
| Sodium mg 110 |



Curd pudding with blackberries and raspberries

Curd pudding with blackberries and raspberries

Serves 6

200 g of low-fat curds
1 tbsp of semolina
1 egg
1 tbsp of low-fat yoghurt
½ tbsp of low-fat margarine
200 g of blackberries and raspberries (if ripe enough, sugar is not necessary)

1. Sieve the curds.
2. Add the margarine, egg and semolina, and stir well to form a pastry.

3. Divide the pastry into 2 equal parts.
4. Line a pudding mould with ovenproof paper, and then with half of the pastry mix.
5. Rinse and drain the mixed berries, and pour them into the mould.
6. Cover the mould with the other half of the pastry.
7. Coat the pastry top with 1 tbsp of yoghurt.
8. Bake in a preheated oven at 170° for 25-30 minutes.

Can be served with any type of berry syrup.

| | |
|-----------------|-------------------|
| Kcal/portion 98 | Carbohydrates g 5 |
| Protein g 8 | Cholesterol mg 62 |
| Lipids g 5 | Sodium mg 39 |



First Course
Pan-fried aubergines

Main Course
Bosnian hotpot
Bachelor's sataraš



ASSOCIATION OF CARDIOLOGISTS
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Pan-fried aubergines (Patlidžan tava)

Serves 4

4 aubergines
1 tbsp of extra virgin olive oil
10 black olives
low-sodium salt
1 cup of buttermilk

1. Peel the aubergines and cut them into thin round slices. Sprinkle the slices with a little salt and let them rest for 30 minutes, then rinse off the salt and pat them dry.
2. Cook the aubergines, without any oil, in a non-stick frying pan.
3. Arrange them on a serving plate and sprinkle with extra virgin olive oil. Add the olives and serve a little buttermilk in a bowl alongside each plate.

Kcal/portion 219
Protein g 7
Lipids g 14
Carbohydrates g 16
Cholesterol mg 25
Sodium mg 82

30 g of margarine (see page 82)
250 ml of water
freshly ground black pepper
½ tsp chilli powder
½ tsp low sodium salt

1. Cut the meat into medium-sized cubes and put them in an earthenware pot.
2. Chop the vegetables into large chunks and chop the herbs.
3. Now add all the vegetables and herbs to the meat.
4. Season with a pinch of salt, pepper and chilli powder.
5. Lastly, add the water and the margarine.
6. Cover the pot with pierced aluminium foil and put in a preheated oven at 200°.
7. Let it cook for 45 minutes, then lower the temperature to 180° and allow it to cook for a further 30 minutes.

Kcal/portion 271
Protein g 27
Lipids g 13
Carbohydrates g 11
Cholesterol mg 83
Sodium mg 99

Bachelor's sataraš (Bećar sataraš)

Serves 4

4 peppers
2 medium onions
3 large tomatoes
4 garlic cloves
freshly ground black pepper
3 tsp oil (see oils on page 84)
low sodium salt

1. Chop the onions into medium-sized pieces and cook with a few tbsp of water.
2. Wash the peppers and cut them lengthways, after removing the seeds and white filaments.
3. Add the peppers to the onions and cook on a low heat for 30 minutes.

Bosnian hotpot (Bosanski lonac)

(Picture page 113)

Serves 8

500 g lamb on the bone
500 g beef on the bone
3 onions
3 potatoes
3 green peppers
3 tomatoes
1 garlic clove unpeeled
1 chilli pepper
handful of parsley
3-4 mint leaves
bunch of dill



Ingredients for Bachelor's sataraš

4. Put the tomatoes and finely chopped garlic in another saucepan and cook for 20 minutes.
5. Now mix the tomatoes and peppers together, season with freshly ground pepper and the oil and serve.

Kcal/portion 88
Protein g 2
Lipids g 4
Carbohydrates g 11
Cholesterol mg 0
Sodium mg 16



First Course
**Scallops with breadcrumbs
and parsley**

Main Course
Venison steaks

Dessert
Summer pudding



British

CARDIOVASCULAR SOCIETY

Scallops with breadcrumbs and parsley

(Picture page 117)

Serves 4

4 average-sized scallops
1 clove of garlic
4 tbsp of extra virgin olive oil
100 g of breadcrumbs
bunch of parsley, finely chopped
low-sodium salt
freshly ground pepper
To garnish
1 lemon
raw baby spinach or rocket

1. Peel and crush the clove of garlic with a fork, then soak it in 4 tbsp of extra virgin olive oil for 30 minutes.
2. Remove any dark veins found in the scallops and, if they are very thick, cut the scallops in half.
3. Sprinkle the scallops lightly with salt and plenty of pepper.
4. Fry 100 g of fine breadcrumbs in 2 tbsp of the garlic-flavoured olive oil for 5 minutes or until crisp and golden. Or for an even healthier dish, brown the breadcrumbs without oil in a non-stick frying pan.
5. Remove the pan from the heat, tip the breadcrumbs onto a sheet of kitchen paper and place in a warming drawer or low-temperature oven.
6. Heat the remaining 2 tbsp of garlic-flavoured olive oil in a frying pan, and fry the scallops for one or two minutes on each side (depending on their size).
7. Test the scallops with a knife to check if they are fully cooked. Remove from the heat and serve on warmed plates.
8. Mix plenty of finely chopped parsley with the breadcrumbs and sprinkle over the scallops.
Garnish each plate with a lemon wedge, and serve with fresh baby spinach or rocket.

| | |
|------------------|--------------------|
| Kcal/portion 309 | Carbohydrates g 23 |
| Protein g 15 | Cholesterol mg 110 |
| Lipids g 18 | Sodium mg 110 |

Venison steaks

Serves 4

4 Scottish wild venison fillet steaks
3 tbsp of extra virgin olive oil
3 spring onions
350 g of mushrooms
1 piece of ginger, grated
1 tbsp of red currant or rowan jelly
1 tbsp of tomato purée
1 tbsp of soy sauce
1 tbsp of corn flour
1 tbsp of Demerara sugar
1 tbsp of wine vinegar
400 ml of stock (see the venison or vegetable stock recipe on page 95)
2 cloves of garlic
1 tin of cherries

1. Clean the mushrooms with a brush and separate them into tops and stems.
2. Caramelize 1 tbsp of Demerara sugar in a heavy-based saucepan
3. Add the wine vinegar, the stock and the mushroom stems.
4. Bring to the boil, simmer and reduce to about 250 ml, then liquidise.
5. Wash and slice the onions.
6. Thinly slice the tops of the mushrooms.
7. Place the onions into a non-stick frying pan and sauté with a few spoons of water until they become transparent.
8. Add the mushrooms, garlic and grated ginger, and sauté them for a minute or two.
9. Add 1 tbsp of redcurrant jelly, the liquidised stock, 1 tbsp of corn flour, 1 tbsp of soy sauce and 1 tbsp of tomato paste. Bring to the boil while stirring, and then simmer for a few minutes.
10. Add the tin of cherries and a little water to dilute the liquid, if necessary.
11. Pan-fry the venison (medium or rare, as desired).
12. Place on a warm large platter and cover with the sauce. Serve with mashed potato, a hint of parsnip, coarse mustard and fresh green seasonal vegetables.

| | |
|------------------|--------------------|
| Kcal/portion 324 | Carbohydrates g 20 |
| Protein g 31 | Cholesterol mg 88 |
| Lipids g 14 | Sodium mg 87 |



Summer pudding

(not suitable for diabetics)

Serves 4

650 g of seasonal summer fruits
(raspberries, strawberries, redcurrants, blackcurrants, stoned fresh cherries)
8 thin slices of wholemeal bread, about 1 or 2 days old

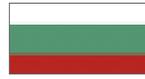
1. Remove the crusts from the bread.
2. Line a pudding tin or soufflé dish with the bread (trimmed to fit, as required). Keep some slices for later.
3. Add the fruit to a saucepan, bring to the boil, then simmer on a low heat for 2 minutes.
4. Keep 2 tbsp of the juice from the fruit

5. Pour the fruit into the bread-lined bowl.
6. Cover the fruit with the remaining bread slices.
7. Place a saucer or plate on top of the pudding, and weigh it down with something heavy like a tin or a can.
8. Refrigerate for several hours or overnight.
9. Remove the weight and saucer, and turn the pudding upside down onto a serving plate.
10. Use the juice you saved earlier to soak any parts of the bread that are not red.
Serve with low-fat Greek yoghurt.

| | |
|------------------|--------------------|
| Kcal/portion 394 | Carbohydrates g 67 |
| Protein g 31 | Cholesterol mg 0 |
| Lipids g 1 | Sodium mg 5 |



Summer pudding



First Course
Tarator

Main Course
**Baked peppers stuffed
with cabbage**

Dessert
Pumpkin dessert



Bulgarian
SOCIETY OF CARDIOLOGY



Tarator (yoghurt and cucumber summer soup)

Serves 4

400 g of low-fat yoghurt
1 cucumber
2 cloves of garlic
1 tbsp of extra virgin olive oil
bunch of fresh dill
5 walnuts, finely ground
pinch of low-sodium salt

1. Peel the cucumber and cut into very fine cubes.
2. Mix the cubes with 1 tbsp of extra virgin olive oil, a pinch of salt, two crushed or finely chopped garlic cloves and the walnuts.
3. Place in a refrigerator for at least two hours.
4. Before serving, blend the chilled yoghurt with 1 cup of water.
5. Add the cucumber and the chopped dill to the yoghurt mix.
Pour everything into a soup-tureen, garnish with some dill and serve chilled.

| | |
|-----------------|-------------------|
| Kcal/portion 91 | Carbohydrates g 5 |
| Protein g 4 | Cholesterol mg 2 |
| Lipids g 6 | Sodium mg 72 |

Baked peppers stuffed with cabbage

(Picture page 121)

Serves 4

4 fresh peppers
1 medium-sized cabbage
1 onion
2-3 cloves of garlic (diced)
½ cup of rice
4 tbsp of extra virgin olive oil
bunch of parsley, chopped
bunch of dill, chopped
5 mint leaves
2 tomatoes, peeled
1 celery stick
pinch of low-sodium salt
freshly ground black pepper

1. Wash the peppers and remove the seeds and white internal membranes.
2. Wash and chop the onion. Place in a non-stick frying pan and cook with a few tbsp of water until the onion becomes transparent.
3. Chop the cabbage and add it to the onion.
4. When almost cooked, pour in the rice and stir.
5. Remove from the heat and add the crushed or finely chopped garlic, dill, mint, black pepper and 2 tbsp of extra virgin olive oil.
6. Stuff the peppers with this mixture and place them in a casserole dish lined with ovenproof paper.
7. Mix the remaining extra virgin olive oil with 2 tbsp of water and sprinkle over the peppers.
8. Bake in the oven at 180/200° for about 20 minutes.
9. Chop the celery stick and the peeled tomatoes into small pieces and spoon onto the peppers.
10. Season the peppers with salt, pepper and some of the chopped parsley. Bake for another 10 minutes.
Serve on a warm dish and garnish with fresh parsley and celery leaves.

| | |
|------------------|--------------------|
| Kcal/portion 299 | Carbohydrates g 35 |
| Protein g 5 | Cholesterol mg 0 |
| Lipids g 15 | Sodium mg 53 |

Pumpkin dessert

(not suitable for diabetics)

Serves 6

1 kg of pumpkin
3 tbsp of sugar
¼ cup of flour
800 ml of skimmed milk
3 whole eggs
⅓ cup of rice
2 tbsp of finely ground walnuts
1 tsp of low-cholesterol margarine
½ tsp of vanilla powder
2 tsp of cinnamon

1. Peel the pumpkin and chop it into small pieces.
2. Roll the pieces in flour and put them to one side.
3. Grease a casserole dish with margarine and add the rice. This dish will also be used for serving.
4. Arrange two layers of pumpkin pieces on top of the rice. Sprinkle with the finely ground walnuts.
5. Beat the eggs with sugar and milk (as if

6. Pour this mixture into the casserole dish over the pumpkin.
7. Bake in the oven at 180° for 25 minutes.
Serve warm and garnish with cinnamon.

| | |
|------------------|--------------------|
| Kcal/portion 238 | Carbohydrates g 32 |
| Protein g 12 | Cholesterol mg 114 |
| Lipids g 7 | Sodium mg 114 |



Pumpkin



First Course
Bučnica

Main Course
Tuna pašticada

Dessert
Shaky cake



Croatian
CARDIAC SOCIETY



Bučnica (pumpkin strudel)

This is a traditional Croatian autumn recipe.

Serves 6

400 g of fresh low-fat cottage cheese
1 egg
500 g of grated pumpkin
2 sheets of strudel pastry (or 4 sheets, if they are very thin)
1 tbsp of low-fat yoghurt
pinch of low-sodium salt

1. Salt the pumpkin and, after 10 minutes, squeeze as much liquid from it as you can.
2. Discard the liquid and mix the pumpkin well with the fresh cottage cheese and the egg.
3. Spread this mixture evenly over the sheets of pastry, then roll them. This will make 2 strudels.
4. Pour a little yoghurt over the rolls and bake them in the oven at 180° for about 20 minutes.
5. Allow them to cool for 30 minutes before serving.

| | |
|------------------|--------------------|
| Kcal/portion 286 | Carbohydrates g 23 |
| Protein g 12 | Cholesterol mg 47 |
| Lipids g 16 | Sodium mg 22 |

Tuna pašticada

Pašticada is a traditional Dalmatian dish, usually made of beef. However, in this alternative recipe, the cloves, red wine and prunes combine splendidly with young tuna from the Adriatic Sea.

Serves 6

800 g of tuna, sliced (tuna belly is best)
2 cloves of garlic
1 tbsp of extra virgin olive oil
5 ml of wine vinegar
20 ml of red wine (Dalmatian “Plavac”)
10 ml of sweet dessert wine (Dalmatian prosecco)
20 dried stoned prunes
5-6 cloves
freshly ground black pepper

1. Fry the tuna slices on both sides in a non-stick pan with the olive oil, until they reach a nice brown colour.
2. Add some roughly chopped garlic, the vinegar, a pinch of salt and pepper and the cloves.
3. Cover the pan and simmer, adding some red wine every now and then, and a few tbsp of water if it gets too dry.
4. After 35 minutes, add the prunes and the Dalmatian prosecco. Simmer for a further 10 minutes.
5. Remove from the heat and rest for 10 minutes before serving.
Serve with potato gnocchi and lettuce or radicchio salad. Perfect with a glass of Plavac or Terrano wine.

| | |
|------------------|--------------------|
| Kcal/portion 316 | Carbohydrates g 19 |
| Protein g 30 | Cholesterol mg 94 |
| Lipids g 14 | Sodium mg 62 |

Shaky cake

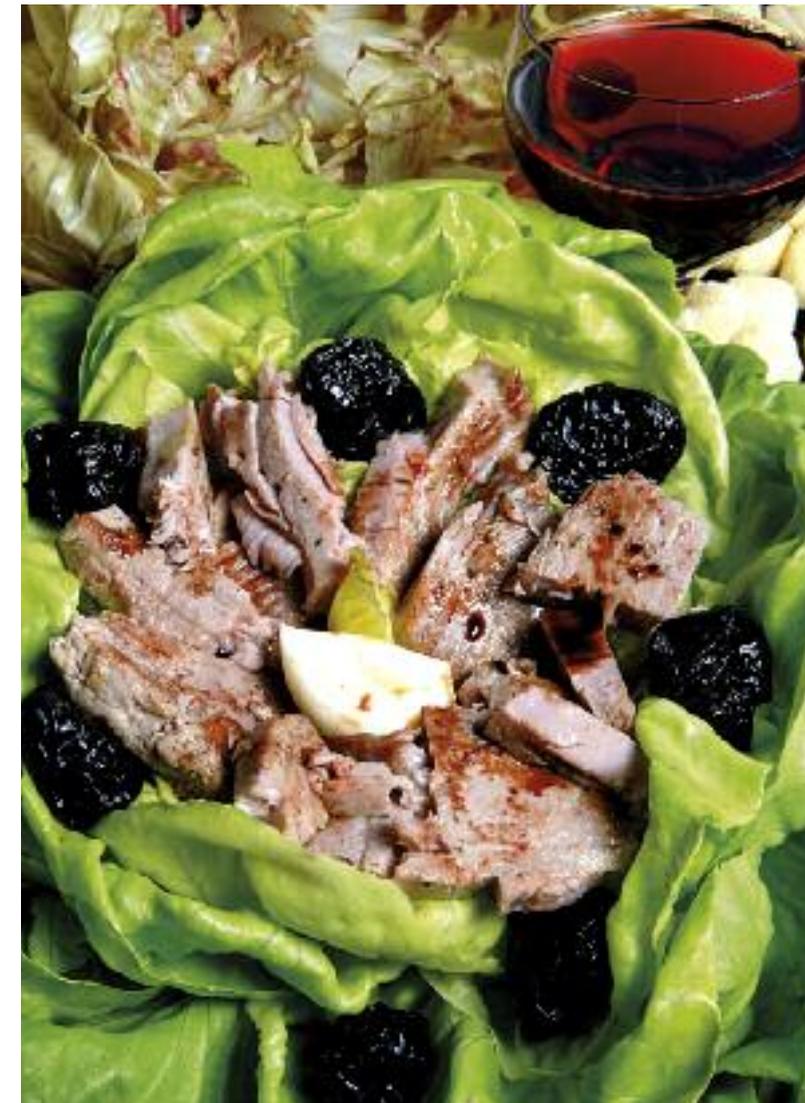
(Picture page 125)

This dish is legendary - a healthy recipe that Croatian housewives have been sharing with each other for decades. The original recipe uses cream, but for a healthier alternative, we've used low-fat yoghurt instead. It still tastes just as good!

Serves 6

wholemeal biscuits (enough to cover the bottom of a 26 cm cake mould)
500 g of low-fat yoghurt
250 g of ripe peaches or apricots, sliced (if fresh are not available use canned)
sweetener (see page 89)
zest of 2 lemons
juice of 2 lemons
10 gelatine leaves

1. Cover the bottom of a 26 cm mould with the biscuits.
2. Place the sliced peaches/apricots on top, so the juice soaks into the biscuits.



Tuna Pašticada

3. Mix the yoghurt with the sweetener and lemon zest.
4. Add the gelatine leaves to the lemon juice and cook according to the instructions on the packet (use a low heat and do not let it boil).
5. Stir in the yoghurt and lemon zest to the gelatine, and then pour over the biscuit-and-fruit base.
6. Place in the refrigerator for a few hours until

- firm.
7. Turn the cake out on to a serving tray, and decorate as you wish before serving.

| | |
|------------------|--------------------|
| Kcal/portion 693 | Carbohydrates g 48 |
| Protein g 108 | Cholesterol mg 126 |
| Lipids g 8 | Sodium mg 392 |



First Course
Fish salad
Cyprus salad

Main Course
Chickpeas with spinach
Stifado

Dessert
Palouze





Fish salad

Serves 4

250 g of white fish fillets (such as cod)
¼ cup of chopped parsley
2 onions, finely sliced
2 tbsp of extra virgin olive oil
1 lemon

1. Steam the fish for 30 minutes or until cooked.
2. Once ready, cut the fish into small pieces.
3. Place the onions and parsley on a platter, then add the fish and dress with oil and lemon.

| | |
|------------------|-------------------|
| Kcal/portion 125 | Carbohydrates g 2 |
| Protein g 13 | Cholesterol mg 31 |
| Lipids g 8 | Sodium mg 60 |

Cyprus salad

Serves 9

3 cucumbers
3 tomatoes
1 large onion
60 g of feta cheese
9 kalamata olives
3 tbsp of extra virgin olive oil
1 tsp of oregano
1 tsp of ground red pepper

1. Peel the cucumbers and chop them into small chunks.
2. Finely slice the tomatoes.
3. Chop the onion into small chunks.
4. Slice the olives in half.
5. Put all these chopped ingredients into a re-sealable plastic food container.
6. Mix with extra virgin olive oil and spices (for best results, refrigerate for 1 to 2 hours before serving).
7. Sprinkle with feta cheese before serving.

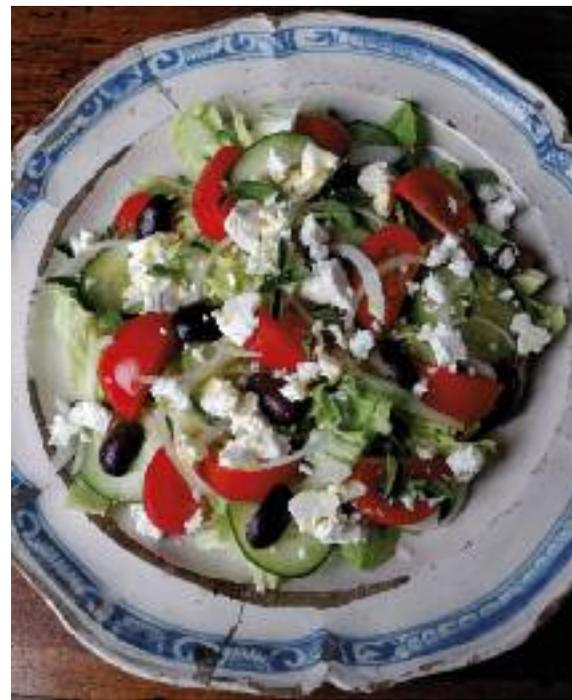
| | |
|-----------------|-------------------|
| Kcal/portion 86 | Carbohydrates g 2 |
| Protein g 2 | Cholesterol mg 5 |
| Lipids g 8 | Sodium mg 104 |

Chickpeas with spinach

Serves 6

250 g of chickpeas
700 g of fresh spinach
1 medium-sized onion
3 carrots
3 medium-sized potatoes
4 ripe tomatoes
3 tbsp of extra virgin olive oil
pinch of low-sodium salt
freshly ground pepper

1. Soak the chickpeas in water overnight, boil them until they start to soften and then drain.
2. Wash the spinach thoroughly, cut off the thicker stalks and drain. Steam them in a saucepan until tender (2-3 minutes should be enough), then chop into pieces.
3. Slice the onion and sauté it in a non-stick



Cyprus salad

- casserole dish with 1 tbsp of extra virgin olive oil and a few spoonfuls of water.
4. Chop the tomatoes into chunks, thinly slice the carrots and chop the potatoes into small squares.
 5. Add the vegetable to the chickpeas. Cover with water, and then boil until all of the ingredients are cooked.
 6. Add the spinach, a pinch of salt and pepper and 2 tbsp of extra virgin olive oil. Cook for 1 more minute, then remove from the heat.

| | |
|------------------|--------------------|
| Kcal/portion 304 | Carbohydrates g 35 |
| Protein g 15 | Cholesterol mg 0 |
| Lipids g 12 | Sodium mg 155 |

Stifado (Rabbit casserole)

Serves 6

1½ kg of rabbit, cut into small portions
3 tbsp of extra virgin olive oil
1 small sprig of rosemary
900 ml of water
2 tbsp of tomato purée
3 tbsp of red wine vinegar
700 g of small onions (pickling size)
1 small glass of red wine
1 cinnamon stick
1 tsp of Demerara sugar
1 sachet of allspice
pinch of low-sodium salt
freshly ground black pepper

1. Heat a large non-stick frying pan, add 2 tbsp of extra virgin olive oil and brown the rabbit. A lot of moisture will be released, but continue cooking until it has all evaporated and the meat starts to turn a golden colour.
2. Slowly pour the vinegar over the rabbit and, when no more steam is produced, add the wine.
3. Combine the rosemary with the tomato purée, the cinnamon stick, the water and the allspice, then pour over the rabbit.
4. Cover and simmer for 1 hour or until the meat is almost tender.
5. Peel the small onions and leave them whole.

| | |
|------------------|--------------------|
| Kcal/portion 406 | Carbohydrates g 9 |
| Protein g 51 | Cholesterol mg 130 |
| Lipids g 19 | Sodium mg 198 |

Palouze (Grape juice 'custard')

(Picture page 129)

Serves 6

6 cups of grape juice
1 cup flour
1 cinnamon stick
¼ cup of rose water
10 crushed almonds

1. Place the grape juice in a casserole to boil.
2. Add 1 cup of flour, the cinnamon stick and the rose water.
3. Stir until the mixture resembles a cream like texture.
4. Place the palouze in individual dessert bowls and decorate with crushed almonds.

Tip: It can be preserved in the refrigerator for at least 4-5 days.

| | |
|------------------|--------------------|
| Kcal/portion 391 | Carbohydrates g 65 |
| Protein g 9 | Cholesterol mg 0 |
| Lipids g 10 | Sodium mg 3 |



First Course
Vegetable soup

Main Course
**Rabbit loins with grapes
and tarragon**

Vegetable cake

Dessert
Raspberry jelly



Czech

SOCIETY OF CARDIOLOGY



Vegetable soup

Serves 6

150 g of dried beans
 200 g of carrots
 50 g of onions
 50 g of celery
 200 g of leeks
 400 g of white cabbage
 1 chicken stock cube (or preferably 1.5 litres of chicken stock - see recipe page 96)
 1 bouquet garni (a bundle of parsley, thyme, celery leaf and bay leaf)
 4 tbsp of extra virgin olive oil

1. Wash the beans, then leave to soak overnight in 1.5 litres of water.
2. The following day boil the beans for 10 minutes.
3. Wash and chop the vegetables (carrots, onions, leeks, celery).
4. Add the chopped vegetables to the beans, along with 1 litre of chicken stock. Boil for about 5 minutes.
5. Add the bouquet garni and simmer for about 30 minutes.
6. Wash and chop the cabbage then add to the vegetables. Simmer for another 30 minutes (if it gets too dry, add some more chicken stock).
7. Before serving, remove the bouquet garni. Serve in bowls and drizzle each one with 1 tbsp of extra virgin olive oil.

Kcal/portion 209
 Protein g 9
 Lipids g 10
 Carbohydrates g 20
 Cholesterol mg 0
 Sodium mg 80

Rabbit loins with grapes and tarragon

Serves 4

8 tarragon sprigs
 800 g of boned rabbit loin
 1 tbsp of extra virgin olive oil
 1 glass of white wine
 400 ml of chicken stock (see recipe page 96)
 150 g of white seedless grapes
 pinch of low-sodium salt
 white pepper

1. In a non-stick frying pan, soften the tarragon leaves with one spoonful of water and one spoonful of extra virgin olive oil.
2. Add the rabbit loins and brown slowly on all sides.
3. Add the white wine, let it evaporate and cook for about 10 minutes.
4. Add the stock and grapes, cover and cook until the meat is soft (a little water can be added if necessary).
5. When the meat is cooked, season lightly with salt and pepper and remove from the frying pan. Cover the meat to keep it warm.
6. Cook the sauce on the heat for a few minutes more, to reduce and thicken it.
7. When the meat has cooled a little, cut it into large slices and put in a warming drawer or low-heat oven.
8. Before serving, pour the hot sauce over the meat.
 Serve the rabbit with potatoes, couscous, stewed vegetables or vegetable cake.

Kcal/portion 307
 Protein g 41
 Lipids g 13
 Carbohydrates g 7
 Cholesterol mg 104
 Sodium mg 677

Vegetable cake

Serves 6

200 g of carrots
 200 g of cress
 200 g of red peppers
 100 g of strained low-fat yoghurt
 3 egg yolks
 pinch of nutmeg
 pinch of low-sodium salt

1. Roast the peppers in a preheated oven at 180° for about 3 minutes. Put them into a plastic bag and leave for about 5 minutes, then take them out, peel and purée them.
2. Separately steam the carrots and cress, then reduce them to a purée.
3. To each vegetable purée, add 1/3 of the strained low-fat yoghurt, 1 egg yolk, a pinch of low sodium salt, the pepper and a pinch of nutmeg.
4. Line a plum-cake mould with ovenproof paper and fill it with the separate purées to create three layers, each of a different colour.
5. Put the mould in a bain-marie and cook on a low heat for about 90 minutes. If the cake is still not thoroughly cooked, place the bain -marie in the oven at 180° until it is ready. Cover the top of the cake with a sheet of foil to prevent it from burning.
6. Remove it from the moulds and serve, either alone or with the rabbit.

Kcal/portion 135
 Protein g 7
 Lipids g 9
 Carbohydrates g 6
 Cholesterol mg 125
 Sodium mg 77

Raspberry jelly

(not suitable for diabetics)

(Picture page 133)

Serves 4

500 g of fresh raspberries
 juice of 1 lemon
 100 g of icing sugar (not suitable for diabetics)
 30 g of gelatine leaves
 100 ml of water
 mint leaves

1. Crumble the gelatine leaves into a bowl, add some cold water and leave to soften.
2. Meanwhile, bring 100 ml of water to the boil in a saucepan and add the sugar. Stir until the sugar dissolves, then remove from the heat.
3. Strain the gelatine, add it to the sugar syrup and mix well.
4. Blend half of the raspberries with the lemon juice and add to the syrup.
5. Add the rest of the whole raspberries and mix until cold.
6. Pour into a mould (moisten it with water first) and refrigerate for at least 6 hours.
7. Place the bottom of the mould into some warm water to loosen the jelly.
 Turn the jelly out on to a cold dish, decorate with fresh mint and serve.

Kcal/portion 189
 Protein g 8
 Lipids g 1
 Carbohydrates g 38
 Cholesterol mg 8
 Sodium mg 12



Vegetable cake



First Course
Shaved raw fillet of salmon

Main Course
Veal schnitzels

Dessert
Lemon soufflé



Danish

SOCIETY OF CARDIOLOGY



Shaved raw fillet of salmon

Serves 4

200 g fillet of salmon, skinned and boned
 200 g of wholemeal bread (4 slices)
 1 lemon
 5 spring onions
 2 tbsp of fresh capers
 2 tbsp of basil
 freshly ground pepper

1. Shave the salmon into thin slices, then chop into small pieces.

2. Squeeze the lemon over the salmon.
3. Chop the spring onion into thin slices and mix with the salmon, capers and basil.
4. Season with freshly ground pepper and serve on toasted wholemeal bread.

Kcal/portion 238
 Protein g 15
 Lipids g 7
 Carbohydrates g 30
 Cholesterol mg 20
 Sodium mg 164



Shaved raw fillet of salmon

Veal schnitzels

Serves 4

1 onion
 8 parsley stems
 4 thinly sliced veal cutlets (approx. 400 g)
 2 slices of very lean bacon
 freshly ground pepper
 ½ tbsp of oil (see page 84)
 2 cups of veal stock (see page 96)
 1 ½ tbsp of corn starch
 ½ cup of low-fat yoghurt

1. Finely chop the onion and parsley.
2. Flatten the veal cutlets lightly by hand. Put half a slice of bacon on top of each slice of veal, followed by the finely chopped onion and parsley, then season with freshly ground pepper (no salt).
3. Roll up each slice and secure with a toothpick.
4. Heat a non-stick pan and brown the rolls for a few minutes (if they stick, add 1 tbsp of water instead of oil).
5. Remove the meat from the pan and keep it warm.
6. Pour the stock into the pan and bring to the boil.
7. Stir in the corn starch to the stock. Keep stirring while it boils, then add the yoghurt and season with freshly ground pepper.
8. Return the meat to the pan and leave it in the sauce for couple of minutes.
 Serve the meat on a hot platter with boiled potatoes, seasoned with 2 tbsp of the meat sauce. Offer the remainder of the meat sauce in a sauce boat.

Kcal/portion 307
 Protein g 29
 Lipids g 12
 Carbohydrates g 20
 Cholesterol mg 72
 Sodium mg 124

Lemon soufflé

(Picture page 137)

Serves 4

4 gelatine leaves
 1 or 2 lemons
 200 g of low-fat yoghurt
 sweetener (see page 89)
 1 tsp of vanilla
 6 egg whites
 ¾ cup of cream or low-fat Greek yoghurt
 mint leaves

1. Soak the gelatine in cold water for about 10 minutes.
2. Wash the lemon and finely grate the zest.
3. Squeeze the lemon until you have at least 4 tbsp of juice.
4. Whip the yoghurt, sweetener, vanilla and lemon zest together with a hand mixer.
5. Whip the egg whites until stiff.
6. Whip the cream or low-fat Greek yoghurt.
7. Remove the gelatine from the water and squeeze out the remaining liquid.
8. Melt the gelatine over boiling water. Stir the gelatine until it is liquefied, then stir in the lemon juice in order to cool it.
9. Stir the gelatine slowly into the yoghurt.
10. Gently fold the stiff egg whites and whipped cream (or Greek yoghurt) into the mixture.
11. Pour the lemon soufflé into sherbet glasses and refrigerate for at least 2 hours.
 Serve with fresh fruit and garnish with some mint leaves.

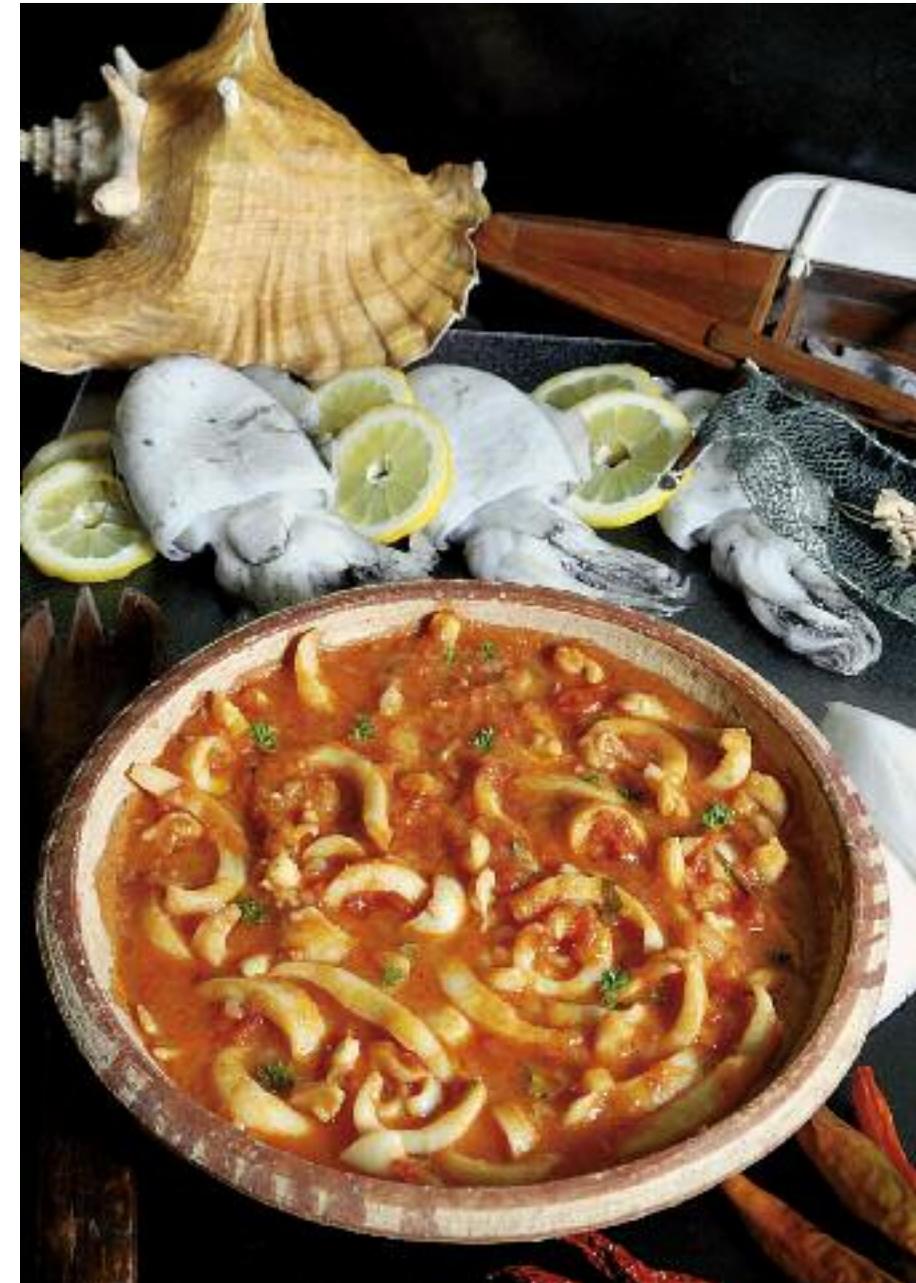
Kcal/portion 138
 Protein g 18
 Lipids g 5
 Carbohydrates g 4
 Cholesterol mg 28
 Sodium mg 147



First Course
Shorbet ads asfar

Main Course
Cuttlefish casserole

Dessert
Spiced rice cream



Egyptian
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Shorbet ads asfar (Yellow lentil soup)

Serves 6

400 g of yellow lentils
1 potato, chopped into quarters
1 carrot, chopped into quarters
1 tomato, chopped into quarters
1 tbsp of extra virgin olive oil
1 large onion
1 cup of water
1 tsp of cumin
½ tsp of low-sodium salt

To garnish

1 tbsp of chopped parsley

1. Wash the lentils well, then cover with water. Add the tomato, potato and carrot and bring to the boil. Simmer for 30 minutes and skim off any froth from the surface of the water.
2. Remove from the heat and strain through a vegetable strainer, keeping 1 cup of the liquid for later.
3. Chop the onion and sauté with 1 tbsp of olive oil and 1 tbsp of water until transparent.
4. Add the strained lentils, the cup of saved liquid, the cumin and the salt. Simmer for 10 minutes.
Garnish with chopped parsley and serve.

Kcal/portion 253
Protein g 16
Lipids g 4
Carbohydrates g 39
Cholesterol mg 0
Sodium mg 182

Cuttlefish casserole

(Picture page 141)

Serves 6

1 kg of cuttlefish
500 g of tomatoes
1 hot chilli pepper
juice of 2 limes
2 limes, sliced
3 tbsp of extra virgin olive oil
2 large onions
4 garlic cloves
1 stick of celery
1 cup of water
pinch of low-sodium salt
freshly ground pepper

1. Wash the cuttlefish thoroughly, and cut the tentacles into 1 cm thick slices.
2. Slice the onions and garlic, chop the celery and chilli pepper, and dice the tomatoes.
3. Sauté the onions and garlic in 1 tbsp of olive oil and 1 tbsp of water until the onions become transparent.
4. Add the celery and chopped chilli pepper, then stir for 5 minutes.
5. Add the tomatoes, and season with salt and pepper.
6. Cook until the sauce thickens and the oil rises to the top.
7. Pour 1 cup of water into the mixture and bring to the boil. Add the cuttlefish.
8. Put the whole mixture into an ovenproof dish.
9. Garnish with lime slices and bake in a preheated oven at 200° for 15 minutes or until the top is golden brown. Before serving, add 2 tbsp of extra virgin olive oil.

Kcal/portion 213
Protein g 25
Lipids g 10
Carbohydrates g 5
Cholesterol mg 107
Sodium mg 12



Spiced rice cream

(not suitable for diabetics)

Serves 8

6 cups of cold water
¾ cup of sugar
¾ cup of ground rice powder
1 tsp of caraway seed
1 tsp of aniseed
¼ tbsp of ginger

To garnish

1 tsp of pine nuts
1 tsp of blanched almonds
1 tsp of chopped walnuts

1. Bring 5 cups of water to the boil in a non-stick saucepan.
2. Add the rice powder to the remaining cup of cold water. Mix until it forms a paste.

3. Grind all the spices together (a brass or a marble mortar is the best tool for this).
4. Fold the spices and sugar into the rice mixture, then add to the boiling water, stirring constantly with a wooden spoon.
5. Lower the heat and simmer, stirring from time to time, for about 60 minutes until the mixture coats the spoon.
Pour into individual serving dishes and decorate lavishly with the chopped nuts.
Serve at room temperature.

Kcal/portion 157
Protein g 2
Lipids g 2
Carbohydrates g 35
Cholesterol mg 0
Sodium mg 3



Spiced rice cream



First Course

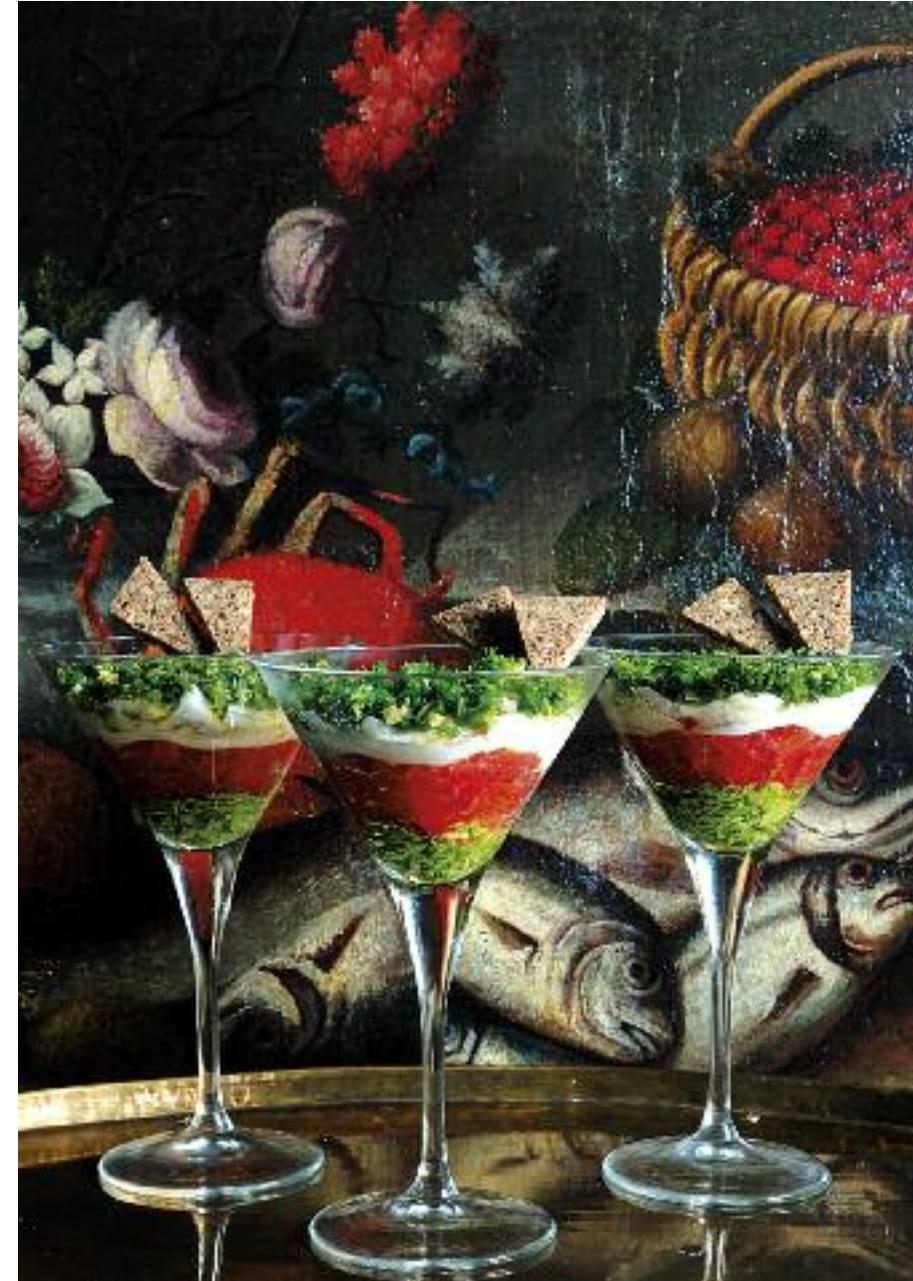
Freshwater perch ceviche

Main Course

**Arctic char with mushroom
and parsnip purée**

Dessert

Apple oatmeal crumble



Finnish

CARDIAC SOCIETY



Freshwater perch ceviche (Kuhaceviche)

(Picture page 145)

Serves 4

300 g of freshwater perch fillets, scaled and boned

300 g of crispy lettuce leaves

4 slices of wholemeal bread

Marinade ingredients:

3 tbsp of lime juice

3 tbsp of extra virgin olive oil

3 tbsp of finely chopped fresh coriander

3 tbsp of finely chopped fresh basil

2 tbsp of finely chopped chives

2 peeled tomatoes

pinch of low-sodium salt

freshly ground white pepper

1. Dice the perch fillets into small cubes.
2. Chop the peeled tomatoes into small pieces.
3. Mix all the marinade ingredients together.
4. Add the fish cubes and allow to marinate for a few hours (minimum one hour).
5. Pour off the excess marinade and serve the fish on crispy lettuce with wholemeal bread.

| | |
|------------------|--------------------|
| Kcal/portion 390 | Carbohydrates g 35 |
| Protein g 22 | Cholesterol mg 52 |
| Lipids g 18 | Sodium mg 58 |

Arctic char with mushroom and parsnip purée (Sienillä kuorrutettu nieriä ja palsternakkapyree)

Serves 4

4 scaled arctic char fillets (150 g per person)

1 tbsp of margarine

2 tbsp of extra virgin olive oil

3 tbsp of chopped onions

300 g of mushrooms (chanterelle, shiitake or porcini)

2 tbsp of grated Emmental cheese

low-sodium salt (omit for people with high blood pressure)

freshly ground white pepper

2 tbsp of finely chopped parsley

1. Bone the fish, and season the skin side with salt.
2. Heat a non-stick pan until it is very hot. Cook the fish quickly, skin side down.
3. Turn the fish over, season again with salt and let it brown slightly. Remove from the heat.
4. Grease an oven tray with the margarine, and arrange the cooked fish fillets on it, skin side down.
5. Chop the onions and sauté in a pan with 2 tbsp of water until they become transparent.
6. Clean and slice the mushrooms, then add them to the onions and cook for a few minutes.
7. Add the grated cheese, the finely cut parsley and the 2 tbsp of extra virgin olive oil.
8. Brush the mixture onto the fillets and bake in a preheated oven at 220° for 6-8 minutes.
9. Season with freshly ground white pepper.
10. Serve with parsnip purée.

| | |
|------------------|-------------------|
| Kcal/portion 272 | Carbohydrates g 2 |
| Protein g 27 | Cholesterol mg 84 |
| Lipids g 17 | Sodium mg 107 |

Parsnip purée

Serves 4

100 g of potatoes

200 g of parsnips

750 ml of water

750 ml of low-fat milk

20 g of low-cholesterol margarine

pinch of low-sodium salt

1. Peel the potatoes and parsnips and cut them into pieces.
2. Boil them in the water and milk until tender. Pour off the remaining liquid.
3. Blend the potatoes and parsnips in a food processor or with an electric hand mixer.
4. Add the margarine and season with a pinch of salt.

| | |
|------------------|--------------------|
| Kcal/portion 124 | Carbohydrates g 18 |
| Protein g 8 | Cholesterol mg 6 |
| Lipids g 3 | Sodium mg 150 |



Apple oatmeal crumble

Apple oatmeal crumble (Kauraomenapaistos)

(not suitable for diabetics)

Serves 4

apples (4 big or 8 small)

½ tsp of cinnamon

½ tsp of cardamom

3 tbsp of low-fat margarine

50 g of brown sugar

1 tsp of vanilla essence (extract)

150 g of oatmeal

1 tbsp of plain flour

low-fat vanilla ice cream or yoghurt ice cream to serve

1. Wash the apples and cut them into wedges

(with peel still on).

2. Place the apple wedges onto an oven tray and sprinkle with the spices (cinnamon and cardamom).
3. In a pan, melt the margarine and stir in the sugar, vanilla essence, oatmeal and flour.
4. Spread the mix on top of the apples.
5. Bake in a preheated oven at 200° for 30 minutes.
Serve with low-fat vanilla ice cream or yoghurt ice cream.

| | |
|------------------|--------------------|
| Kcal/portion 319 | Carbohydrates g 57 |
| Protein g 5 | Cholesterol mg 0 |
| Lipids g 7 | Sodium mg 16 |



First Course
Bouillabaisse

Main Course
Chicken in a pot

Dessert
Bourdaloue pear tart



French

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Bouillabaisse

Bouillabaisse is a specialty soup dish from Marseille, combining fire, water and fish. Its ingredients - croutons, "rouille" sauce, whole pieces of fish and potatoes (optional) - contain very little fat, making it a recipe that's very good for the heart.

To make a good bouillabaisse, you need to use a variety of fish (see below). This means it is not very practical to make in small quantities – it is best reserved for a large dinner party or gathering.

- **For the aromatic soup base:** rockfish such as grouper, serran, goby, conger eel tail, moray eel, crabs and other shellfish.
- **For the bouillabaisse:** scorpion fish, red mullet, gurnard, sliced conger eel (the central part) and John Dory.
- **Fish to avoid:** sea bass, sea bream, lobster.

Serves 10

Aromatic soup base:

2 kg of assorted rockfish
 1 eel's head
 200 g of small crabs
 400 g of onions
 200 g of leeks
 100 g of fresh fennel
 800 g of ripe tomatoes
 2 cloves of garlic
 dried fennel
 3 tbsp of extra virgin olive oil (or 3 tbsp of water)
 40 g of tomato purée
 2 g of saffron
 low-sodium salt

Bouillabaisse:

1 fish per person
 2 onions
 2 tomatoes
 2 cloves of garlic
 parsley
 dried fennel
 thyme
 5 tsp of extra virgin olive oil

low-sodium salt
 freshly ground black pepper
 peel of 1 orange

Rouille sauce and croutons:

1 or 2 cloves of garlic
 3 or 4 cayenne peppercorns
 50 g of crumbed bread
 12 sea urchins
 200 ml of extra virgin olive oil
 low-sodium salt
 ½ glass of milk
 2 stale baguettes

The aromatic soup:

1. Gut, scale and wash the whole fish (not necessary for the small fish), then wash and cut into chunks. If possible, the fish should be marinated the night before (in some of the onions, fennel, garlic, saffron, extra virgin olive oil and tomatoes). This marinade will be used later in the aromatic soup.
2. Peel and rinse the remaining onions, leeks and fresh fennel. Chop them finely and put to one side.
3. Wash and cut the tomatoes into quarters, crush the garlic and put to one side.
4. Warm the olive oil, add the leeks, fennel and onion, and sweat without browning. (For a healthier recipe, sauté the leeks, onion and fennel in 3 tbsp of water until the onions become transparent, instead of using the olive oil).
5. Add the crabs and cook until they change colour, then add the marinated fish and the aromatic marinade mixture. Simmer for 5-6 minutes.
6. Add the fresh tomato, garlic and the tomato purée. Leave to cook for a few minutes.
7. Pour in 2.5 litres of cold water then add the dried fennel and some of the saffron.
8. Season with salt and pepper.
9. Boil for 25-30 minutes on a high heat, stirring occasionally.
10. When ready, sieve the soup and return the stock to the heat, stirring from time to time. Keep the soup to one side.

The croutons:

1. Rub the baguettes with garlic.
2. Cut them into slices, drizzle with extra virgin olive oil and bake in the oven. Keep to one side.

The rouille sauce:

1. Soak the crumbed bread (without the crusts) in the milk.
2. With a pestle and mortar, crush the garlic and cayenne peppercorns, then add the sea urchin coral.
3. Remove the bread, squeeze out the milk and add the bread to the mortar. Mash until it becomes a paste.
4. Slowly add the olive oil, blending gently until the mixture looks like mayonnaise. Add a pinch of salt. Only use a small amount of this sauce, as it contains a lot of oil.

The bouillabaisse:

1. Gut, scale and wash the fish.
2. Put 3 litres of water in a pan to boil.
3. In a separate pan, put crushed garlic, chopped onion, finely chopped tomatoes (peeled and seeded), parsley, thyme, fennel and some of the orange peel.
4. Put all of the fish on top (except for the John Dory) and add 5 tsp of extra virgin olive oil.
5. Cover with the 3 litres of boiling water and boil on a high heat for 5 minutes.
6. Add the John Dory and leave to cook on a high heat for another 5 minutes.
7. Remove from the heat. Place the Bouillabaisse in soup bowls, cover with the croutons topped with rouille, then pour the aromatic soup on top and serve.

Kcal/portion 408
 Protein g 47
 Lipids g 16
 Carbohydrates g 20
 Cholesterol mg 160
 Sodium mg 433

Chicken in a pot

This is an old French recipe, which was a traditional dish for French Sunday lunch under the reign of Henry IV.

To make it healthier, we have left out the white sauce that accompanies the original recipe.

You could also remove the skin from the chicken before cooking.

Serves 4

1 medium-sized chicken
 2 onions
 4 leeks
 3 carrots
 4 small turnips
 1 stick of celery
 3 bay leaves
 small bunch of parsley
 400 g of button mushrooms
 1 tsp of coarse low-sodium salt
 freshly ground pepper
 2 cups of rice
 1 tbsp of extra virgin olive oil

1. Wash the chicken under cold water.
2. Put the chicken in a cooking pot that is slightly larger than the size of the chicken.
3. Cover the chicken with water and add the salt, pepper and bay leaves. Place a lid on the pot, bring to the boil and simmer.
4. Peel and chop the vegetables.
5. Add the carrots and turnips to the pot.
6. Leave the chicken stock to cook for 30 minutes. Then add the leeks, chopped onions and parsley and cook for another 30 minutes.
7. Drain off about 4 cups of the stock into a separate pan. Replace the lid and cook for a further 15 minutes.
8. Filter the drained stock well, or allow it to cool and then dispose of any fat that comes to the surface.
9. Add 2 cups of rice to the filtered stock and cook until the rice is done.
10. Trim the ends off the mushrooms, clean



and cut them into quarters, then briefly sauté them in a pan with 1 tbsp of olive oil.

11. Serve the mushrooms piping hot with the chicken and rice.

| | |
|------------------|--------------------|
| Kcal/portion 391 | Carbohydrates g 51 |
| Protein g 30 | Cholesterol mg 112 |
| Lipids g 15 | Sodium mg 250 |

Bourdaloue pear tart

(Picture page 149)

This recipe is very rich in saturated fats and is not suitable for people with heart problems or those following a strict low-fat

diet. However, we are including it here, as it is unlikely to do much harm if consumed once a year, on a special occasion such as Christmas for example.

Serves 6

4-5 pears
sliced blanched almonds for decoration (optional)

Pastry:

250 g of flour
100 g of sugar
1 egg
50 g of butter

Almond cream:

50 g of sugar
50 g of soft butter
50 g of ground almonds
1 egg

Pastry:

1. Mix the sugar and the flour, add the butter and knead until crumbs are formed.
2. Add the egg (and a drop of water if necessary) and work the dough in the palm of your hand until it forms a shortcrust pastry and is dry to the touch.
3. Leave to rest in the fridge for at least one hour.
4. Roll out the pastry and use it to line a pastry case.

Almond cream:

1. Whisk the butter and the sugar until light and fluffy.
2. Add the egg and mix well.
3. Add the ground almonds.
4. Blind bake the pastry case.
5. Once ready, add the almond cream to the case. Place the sliced pears (or halved pears) into the cream. Sprinkle the almonds on top of the pears.
6. Bake the tart in the oven at 180° for 30-40 minutes.
7. Serve either warm or cold.

| | |
|------------------|--------------------|
| Kcal/portion 465 | Carbohydrates g 72 |
| Protein g 11 | Cholesterol mg 116 |
| Lipids g 15 | Sodium mg 32 |



Chicken in a pot



Entrée

Aubergines with walnuts

First Course

Tbilisi style tarragon soup

Main Course

**Boiled trout
with walnut sauce**

**Broiled chicken in Tkemali
sauce**

Dessert

**Sweet yoghurt sundae with
saffron and pomegranate**

Georgian

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Aubergines with walnuts

Serves 6

1 kg of aubergines
 1 cup of walnuts
 1 tsp of saffron
 3 onions
 bunch of parsley
 3 garlic cloves
 1 bunch of celery
 1 bunch of coriander
 4 tbsp of oil (see page 84)
 2 tsp of wine vinegar
 low-sodium salt
 freshly ground black pepper

1. Wash and dry the aubergines, then slice them lengthways.
2. Sprinkle the slices with salt, cover with a weighted saucer and allow to drain for about 60 minutes. Rinse to remove the salt, then dry them with kitchen paper.
3. Fry in 2 tbsp of extra virgin olive oil (or, for a healthier alternative, bake in the oven).
4. While the aubergines are cooking, finely chop the onions, the parsley, the celery leaves and the coriander.
5. Sauté the onions in a non-stick frying pan with a few tbsp of water.
6. When the onions become transparent, add the ground walnuts, the cloves of garlic cut

- into fours or pressed, the chopped celery, chopped parsley, chopped coriander, saffron, a pinch of salt and pepper, 2 tbsp of extra virgin olive oil and the wine vinegar. Mix well.
7. Spread this mixture on each of the aubergines and roll.
 Serve the rolls on a plate, garnished with a few vegetable leaves.

| | |
|------------------|-------------------|
| Kcal/portion 352 | Carbohydrates g 9 |
| Protein g 6 | Cholesterol mg 0 |
| Lipids g 32 | Sodium mg 57 |



Aubergines with walnuts

Tbilisi style tarragon soup

Serves 6

3-4 potatoes
 3 medium-sized onions
 4-5 cloves of garlic
 3 tbsp of extra virgin olive oil
 2 carrots
 bunch of tarragon
 2 tbsp of chopped coriander
 2 tbsp of chopped parsley
 1 tbsp of fennel
 1 tbsp of chopped mint leaves
 2 whole eggs
 pinch of low-sodium salt
 freshly ground pepper

1. Peel and wash the potatoes, then chop into small cubes.
2. Boil the potato cubes in a saucepan.
3. Cut the onions and garlic into small pieces and sauté in a non-stick frying pan with several tbsp of water until they become transparent.
4. Grate the carrots and add them to the onions and garlic.
5. Cook for a few minutes, then pour them all into the saucepan with the potatoes and continue cooking.
6. Wash a large bunch of tarragon and cut into 3-4 long pieces. Add to the potatoes.
7. Season the soup with coriander, parsley, fennel, mint, a pinch of salt and pepper, and 3 tbsp of extra virgin olive oil.
8. Beat 2 eggs and, at the last minute, add them gradually to the soup.
 Serve in a hot tureen.

| |
|--------------------|
| Kcal/portion 162 |
| Protein g 6 |
| Lipids g 9 |
| Carbohydrates g 16 |
| Cholesterol mg 73 |
| Sodium mg 46 |

Boiled trout with walnut sauce (Gelakhuri)

(Picture page 155)

Serves 6

1 kg of freshwater fish (such as trout)
1 onion, halved
2 sticks of celery
200 g of chopped walnuts
2-3 cloves of crushed garlic
1½ cups of water
pinch of low-sodium salt (optional)

1. Gut and descale the fish.
2. Heat some water in a long narrow fish poaching tray. Add the peeled onion halves and both sticks of celery.
3. When the water boils, put the fish into the poaching tray and simmer gently. Take care not to overcook it (the cooking time will depend on the size of the fish).
4. When the fish is cooked, take it out of the water and keep the water to one side. Remove any bones and scales, then cut the fish into portions.
5. Arrange the fish portions on a hot platter keeping it hot.
6. Prepare the sauce by mixing the walnuts, salt (optional) and garlic together. Add several tbsp of the saved fish water to make the sauce creamy. Serve hot along with the fish.

| |
|-------------------|
| Kcal/portion 345 |
| Protein g 28 |
| Lipids g 24 |
| Carbohydrates g 3 |
| Cholesterol mg 91 |
| Sodium mg 107 |

Broiled chicken in Tkemali sauce

Serves 4

1 kg of chicken
pinch of low-sodium salt
freshly ground pepper

To garnish
lettuce
tomatoes

1. Take the whole chicken, remove the innards, singe off any remaining feathers over a flame, then wash and dry it.
2. Put the chicken diagonally on a skewer going from leg to wing.
3. Season with freshly ground pepper.
4. Cook over hot charcoal for 20-30 minutes, turning regularly until evenly browned.
5. Remove the chicken from the skewer.
6. Either cut the chicken into portions and plate individually, or carve it at the table in front of your guests (avoid eating the skin, as this contains a lot of cholesterol).
7. Garnish with lettuce and tomatoes.

Tkemali sauce:

200 g of dried bitter plums
1 crushed clove of garlic
3 tbsp of plum liquor
1 tbsp of chopped coriander or dill
pinch of low-sodium salt
freshly ground pepper

1. Wash and soak the plums in water until soft. Strain the plums, and keep the water to one side.
2. Remove the stones, then push the plums through a strainer to make a purée.
3. Add the plum liquor and stir until the sauce reaches the consistency of sour cream. If it is too thick, add some of the water you saved earlier.
4. Season the sauce with crushed garlic, coriander, freshly ground black pepper and a pinch of salt.
5. Cook for a few minutes, then turn off the heat and allow to rest. Serve lukewarm or hot with the broiled chicken. Perfect with other grilled meats too.

| |
|--------------------|
| Kcal/portion 585 |
| Protein g 50 |
| Lipids g 27 |
| Carbohydrates g 34 |
| Cholesterol mg 232 |
| Sodium mg 186 |



Sweet yoghurt sundae with saffron and pomegranate

Serves 8

½ pomegranate
¼ cup of honey
3 cups low-fat plain yoghurt
2 kiwi fruit
¼ tsp of ground cardamom
¼ tsp of freshly grated nutmeg
several strands of saffron

1. Take a large colander or sieve and line it with cheese cloth.
2. Place it over a bowl.
3. Pour the yoghurt into the colander and allow to drain for about 2 to 3 hours in the refrigerator.
4. Discard the drained water from the bowl.

Spoon the remaining yoghurt into the bowl, and mix in the cardamom, nutmeg and honey.

5. Place a small frying pan onto a medium heat. Lightly toast the saffron strands until they are brittle.
6. Remove from the heat and place the saffron strands on a plate to cool.
7. Crush the saffron strands with your fingers.
8. Remove the seeds from the pomegranate and chop the kiwis into small pieces.
9. Take 8 dessert cups and create layers of yoghurt, fruit and saffron in each. The yoghurt sundae is now ready to serve.

| | |
|-----------------|--------------------|
| Kcal/portion 86 | Carbohydrates g 12 |
| Protein g 4 | Cholesterol mg 2 |
| Lipids g 2 | Sodium mg 54 |



Sweet yoghurt sundae with saffron and pomegranate



First Course
Pea soup

Main Course
Potato and cucumber salad

Dessert
Red fruit pudding



German
CARDIAC SOCIETY

Pea soup

(Picture page 161)

The original recipe for pea soup includes the addition of lean sausage, but this is not recommended for people with high blood pressure, so we have left it out.

Serves 6

400 g of green peas, dried and shelled
400 g of potatoes
2 litres of vegetable stock (see page 95)
1 carrot
1 leek
1 celery stick
1 onion, finely chopped
75 g of diced lean bacon
1 tbsp of marjoram
freshly ground pepper

To garnish

1 spring onion
½ bunch of parsley

1. In a non-stick large pot, sauté the chopped onion and bacon gently until the onion becomes transparent.
2. Finely chop the carrot, the leek and the celery stick.
3. Peel and dice the potatoes.
4. Pour 2 litres of vegetable stock over the onion mix. Add the peas, potatoes and vegetables. Bring to the boil and simmer on a low heat for approximately 60 minutes.
5. Season with freshly ground pepper and dried marjoram.
6. Garnish with chopped parsley and sliced spring onion, and serve.

Kcal/portion 212
Protein g 9
Lipids g 8
Carbohydrates g 25
Cholesterol mg 12
Sodium mg 277

Potato and cucumber salad

Serves 6

600 g of waxy potatoes
1 cucumber
1 bunch of chives
1 onion
400 ml of vegetable stock (see page 95)
3 tbsp of sunflower seed oil (see page 84)
1 tbsp of white balsamic vinegar
2 tbsp of hot mustard
freshly ground pepper

1. Boil the potatoes in their skins. Peel when still warm and cut into slices.
2. Peel the cucumber and cut into thin slices.
3. Peel the onion, dice finely and sauté in a non-stick pan with 2 tbsp of water until transparent.
4. Put the potatoes, cucumber and onion in a bowl. Pour in the warm stock and stir.
5. Season with the mustard, vinegar, 3 tbsp of oil and freshly ground pepper.
6. Chop the chives and sprinkle over the salad.
Serve lukewarm or cold with fish or meat.

Kcal/portion 172
Protein g 3
Lipids g 9
Carbohydrates g 19
Cholesterol mg 0
Sodium mg 44

Red fruit pudding

Serves 6

1 cup of pitted sour cherries
500 g of mixed berries (strawberries, raspberries, blueberries, redcurrants)
25 g of corn flour
2 vanilla sugar sachets

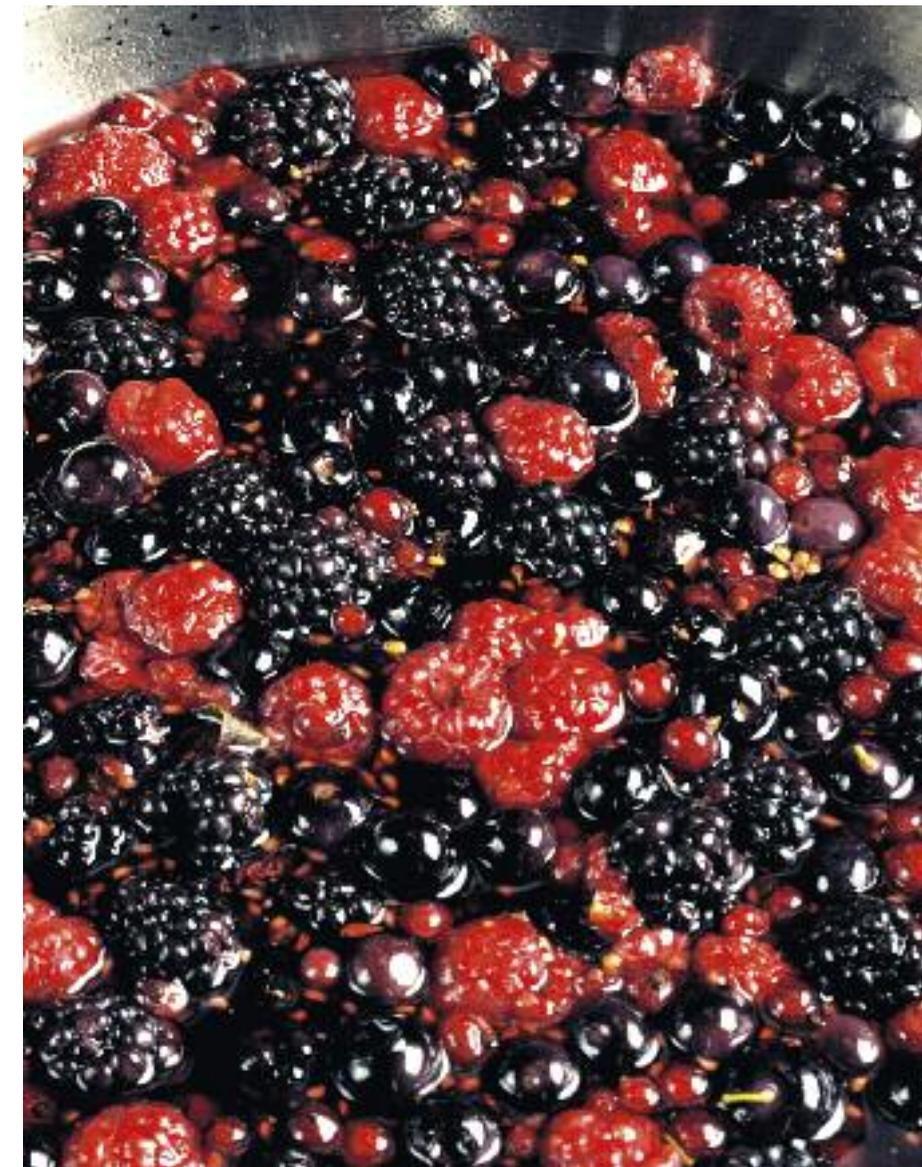
1. Pour the sour cherries into a colander and let the juices drain into a bowl. Add some water (around 250 ml) if necessary.
2. Rinse the mixed berries.
3. Mix a little of the cherry juice into the corn flour and stir until smooth.



4. Bring the remaining cherry juice to the boil.
5. Fold in the corn flour and cook a little longer, stirring until it thickens.
6. Add the vanilla sugar, then gently combine the cherries and berries.
7. Place in a refrigerator to cool.
Serve with low-fat yoghurt.

Tip: no extra sugar is needed if the fruit used is mature

Kcal/portion 69
Protein g 2
Lipids g 0
Carbohydrates g 16
Cholesterol mg 0
Sodium mg 31



Mixed berries



First Course

Spinach rice

**Red beans with tomatoes
and sweet paprika**

Main Course

**Sea bream with
mashed celeriac**

**Roast chicken with herbs,
potatoes and orange**

Dessert

Yoghurt with amarena syrup

Halvas



Hellenic

CARDIOLOGICAL SOCIETY



Spinach rice

(Picture page 165)

Spinach rice is one of the most characteristic dishes of Greek cuisine, representing the healthy focus of the Mediterranean diet. This dish is usually accompanied by olives (black or green) or feta cheese, but can also be served with salted sardines in extra virgin olive oil.

Serves 4

650 g of fresh spinach
6 thinly sliced green onions
1 onion, grated
1 cup of brown rice
2 tomatoes, diced with all their juices
5 tsp of extra virgin olive oil
1 tsp of grated nutmeg
100 g of chopped dill
juice of 1 lemon
pinch of low-sodium salt
freshly ground pepper

1. Heat 2 tsp of extra virgin olive oil in a large saucepan and sauté the onions for 2-3 minutes until they become transparent (if they get too dry, add a few spoonfuls of water).
2. Wash the spinach thoroughly, cut off the thicker stalks and tear the spinach leaves into pieces.
3. Add them to the saucepan, with a few spoons of water if necessary, cover and cook for 3 minutes.
4. Gently stir the spinach, adding the nutmeg, diced tomatoes and a pinch of salt and pepper.
5. Cook for another 3 minutes, then add the rice.
6. Leave for another 15 minutes until the rice is cooked.
7. Remove the pot from the heat. Stir in 3 tsp of extra virgin olive oil, the lemon juice and the chopped dill.
Serve hot or cold.

| | |
|------------------|--------------------|
| Kcal/portion 409 | Carbohydrates g 50 |
| Protein g 13 | Cholesterol mg 0 |
| Lipids g 20 | Sodium mg 20 |

Red beans with tomatoes and sweet paprika

For many years, beans have been the main source of vegetable protein in Greek dishes. They can be prepared in a variety of different ways and combined with different sauces, meats and fish. Although there are over 30 different recipes, they are always cooked with a variety of vegetables. All Greek households continue to have this dish as a staple part of their weekly diet.

Serves 6

500 g of red beans
100 g of grated onion
4 diced tomatoes
3 tbsp of extra virgin olive oil
1 tbsp of sweet paprika
1 tsp of oregano
1 chilli pepper (optional)
1 tsp of honey
1 tsp of wine vinegar
pinch of low-sodium salt

1. Wash the beans and soak them overnight in cold water. Drain and keep the water.
2. Heat 1 tbsp of extra virgin olive oil and sauté the grated onion in a large saucepan for 2-3 minutes. Add a few spoons of the saved water if it gets too dry.
3. Pour in the beans and stir well. Add the paprika, oregano and diced tomatoes and keep stirring.
4. After a few minutes, pour in enough of the saved water to cover the beans. Bring to the boil.
5. Add the honey, vinegar and (optional) chilli pepper.
6. Cover the saucepan and leave to simmer on a low heat for about 1 hour until the beans are tender and the sauce thickens.
7. Season with 2 tbsp of extra virgin olive oil and a pinch of salt.
Serve piping hot.

| | |
|------------------|--------------------|
| Kcal/portion 277 | Carbohydrates g 26 |
| Protein g 32 | Cholesterol mg 0 |
| Lipids g 9 | Sodium mg 23 |

Sea bream with mashed celeriac

Fish is the staple diet of the coastal regions in Greece. Sea bream, which is farmed in special areas of the sea, is a particular favourite of the Greek fish dishes. It is usually grilled with oil, lemon and salt, and accompanied by green vegetables or a Greek summer salad.

Serves 4

The fish:
4 sea bream, gutted, scaled and filleted
2 tbsp of extra virgin olive oil
juice of 1 lemon
20 g of mustard
1 tsp of oregano
pinch of low sodium salt

1. Pour 2 tbsp of extra virgin olive oil into a small bowl and add the lemon juice, mustard, oregano and salt. Stir until well mixed.
2. Use a small brush to spread both sides of the fish with this mixture.
3. Pre-heat the oven to 200° with the grill on.
4. Place the fish on a baking tray lined with ovenproof paper and bake for about 20 minutes, turning the fish once half-way through.

The mashed celeriac:

500 g of celeriac
1 large carrot
2 tbsp of extra virgin olive oil
1 cup of low-fat milk
1 medium-sized onion
juice of 1 lemon
2 tbsp of chopped dill
1 tsp of ground coriander seeds
pinch of low-sodium salt

1. Wash the celeriac, peel off the outer layer and cut into chunks.
2. Do the same with the carrot.
3. Wash and chop the onion.
4. Heat 1 tbsp of extra virgin olive oil in a large non-stick saucepan. Sauté the onion, celeriac and carrot together with a glass of water.

5. Add a pinch of salt and cook for about 15 minutes with the lid on until the ingredients have softened and the water has evaporated.
6. Remove from heat and let the mixture cool.
7. Use a fork to mash the mixture.
8. Add the coriander seed and the dill. Then add the lemon juice and 1 tbsp of extra virgin olive oil.
Serve together with the fish.

| | |
|------------------|--------------------|
| Kcal/portion 426 | Carbohydrates g 13 |
| Protein g 50 | Cholesterol mg 139 |
| Lipids g 20 | Sodium mg 420 |

Roast chicken with herbs, potatoes and orange

Chicken is the main source of animal protein in Greece and is the most widely consumed meat. There are hundreds of recipes for preparing it and, as with all Greek dishes, it is always accompanied by vegetables. When it is on the menu for Sunday lunch it also includes an abundance of roast potatoes.

Serves 6

whole chicken, approximately 1.5 kg
2 tbsp of extra virgin olive oil
juice of 1 lemon
1 tbsp of mustard
1 tsp of oregano
1 cup of wholemeal breadcrumbs
½ cup of chopped mint
1 cup of rosemary leaves
1 cup of dill
pinch of low-sodium salt
freshly ground pepper

1. Take the whole chicken, remove the innards, singe off any remaining feathers over a flame. Wash it and dry with kitchen paper. For a healthier recipe, remove the skin.
2. Pour 2 tbsp of extra virgin olive oil into a bowl and add the lemon juice, mustard, oregano and a pinch of salt. Stir until well mixed.



- Use a brush to baste the chicken with the mixture, both inside and out.
- In a separate bowl, combine the breadcrumbs, chopped mint, rosemary and dill. Stir well.
- Rub this mixture all over the chicken.
- Place the chicken in a roasting tin lined with ovenproof paper. Cover with foil and bake at 180° for about 75 minutes.

Potatoes:

Serves 6

- 500 g of potatoes
- 2 tbsp of extra virgin olive oil
- juice from 1½ oranges
- 10 stoned plums
- 1 lemon
- pinch of low-sodium salt

- Peel and cut the potatoes into quarters, keeping them submerged in a basin of water to prevent discolouring.
- Remove the potatoes, dry them and put them in a bowl together with the stoned plums.
- Add the orange juice, the lemon, 2 tbsp of extra virgin olive oil and a pinch of salt. Stir the mixture.
- Leave for about 30 minutes to marinate.
Tip: to get the timing right, you should ideally put the chicken into the oven after 15 minutes of this marinating time.
- Open the oven where the chicken is cooking and arrange the potatoes and plums around the chicken, basting them with the marinade.
- Remove the foil from the chicken and bake for another 60 minutes, checking regularly if it needs more marinade or water.
- Plate up the chicken individually in the kitchen or carve it at the table. Serve hot with the potatoes.

| | |
|------------------|--------------------|
| Kcal/portion 788 | Carbohydrates g 55 |
| Protein g 55 | Cholesterol mg 232 |
| Lipids g 39 | Sodium mg 334 |

Yoghurt with amarena syrup

(not suitable for diabetics)

Serves 8

- 1 kg of low-fat yoghurt
- 150 g of amarena syrup
- 100 g of ground walnuts
- 8 mint leaves
- 1 kg of amarena cherries
- 2 teacups of water
- 100 g of sugar
- zest of 1 lemon

- Wash and stone the cherries.
- Put the stones in water and let them soften for an hour.
- Boil the water with the stones, cherries, sugar and lemon zest (avoiding all pith) for 30 minutes until the liquid reduces slightly.
- Remove the stones.
- Put the yoghurt into 8 bowls, then add the amarena syrup and ground walnuts. Serve cold and decorate each bowl with a mint leaf.

| | |
|------------------|-------------------|
| Kcal/portion 129 | Carbohydrates g 8 |
| Protein g 6 | Cholesterol mg 3 |
| Lipids g 9 | Sodium mg 74 |

Halvas

(not recommended for diabetics or people with weight problems)

Serves 8

- 4 tsp of extra virgin olive oil
- 2 cups of coarse ground semolina
- ½ cup of sugar
- 3 cups of water
- 40 g of pine nuts
- 100 g of coarsely ground walnuts
- 2 lemons
- ½ tsp of cinnamon
- 1 cinnamon stick

- Sauté the semolina in a large saucepan with the extra virgin olive oil over a medium

- heat. Stir constantly with a wooden spoon until the mixture darkens (5-8 minutes).
- Add the pine nuts, walnuts, the zest of one lemon and the cinnamon powder. Stir the mixture well for a further 5 minutes.
- In a different saucepan, boil about 3 teacups of water with the sugar, lemon peel (avoiding all pith) and cinnamon stick. Allow to boil for a few minutes.
- Leave to cool, then pour over the semolina mixture and stir well.
- Return to the heat for a further 5 minutes. Take off the heat.
- Cover the pot with a clean dry towel then

- close the lid.
- Leave for 10 minutes so the mixture blends together, then spoon it into a damp mould.
- Let the mixture settle a little. Once cooled, turn it out onto a platter.
- Dust with cinnamon powder before serving.

| |
|--------------------|
| Kcal/portion 455 |
| Protein g 16 |
| Lipids g 24 |
| Carbohydrates g 45 |
| Cholesterol mg 0 |
| Sodium mg 4 |



Halvas



First Course
Forester's salad

Main Course
Fish in paprika sauce

Dessert
**Heart-friendly
chocolate pancakes**



Hungarian
SOCIETY OF CARDIOLOGY



Forester's salad

Serves 6

- 100 g of fresh mushrooms
- 100 g of cucumber
- 200 g of red peppers
- 100 g of spring onions (or Hungarian pearl onions)
- 1 small lettuce
- ½ lemon
- bunch of small chives, chopped
- 2 tbsp of vinegar
- 2 tbsp of extra virgin olive oil
- sweetener (see page 89)
- pinch of low-sodium salt
- freshly ground white pepper

To garnish

- 1 small egg (or 2 quail's eggs)

1. Slice the mushrooms and cook for 2-3 minutes in a pan of water with lemon, then drain and leave to cool.
2. Slice the cucumber, lightly salt and allow to stand for 15 minutes, then wipe off the salt

- and any liquid and place in a salad bowl.
3. Wash the peppers, remove the seeds and white membranes, then cut into slices.
4. Slice the spring onions (if using pearl onions, they can remain whole or halved).
5. Add the mushrooms, sliced peppers and onions to the bowl of cucumbers.
6. To make the dressing, mix the vinegar and sweetener, add the extra virgin olive oil and flavour with chives and freshly ground white pepper.
7. Pour the dressing over the vegetables, mix well and refrigerate for a few hours.
8. Before serving, separate and wash the lettuce leaves. Dry well.
9. Take a salad bowl and line it with the lettuce leaves, cover with the vegetables from the fridge and, before serving, garnish with sliced boiled eggs.

| | |
|-----------------|-------------------|
| Kcal/portion 84 | Carbohydrates g 4 |
| Protein g 3 | Cholesterol mg 37 |
| Lipids g 6 | Sodium mg 36 |



Forester's salad

Fish in paprika sauce

The original recipe for this dish uses sour cream instead of yoghurt. However, yoghurt is much healthier for you, and it tastes just as good.

Serves 4

- 400 g of filleted, non-fatty fish
- 100 g of onions
- 1 tbsp of extra virgin olive oil
- 10 g of ground paprika (5 g sweet and 5 g spicy)
- 10 ml of yoghurt
- 1 tbsp of oil (see page 84)
- pinch of low-sodium salt
- 20 g of macaroni (or your preferred pasta)

1. Wash and chop the onion into small pieces.
2. Sauté the onions in a non-stick pan with a few tbsp of water until they become transparent.
3. Season with the paprika and spices. Stir well before adding the fish, gently shaking the pan but not stirring it.
4. Cook for about 10-15 minutes, then stir in the yoghurt and cook for a further 10-15 minutes.

Serve immediately with cooked macaroni or small dumplings (galuska).

| | |
|------------------|-------------------|
| Kcal/portion 179 | Carbohydrates g 6 |
| Protein g 19 | Cholesterol mg 73 |
| Lipids g 9 | Sodium mg 51 |

Heart-friendly chocolate pancakes

(Picture page 171)

In Hungary, a standard portion for this type of dessert would be two pancakes. However, we think just one pancake is a perfect and more healthy way to finish off the meal. And if you can cook them on an electric griddle, that would be even healthier, as you don't need to fry them in oil.

Serves 8

Pancakes:

- 100 g of flour (wholegrain flour is best)

- 1 egg
- 10 ml of milk
- 10-15 ml of sparkling mineral water
- 1 tbsp of oil (see page 84)
- 8 tsp of oil to cook the pancakes

Filling:

- 100 g of ground walnuts
- 10 ml of milk
- 1 lemon
- 1 tbsp of rum (essence)
- sweetener (see page 89)

Dressing:

- 80 g of dark chocolate
- 2 tbsp of rum essence (optional)
- 1 tbsp of low-fat milk

1. Beat the egg in a bowl using a fork and gradually add the flour and milk until you have a smooth mixture.
2. Add the mineral water to make the mixture creamy, plus 1 tbsp of oil. Stir well.
3. Heat 1 tsp of oil in a griddle pan.
4. Spread 1 ladle of mixture evenly over the griddle and cook for 1-2 minutes. Turn the pancake over and cook for a further 1-2 minutes.
5. Remove from the griddle with a spatula and place to one side on a warm plate. Continue until none of the mixture remains.
6. For the walnut filling, warm the milk, take it off the heat and add the ground walnuts, sweetener, grated lemon rind and rum essence. Mix well.
7. Pour some of the walnut filling over each pancake and roll them.
8. Keep the pancakes warm until it is time to serve.
9. For the dressing, melt the chocolate in a bain marie.
10. Remove from the heat and add 1 tbsp of water and 1 tbsp of milk, then stir well and pour over the hot pancakes. Serve immediately. If any chocolate is left over, serve it in a separate sauce dish.

| | |
|------------------|--------------------|
| Kcal/portion 241 | Carbohydrates g 10 |
| Protein g 5 | Cholesterol mg 28 |
| Lipids g 20 | Sodium mg 13 |



First Course

Potato and leek soup

**Fresh salad with potatoes
and avocado**

Main Course

**Redfish rolls with spinach
and prosciutto**

Trout in oatmeal

Dessert

**Yoghurt ice cream
with basil sauce**



Icelandic

SOCIETY OF CARDIOLOGY



Potato and leek soup

(Picture page 175)

Serves 6

150 g of leeks
150 g of onions
350 g of potatoes
1.25 litres of vegetable stock (see page 95)
4 tbsp of freshly chopped chives
3-4 tbsp of low-fat yoghurt
2 tbsp of freshly chopped parsley
pinch of low-sodium salt and freshly ground pepper

1. Dice the onions and the leeks. Sauté them in a non-stick pan with 3-4 tbsp of water until they become transparent.
2. Peel and dice the potatoes and add them to the onions and leeks.
3. Pour in the vegetable stock and simmer until the potatoes are soft.
4. Add the yoghurt and simmer for a few minutes more.
5. Just before serving, season with a pinch of salt and pepper, the chives and parsley.

Kcal/portion 88
Protein g 6
Lipids g 2
Carbohydrates g 14
Cholesterol mg 0
Sodium mg 21

Fresh salad with potatoes and avocado

Serves 8

1 corn salad (lamb's lettuce or gem lettuce)
4-5 cups of green sorrel leaves
6 small potatoes
2 carrots
1 red onion
1 avocado
1 tbsp of lemon zest
3 tbsp of walnuts
1 cup of parsley
pinch of low-sodium salt

For the dressing:

50 ml of red wine vinegar
7 tsp of extra virgin olive oil
1 tsp of grated orange peel
2 tbsp of orange juice
1 tsp of Dijon mustard
1 tsp of fresh basil
1 tsp of fresh chives, chopped

Salad:

1. Boil the potatoes in lightly salted water until soft.
2. Let them cool, then peel them.
3. Wash and chop the lettuce. Drain well.
4. Peel and chop the carrots.
5. Chop the onion.
6. Slice the avocado and pour the lemon zest over it.
7. Chop the walnuts and parsley.
8. Mix the lettuce, potatoes, onion and carrots in a bowl, and sprinkle with the nuts and parsley.
9. Arrange the avocado on top.

Dressing:

1. Mix the oil, vinegar, orange peel and juice in a jug.
2. Put the mustard in a blender. Set it to a low speed, then slowly pour in the oil mixture and the herbs.
3. When the mix starts to thicken, the dressing is ready.
4. Add the dressing to the salad just before serving, or serve it in a separate bowl.

Kcal/portion 208
Protein g 8
Lipids g 12
Carbohydrates g 19
Cholesterol mg 0
Sodium mg 146

Redfish rolls with spinach and prosciutto

Serves 6

2 large fillets of redfish, boned and skinned
10-12 very thin slices of lean prosciutto
300 g of spinach
freshly ground white pepper

1. Slice the fillets lengthways to make 4 pieces.
2. Wash and drain the spinach, then cook it on a high heat for a few minutes in a non-stick pan with 1 or 2 tbsp of water.
3. If necessary, place in a sieve to drain off the excess water, then chop into pieces.
4. Put half the spinach on one piece of the fish, then place another piece on top.
5. Season with pepper and wrap in the prosciutto, so the fish is completely enveloped. It's a good idea to wrap the rolls tightly with cling film, sealing both ends so it looks like a sausage.
6. Repeat with the other fillet pieces.
7. Place the wrapped rolls in a pan of boiling water for 10 to 12 minutes.
8. Remove the pan from the heat and allow to cool for 10 to 15 minutes.
9. Take the rolls out of the pan, remove the cling film and cut into slices.
10. Serve with a salad and wholemeal bread.

Kcal/portion 264
Protein g 44
Lipids g 9
Carbohydrates g 2
Cholesterol mg 138
Sodium mg 332

Trout in oatmeal

Serves 8

1 kg of trout fillets (skinned and boned)
2 eggs, beaten
80 g of oatmeal
1 tbsp of oil (see page 84)
pinch of low-sodium salt and freshly ground white pepper

1. Cut the trout into 80-100 g pieces.
2. Roll the fish pieces in the beaten eggs and then in the oatmeal. Pour a little oil over them and place in a casserole dish.
3. Bake in a preheated oven at 180° for about 15 minutes.

Kcal/portion 183
Protein g 21
Lipids g 8
Carbohydrates g 8
Cholesterol mg 125
Sodium mg 76

Yoghurt ice cream with basil sauce

Serves 6

500 g of low-fat yoghurt
sweetener (see page 89)
200 g of strawberries or raspberries
6 basil leaves
Basil sauce (not suitable for diabetics):
1 cup of water
80 g of sugar
bunch of fresh basil

For the ice cream:

1. Combine the yoghurt and sweetener.
2. Pour the yoghurt into an ice cream maker. If you don't have one, pour the mixture into a mould and freeze it. When frozen, remove it and stir it thoroughly in a bowl. Put it back in the mould and re-freeze; this prevents crystals from forming. Repeat three times.

For the basil sauce:

1. Boil the sugar in the water until it has dissolved.
2. Allow the syrup to cool.
3. Crush the basil in a mortar, then add to the syrup and stir.

Turn out the yoghurt ice cream onto a serving dish, garnish with a few basil leaves and serve with the basil sauce along with fresh strawberries or raspberries.

Kcal/portion 101
Protein g 3
Lipids g 1
Carbohydrates g 21
Cholesterol mg 2
Sodium mg 50



Appetisers

Cucumber pickles

Mixed vegetable pickles

Pickled shallots

Main Course

Sweetcorn rice

**Grilled chicken
with chilli sauce**

**Grilled fish with tomato and
basil sambal**

Dessert

Avocado smoothies



Indonesian

HEART ASSOCIATION

Cucumber pickles

Serves 2

- 1 medium-sized cucumber
- 1 tbsp of white vinegar
- 2 ½ tsp of sugar (or sweetener - see page 89)
- 2 ½ tbsp of hot water
- ½ tsp of low-sodium salt

1. Peel and cut the cucumber lengthwise, remove the seeds, slice and place in a bowl.
2. Mix the vinegar, sugar, salt and hot water in another bowl, then add to the cucumber and toss well.
3. Set aside to marinate for 1 hour before serving.

Tip: This pickle can keep for up to 1 week in a jar in the refrigerator.

Kcal/portion 33
Protein g 0,5
Lipids g 0,5
Carbohydrates g 8
Cholesterol mg 0
Sodium mg 170

Mixed vegetable pickles

Serves 2

- 1 small cucumber
- 1 small carrot
- 8 shallots
- ¾ cup (180 ml) of water
- 3 tbsp of white sugar sweetener (see page 89)
- 1 tsp of low-sodium salt

1. Peel, deseed and cut the cucumber.
2. Julienne the carrot.
3. Peel and quarter the shallots.
4. Place the sliced vegetables in a bowl.
5. Mix the water, vinegar, sugar and salt in another bowl, then add to the vegetables and mix well.
6. Set aside to cure for 2 or 3 days in the refrigerator before serving.

Tip: This pickle can keep for up to 2 weeks in the refrigerator.

Kcal/portion 140
Protein g 2
Lipids g 0,5
Carbohydrates g 33
Cholesterol mg 0
Sodium mg 358

Pickled shallots

Serves 4

- 20 shallots, peeled and sliced
- 1 red finger-length chilli, deseeded and sliced
- 2 tbsp of white vinegar sweetener (see page 89)
- 1 tsp of low-sodium salt
- 3 tbsp of warm water

1. Combine the vinegar, sugar, salt and warm water in a bowl.
2. Add the sliced shallots and chilli and mix well.
3. Set aside to cure for 2 to 3 hours, then serve in small bowls.

Tip: This pickle can keep for up to 1 week in the refrigerator.

Kcal/portion 44
Protein g 2
Lipids g 0
Carbohydrates g 9
Cholesterol mg 0
Sodium mg 178

Sweetcorn rice

Corn rice is often used to add bulk to rice in areas where rice is costly or difficult to obtain. You can use fresh, canned or dried sweetcorn (dried sweetcorn should be soaked for 24 hours before using).

Serves 8

- 1 ½ cups (300 g) of rice

- 1 ½ cups (360 g) of sweetcorn kernels cut from fresh cobs, or 1 can (400 g) of sweetcorn kernels, drained
- 3 ½ cups (880 ml) of water

1. Wash the rice thoroughly and drain.
2. Bring all the ingredients to the boil in a pot. If using canned sweetcorn, do not add at this stage.
3. Reduce to a medium heat and simmer until the water has almost dried up (5 to 7 minutes). If using canned sweetcorn, add it to the rice now.
4. Reduce to a low heat and continue cooking for a further 10 minutes. Stir from time to time to prevent burning. Continue until the rice is dry and fluffy.
5. Remove from the heat, stir well and serve hot.

Kcal/portion 315
Protein g 7
Lipids g 18
Carbohydrates g 2
Cholesterol mg 0
Sodium mg 17

Grilled chicken with chilli sauce

Serves 6

- 1 chicken (about 1 kg)
- 1 tsp of low-sodium salt
- 1 red finger-length chilli, thinly sliced
- Sprigs of basil leaves

Chilli sauce:

- 3-4 red finger-length chillies or 2-3 bird's-eye chillies, deseeded
- 4 shallots, peeled and chopped
- 1 tsp of dried shrimp paste (trasi), dry roasted (see note at the end of recipe)
- 1 tsp of dark brown sugar
- 2 tsp of oil (see page 84)
- ¼ tsp of low-sodium salt
- 1 tbsp of freshly squeezed lime or lemon juice

Kcal/portion 315
Protein g 32
Lipids g 19
Carbohydrates g 3
Cholesterol mg 155
Sodium mg 598

Grilled fish with tomato and basil sambal

(Picture page 179)

Fish, grilled plain or wrapped in banana leaves, is a very popular dish on the Eastern



Indonesian islands of Sulawesi and Maluku. This recipe from Maluku is very simple, flavoured with a typical Colo Colo Sambal.

Serves 4

1 kg of whole fresh fish or 700 g of fish steaks
banana leaves (optional)
1 tbsp of freshly squeezed lime or lemon juice
2 tbsp of vegetable oil (see oils on page 84)
¼ tsp of low-sodium salt

Colo Colo Sambal:

3 red finger-length chillies or bird's-eye chillies, deseeded and sliced
4 shallots, peeled and sliced
2 ripe tomatoes, diced
4 sprigs basil, minced
4 tbsp of sweet soy sauce
2 tbsp of freshly squeezed lime or lemon juice

1. If using a whole fish, scale, gut and clean it, then make several shallow diagonal slits on each side.
2. Season the fish with the salt and lime or lemon juice, then brush it with the oil. Set aside for 15 minutes.
3. Mix together all the Colo Colo Sambal ingredients in a bowl.
4. Heat the banana leaf in a basin by pouring boiling water over it, then wipe it dry.
5. Wrap the seasoned fish in the banana leaf (alternatively, use aluminium foil). Cook the parcel directly over hot charcoal or under a preheated grill until the banana leaf is evenly browned and the fish is done (10-15 minutes on each side).
6. Unwrap the fish parcel, spoon the Colo Colo Sambal over it and serve immediately. Alternatively, serve the fish plain with the Sambal in a side bowl.

Kcal/portion 287
Protein g 46
Lipids g 9
Carbohydrates g 4
Cholesterol mg 92
Sodium mg 306

Avocado smoothies

Serves 8

4 ripe avocados
¼ cup (60 ml) of unsweetened condensed or evaporated milk (or low-fat yoghurt)
1 tbsp of freshly squeezed lime or lemon juice
3 cups of ice cubes
sweetener (see page 89) or palm sugar syrup (see below)
unsweetened cocoa powder or chocolate syrup

1. Peel and pit the avocados, then chop the flesh into cubes.
2. Place all the ingredients, except the cocoa powder or chocolate syrup, in a blender and purée until smooth.
3. Serve chilled and garnish on top with either a sprinkling of powdered cocoa or some squeezed chocolate syrup if desired.

For the purposes of this book, we have used a sweetener, however the original Indonesian recipe uses palm sugar syrup as follows:

½ cup (100 g) of shaved palm sugar
½ cup (125 ml) of water

1. Bring the palm sugar and water to the boil over a high heat in a saucepan.
2. Reduce to a low heat, simmer uncovered for about 10 minutes, stirring from time to time until the sugar is dissolved and the mixture turns syrupy.
3. Remove from the heat and set aside to cool.

Kcal/portion 438
Protein g 8
Lipids g 43
Carbohydrates g 4
Cholesterol mg 0
Sodium mg 8



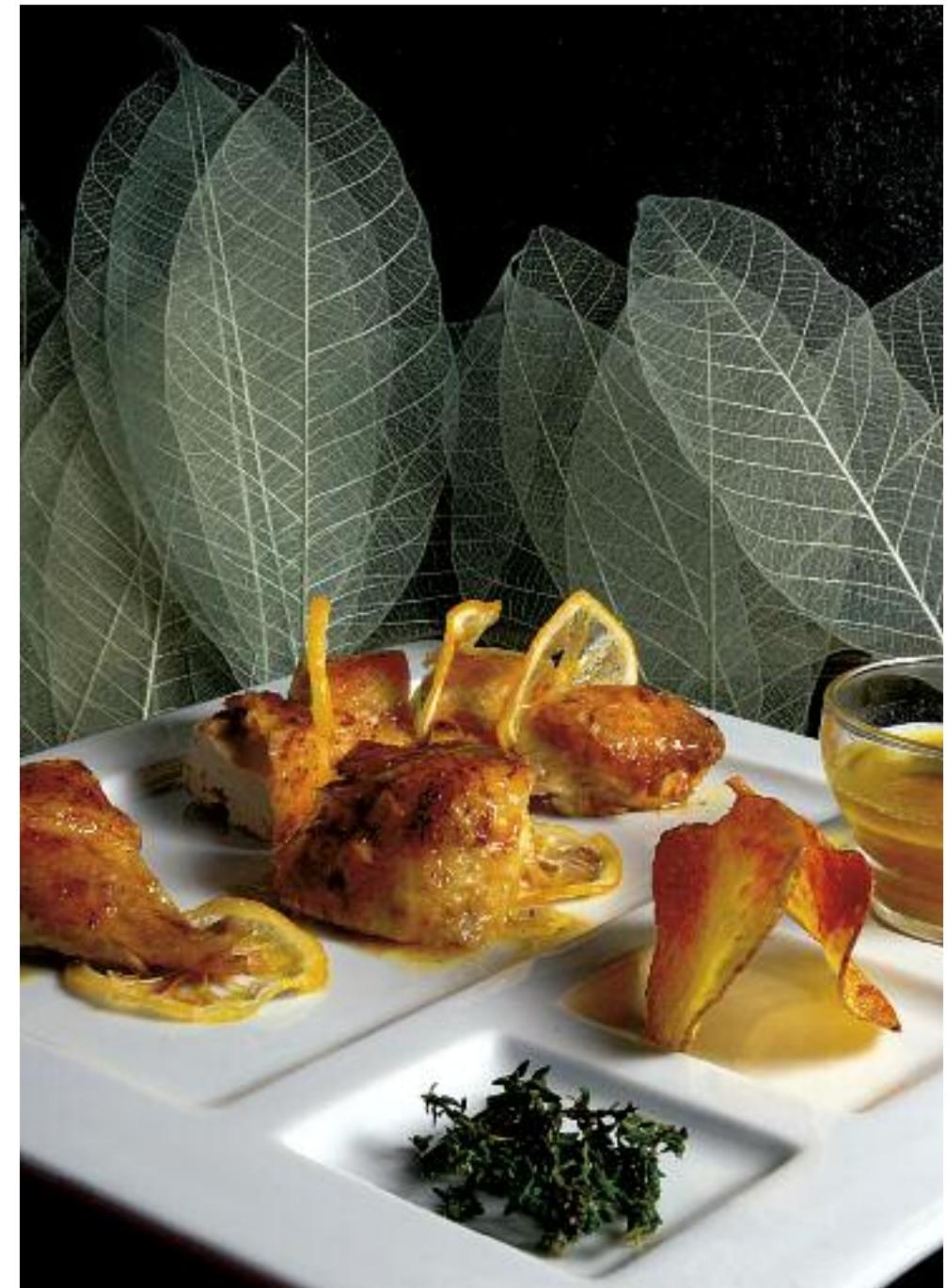
Avocado smoothies



First Course
Spring stew

Main Course
Roast chicken with lemon

Dessert
Lemon sorbet



Israel

HEART SOCIETY



Spring stew

Serves 6

fresh peas (approximately 1 kg including pods, 300 g without)

fresh broad beans (approximately 1 kg including pods, 300 g without)

1 Cos lettuce

1 medium-sized onion

2 tbsp of extra virgin olive oil

pinch of low-sodium salt and freshly ground pepper

1. Remove the peas and broad beans from their pods.
2. Finely chop the onions and lettuce.
3. Heat 2 tbsp of extra virgin olive oil and 1 tbsp of water in a medium-size non-stick saucepan. Add the chopped onion and sauté until it becomes transparent.
4. Cook the broad beans in 500 ml of boiling water for 10 minutes, then add the peas.
5. Cook for 5 minutes, then add the lettuce and stir until the lettuce softens.
6. Add the salt and pepper and serve.

Tip: for an even healthier dish, sauté the onion in a few tbsp of water instead of olive oil. Drizzle a little extra virgin olive oil on to each plate - uncooked olive oil adds a wonderful flavor.

| |
|--------------------|
| Kcal/portion 251 |
| Protein g 18 |
| Lipids g 6 |
| Carbohydrates g 30 |
| Cholesterol mg 0 |
| Sodium mg 254 |

Roast chicken with lemon

(Picture page 185)

Serves 6

1 large whole chicken (preferably 2 kg), tied for roasting

6 garlic cloves

2 tbsp of thyme leaves

2 lemons, thinly sliced

strained juice of 1 lemon

| |
|--------------------|
| Kcal/portion 366 |
| Protein g 32 |
| Lipids g 25 |
| Carbohydrates g 3 |
| Cholesterol mg 155 |
| Sodium mg 112 |

1 tsp of brown sugar
3 tbsp of extra virgin olive oil
pinch of low-sodium salt and freshly ground pepper

1. Start preparing this dish the day before you intend to eat it.
2. Mix the garlic, lemon juice, 1 tbsp thyme leaves, a pinch of salt and pepper, and 1 tbsp of extra virgin olive oil in a blender.
3. Baste the chicken (inside and under the skin) with the blended mixture.
4. Place in a bowl or on a deep plate, cover with cling-film and refrigerate overnight.
5. Remove the chicken about an hour before cooking.
6. Heat 2 tbsp of extra virgin olive oil in a large, flat ovenproof skillet (or other pan). Arrange the lemon slices evenly within, sprinkle with brown sugar and sauté for 5 minutes over a medium heat.
7. Place the chicken on top of the lemon slices, breast side up. Brown it for about 10 minutes. Shake the pan occasionally so that the chicken doesn't stick to the lemon and the lemon doesn't stick to the bottom of the pan.
8. Sprinkle the rest of the thyme leaves over the chicken, pour ½ cup of water around it, transfer to the preheated oven and bake at 180°.
9. Roast for 30 minutes, then turn the chicken over with breast side down, add another ½ cup of water and roast for a further 30 minutes.
10. Turn the chicken over again so the breast side faces up. Grill for 2-3 minutes until nice and crisp.
11. Remove the pan from the oven and wait 15 minutes before serving.
This chicken will also taste wonderful if you leave it to cool for an hour or so.



Lemon sorbet

Lemon sorbet

Serves 4

3 lemons

2 egg whites

150 g of sugar (or sweetener – see page 89)

1 kg of ice cubes

1. Grate the lemons and put the zest to one side.
2. Peel the lemons and remove the white inner pith.
3. Separate the segments, remove the thin transparent skin, then remove the pips.

4. Put the egg whites, sugar and peeled lemon segments in a blender. Mix at the highest speed setting until smooth.
5. Add the ice cubes one by one and continue to mix/crush until the sorbet is formed.
6. Spoon the sorbet into dessert bowls, sprinkle a little lemon zest on each and serve.

| | |
|------------------|--------------------|
| Kcal/portion 180 | Carbohydrates g 38 |
| Protein g 3 | Cholesterol mg 0 |
| Lipids g 2 | Sodium mg 29 |



First Course
Spaghetti with swordfish

Main Course
Anchovy pie

Dessert
Pear tart

Italian

FEDERATION OF CARDIOLOGY



Spaghetti with swordfish

(Picture page 189)

Serves 4

300 g of spaghetti
200 g of fresh swordfish
150 g of fresh pachino tomatoes, sliced in half
1 small aubergine
2 cloves of garlic
4 tsp of extra virgin olive oil
½ cup of white wine
3 tbsp of chopped parsley
1 small chilli pepper
pinch of low-sodium salt
freshly ground black pepper

1. Wash, peel and cut the aubergine in half lengthways. Sprinkle with a little salt, place in a colander with a weighted saucer on top, and allow to drain for 30 minutes.
2. Rinse off the salt, then dry with kitchen paper and cut into chunks.
3. Heat 2 tsp of extra virgin olive oil in a heavy-based pan over a medium heat. Add one peeled clove of garlic, halved, and the chilli pepper. As soon as the garlic begins to brown, remove it from the pan. Add the chunks of aubergine and cook for a few minutes. Put to one side. For a healthier dish, use water instead of the olive oil.
4. Clean the swordfish and remove any dark skin. Dry it with kitchen paper and cut into small chunks.
5. Heat 2 tsp of extra virgin olive oil in a large non-stick frying pan. Cut the other peeled clove of garlic in two, add it to the oil, allow to brown slightly, then remove. Again, use water instead of olive oil if you wish.
6. Add the swordfish pieces. Stir fry for a few minutes until lightly browned. Add the white wine and reduce the liquid until it has almost completely evaporated and is thick.
7. Wash and cut the tomatoes in half, then add them to the fish.
8. Season with freshly ground black pepper and a pinch of salt. Continue to cook for several minutes.
9. Bring a large pot of water to the boil. Add a

pinch of coarse salt and the spaghetti. Cook only until the pasta is “al dente” (check the packaging for cooking times).

10. Drain in a colander (saving a ⅓ cup of the drained water) and add the pasta to the frying pan with the fish and tomato mixture.
11. Continue to cook, gradually adding the saved water. Add the aubergine and chopped parsley before removing from the heat. Be careful not to overcook the spaghetti. Serve immediately.

Kcal/portion 397
Protein g 19
Lipids g 8
Carbohydrates g 61
Cholesterol mg 42
Sodium mg 69

Anchovy pie

Serves 6

400 g of fresh anchovies
400 g of potatoes
200 g of fresh tomato sauce
3 tbsp of breadcrumbs
3 tbsp of chopped fresh thyme
4 tbsp of chopped fresh parsley
4 tsp of extra virgin olive oil
pinch of low-sodium salt and
freshly ground pepper

1. Clean and bone the anchovies, removing the heads and insides. Dry with kitchen paper and fold them flat.
2. Grease the bottom of a Pyrex dish with 2 tsp of extra virgin olive oil and sprinkle with 2 tbsp of breadcrumbs (remove any excess breadcrumbs by turning the dish upside down).
3. Peel the potatoes and cut into very thin round slices.
4. Place one layer of the potato slices (about one third of the potatoes) on the bottom of the Pyrex dish. Sprinkle with salt, pepper, 1 tbsp of breadcrumbs, 1 tbsp of thyme and 2 tbsp parsley. Lightly spoon about half of the tomato sauce over the layer of potatoes.



5. Make a second layer using about half of the prepared anchovies.
6. Season with pepper, a pinch of salt (optional) and 1 tsp of extra virgin olive oil.
7. Make a new layer of potatoes, season as before, then make another layer of anchovies. Repeat until no ingredients remain.
8. The last layer should be potatoes. Season this with the remaining thyme, parsley and tomato sauce.
9. Bake in the oven at 200° for about 40 minutes or until the top turns golden brown. If the top is browning too fast, cover it loosely with aluminium foil. Serve hot.

Kcal/portion 198
Protein g 15
Lipids g 6
Carbohydrates g 21
Cholesterol mg 110
Sodium mg 98

Pear tart

Serves 4

4 pears (medium)
1 egg
3 tbsp of extra virgin olive oil
½ cup of low-fat milk
50 g of flour
2 tsp of dried yeast
1 tbsp of vanilla extract
1 tbsp of icing sugar (not suitable for diabetics)
pinch of low-sodium salt

1. Peel and cut the pears into thin slices. Place the slices in acidulated water (water and lemon juice) to prevent them from discolouring.
2. Take a 26 cm round or rectangular baking tray and grease it with 1 tbsp of extra virgin olive oil, or line it with ovenproof paper.
3. Remove the pears from the water, dry them and put them in a mixing bowl. Toss with 2 tbsp of extra virgin olive oil.
4. Beat the egg and milk together in a

separate bowl.

5. Add salt, dried yeast, vanilla extract, flour and mix well.
6. Pour the flour/milk mixture onto the pears and toss thoroughly.
7. Put the mixture onto the baking tray and place in a preheated oven at 200°.
8. Bake for about 40 minutes or until a toothpick placed in the centre comes out clean.
9. Let the tart cool. Sprinkle with icing sugar before serving.

Kcal/portion 274
Protein g 6
Lipids g 14
Carbohydrates g 33
Cholesterol mg 75
Sodium mg 54





First Course

**Courgette croquettes with
chanterelle mushrooms**

Main Course

Flounder with vegetables

Roast venison

Wild boar croquettes

Dessert

Strawberry rhubarb ice cream



Latvian

SOCIETY OF CARDIOLOGY

Courgette croquettes with chanterelle mushrooms

Serves 6

200 g of Chanterelle mushrooms (fresh or frozen)
500 g of courgettes
1 egg
4 tbsp of flour (preferably wholemeal)
½ tsp of caraway seeds
2 cloves of garlic
pinch of low-sodium salt

1. Coarsely grate the courgettes.
2. Beat the egg, then add the courgettes, flour, crushed garlic, caraway seeds and a pinch of salt.
3. Use this mixture to make croquettes that measure about 3 cm in diameter.
4. Arrange them on a tray lined with ovenproof paper and let them brown lightly in a preheated oven at 200°.
5. If the mushrooms are fresh, clean them gently with a brush, then cook in a non-stick pan for a few minutes (if they start to stick, add 1 tbsp of water).
6. Arrange the croquettes on a warm serving plate, cover with the mushrooms and serve.

Kcal/portion 69
Protein g 5
Lipids g 2
Carbohydrates g 8
Cholesterol mg 50
Sodium mg 61

Flounder with vegetables

Serves 8

800 g of flounder
2 potatoes
2 carrots
1 small cauliflower
1 small radicchio
150 ml of white wine
3 cloves of garlic
freshly cut parsley

1. In a non-stick pan, heat 1 tbsp of extra virgin olive oil and add the flounder.
2. Slice the cauliflower, the carrots and the radicchio and chop the garlic.
3. Peel and cut the potatoes into quarters.
4. As soon as the flounder starts to brown, add the cauliflower, carrots, potatoes, garlic and radicchio.
5. Cook for a few minutes then sprinkle with white wine.
6. Let the wine evaporate a little, reduce the heat, put the lid on the pan and simmer for a further 20 minutes.
Serve on a hot platter and decorate with fresh parsley.

Kcal/portion 120
Protein g 18
Lipids g 2
Carbohydrates g 8
Cholesterol mg 25
Sodium mg 141

Roast venison

Serves 8

1.5 kg of venison fillet
3 cloves of garlic, crushed
2 slices of smoked meat, thinly cut

Marinade:

juice of 1 lemon
5 tbsp of balsamic vinegar
freshly ground pepper
1 tbsp of chilli powder
6 juniper berries
1 tsp of oregano
1 sprig of rosemary
1 tsp of thyme
2 tbsp of oil (see page 84)

1. Mix together all the marinade ingredients
2. Combine the venison and the smoked meat in an oven dish, and add the garlic.
3. Cover the meat with the marinade and allow to rest for 24 hours, stirring from time to time.
4. Bake the fillets in the marinade in a

preheated oven at 220° for approximately 2 hours, basting with the marinade occasionally.

Kcal/portion 223
Protein g 41
Lipids g 6
Carbohydrates g 1
Cholesterol mg 166
Sodium mg 25

Wild boar croquettes

(Picture page 193)

Serves 8

1 kg of wild boar meat
1 egg
1 slice of wholemeal bread
1 tbsp of chilli powder
1 onion, chopped
2 tsp of oil (see page 84)
1 kg of fresh tomatoes
2 cloves of garlic, crushed
1 glass of red wine
pinch of low-sodium salt and freshly ground black pepper

1. Soak the slice of bread in water, remove and squeeze out the excess water.
2. Mince the meat.
3. Mix the meat with the egg, the soaked bread, chilli powder, chopped onion, oil and a pinch of salt and pepper.
4. Let the meat mixture rest in a refrigerator for 5 hours.
5. Remove from the fridge and mould the mixture into meatballs, measuring about 3 cm in diameter.
6. Instead of frying them as in the original recipe, bake them in the oven in a casserole dish.
7. As they are cooking, prepare the sauce by putting the washed quartered tomatoes and two cloves of garlic in a pan.
8. Cook on a high heat until the sauce thickens a little.
9. Add a dash of red wine and allow to evaporate.

Kcal/portion 218
Protein g 30
Lipids g 7
Carbohydrates g 9
Cholesterol mg 95
Sodium mg 28

Strawberry rhubarb ice cream

Serves 6

1½ cup of rhubarb, diced (stems only, no leaves)
1½ cup of strawberries, chopped
½ cup of sugar/sweetener (see page 89)
2 tbsp of water
500 g of low-fat yoghurt ice cream

1. Add the rhubarb and strawberries to the sugar and water, and cook over a medium heat until soft. For diabetics, do not use sugar, but add the sweetener when the fruit mix has cooled.
2. Allow to cool.
3. Using an electric mixer, blend the fruit mix and the yoghurt ice cream until you have a smooth mixture.
4. Pour the mixture into an air-tight container and freeze until firm. Serve.

Tip: Instead of blending the fruit mixture into the yoghurt ice cream, you can also use it separately as a dessert topping for cake or ice cream.

Kcal/portion 116
Protein tot. g 4
Lipids tot. g 2
Carbohydrates g 46
Cholesterol mg 2
Sodium mg 52



First Course
Taboulé

Main Course
Fisherman's plate

Dessert
Amar-eddine
Mint tea



Lebanese
SOCIETY OF CARDIOLOGY

Taboulé

A must for every dinner party, this salad also celebrates the arrival of spring. A good rule to follow is to allow an equal proportion of soaked burghol to chopped parsley. Some people prefer two parts parsley to one part burghol.

Serves 4

200 g of flat parsley, finely chopped
4 tomatoes
1 tbsp of mint leaves
1 tbsp of finely chopped onion
2 tbsp of burghol
juice of 2 lemons
3 tsp of extra virgin olive oil
pinch of low sodium salt and
freshly ground black pepper

1. Soak the burghol in cold water for 15 minutes to soften, and then drain.
2. Soak, wash, drain, dry and finely chop the parsley.
3. Chop the tomatoes into small pieces, then drain.
4. Lightly salt the onion, then dry with kitchen paper.
5. In a bowl, combine the onion, burghol, lemon juice, extra virgin olive oil, tomatoes, parsley and mint. The burghol will soak up the juice in the salad.
6. Season with a little freshly ground pepper and serve.

Kcal/portion 294
Protein g 20
Lipids g 16
Carbohydrates g 10
Cholesterol mg 0
Sodium mg 114

Fisherman's plate (sea bass with rice and sauce)

(Picture page 197)

Serves 6

The fish:

1.5 kg of sea bass fillets
4 medium-sized onions
2 tbsp of extra virgin olive oil
3 cloves of garlic
2 lemons
laurel leaves
2 tbsp of vinegar
pinch of low-sodium salt (optional)

1. Cut the fish fillets into large chunks and put to one side.
2. Put the fish bones in a saucepan with two onions cut into quarters, 1 clove of garlic cut in four and half a lemon. Bring to the boil in 1.5 litres of water.
3. Simmer for 25 minutes to make a stock, then filter and keep hot (you will need it for the rice and the sauce).
4. Slice the other 2 onions and sauté them in a non-stick pan with a little fish stock and 2 cloves of garlic, quartered, until they become transparent.
5. Put the onions in an oven dish, remove the garlic, add the fish and season with the slices from 1 lemon, the juice of half a lemon, the laurel leaves, red vinegar, 2 tbsp of extra virgin olive oil, a little fish stock and a pinch of salt (optional).
6. Bake in the oven at 180° for about 20 minutes (add a little fish stock if more liquid is needed).

The rice:

2 cups (approx. 400 g) of American long-grain rice
2 onions
2 garlic cloves
1 tbsp of extra virgin olive oil
4 cups (approx. 1 litre) of fish stock
1 tsp of cumin
freshly ground white pepper
1 lemon
pinch of low-sodium salt



To garnish:

50 g of pine nuts, grilled
2 onions, sliced and grilled

1. Finely chop 2 of the onions and place in a saucepan, along with 1 quartered clove of garlic, 1 tbsp of extra virgin olive oil and a little fish stock. Sauté until the onions become transparent, then remove the garlic and add the rice.
2. Season with pepper, cumin and a pinch of salt. Cover with hot fish stock (keeping a little of the stock to one side). The best way to gauge the right amount is to use 1 cup of rice to 2 cups of stock).
3. Boil on a low heat until tender (approximately 20 minutes, but this can vary according to the type of rice).
4. Before the rice is fully cooked, add the juice of 1 lemon.
5. Take a large bowl, cover it with the pieces of fish, then add the rice. Press the rice.
6. Garnish the fish and rice with the grilled pine nuts and the grilled onions. Serve immediately.

This dish can be served with the following sauce, but we would not recommend it for people with high cholesterol or weight problems, because of its high butter content.

The sauce:

7 spices (a mixture of black and white pepper, allspice, cinnamon, cloves, nutmeg and ground coriander)
30 g of butter
50 g of flour
½ litre of fish stock
1 tsp of cumin
1 tsp of grated nutmeg
freshly ground white pepper
3 tbsp of lemon juice

1. Melt the butter over a low heat in a non-stick frying pan or bain-marie.
2. Add the flour and the 7 spices, mix well and cook until the flour turns golden.
3. Remove from the stove and, stirring constantly, add ½ litre of hot fish stock until it forms a thick cream.

4. Put back on the heat and season with white pepper, cumin, nutmeg and a few drops of lemon juice. Stir well, then serve in a sauceboat along with the rice and fish.

Kcal/portion 720
Protein tot. g 59
Lipids tot. g 18
Carbohydrates g 81
Cholesterol mg 105
Sodium mg 897

Amar-eddine

(not recommended for diabetics)

Serves 6

1 cinnamon stick
2 cups of apricot sheets, cut into pieces (from a Middle East supermarket)
1 cup of dried apricot
1 cup of dried prunes
½ cup of sugar
½ cup of dried raisins
½ cup of pine nuts
6 cups of water
2 tbsp of orange blossom water (from a Middle East supermarket)
1 tbsp rose water

1. Soak the apricot sheets in a refrigerator overnight in 3 cups of water.
2. Soak all the dried fruit overnight in 3 cups of water.
3. The next day, heat the pieces of apricot sheet and stir with a wooden spoon until dissolved.
4. Heat the dried fruit in its water.
5. When it starts to boil, add the cinnamon, the sugar, the pieces of apricot sheet, the orange blossom water, the rose water and the pine nuts. Allow to boil until slightly thick. Serve hot or cold.

Kcal/portion 492
Protein g 6
Lipids g 10
Carbohydrates g 94
Cholesterol mg 0
Sodium mg 10



Mint tea

This tea is good to drink at the end of a meal. In Lebanon, black tea is normally served at breakfast and mint tea after lunch or dinner.

water
sprigs of mint
sugar (optional)

1. Bring a pan of water to the boil and add the mint.
2. Simmer for about 10 minutes then pour into a teapot.
3. Pour into tea glasses to serve. Add sugar if you wish.



Mint tea



First Course
**Pickled beetroot with
goat's milk cheese**

Main Course
Oven baked salmon

Dessert
Cranberry mousse



Lithuanian
SOCIETY OF CARDIOLOGY



Pickled beetroot with goat's milk cheese

Serves 4

- 100 g of pickled beetroot
- 40 g of low-fat goat's milk cheese
- 20 g of green onions
- 10 g of cranberries
- 2 tsp of extra virgin olive oil

1. Slice the pickled beetroot and goat's cheese.
2. Wrap the beetroot around the cheese to make rolls.
3. Arrange the rolls on a serving platter and place any left-over cheese between the rolls.
4. Chop the green onions and cranberries and scatter them over the beetroot.
5. Before serving, drizzle with extra virgin olive oil.

| | |
|-----------------|-------------------|
| Kcal/portion 31 | Carbohydrates g 2 |
| Protein g 0 | Cholesterol mg 0 |
| Lipids g 3 | Sodium mg 27 |

Oven baked Salmon

Serves 6

- 2 kg of Baltic salmon
- ½ tsp of low-sodium sea salt
- 20 g of honey
- juice of 1 lemon
- 1 tbsp of extra virgin olive oil
- 1 tsp of tarragon essence

1. Clean, wash and drain the fresh salmon, then put it on a baking tray lined with ovenproof paper or foil, greased with 1 tbsp of extra virgin olive oil.
2. Mix 100 g of water with the lemon juice, salt, honey and tarragon essence. Stir well.
3. Inject this mixture into the salmon using a syringe with a large needle.
4. Bake in the oven for one hour at 150°.
5. Remove the salmon from the baking tray and place it on a board.
6. Remove the skin with a sharp knife.
7. Place the fish on a serving platter, garnish

with dill or lemon and dress with 1 tbsp of extra virgin olive oil.
Serve either hot or cold.

| | |
|------------------|--------------------|
| Kcal/portion 654 | Carbohydrates g 6 |
| Protein g 62 | Cholesterol mg 167 |
| Lipids g 42 | Sodium mg 491 |

Cranberry mousse

(Picture page 203)

Serves 4

200 g of cranberries

150 g of natural honey or sweetener (see page 89)
60 g of semolina

To garnish:
50 g of cranberries

1. Bring 500 ml of water to the boil.
2. Add the semolina a little at a time, stirring continuously. Reduce the heat and cook for 12 minutes.
3. Wash and drain the cranberries.
4. Blend them with the honey (or sweetener) and strain the mixture.
5. Take the pan off the heat and pour the

semolina into the cranberry juice. Keep mixing (with a hand mixer, not a blender) until a pink mousse is formed. The longer you mix, the lighter and fluffier the mousse will become.

6. Pour the mousse into dessert bowls and refrigerate.

Serve chilled, using a few whole cranberries as decoration.

| | |
|------------------|--------------------|
| Kcal/portion 196 | Carbohydrates g 41 |
| Protein g 4 | Cholesterol mg 0 |
| Lipids g 2 | Sodium mg 7 |



Salmon



Entrée
Cheese balls

First Course
**Soybean and
sweetcorn delight**

Main Course
**Grilled fish with tangy dip
Bavarian beef and cabbage**

Dessert
**Deep blue sea
Pear and mango lassi**



**NATIONAL HEART ASSOCIATION OF
Malaysia**



Cheese balls

Serves 10

230 g of self-raising flour, sifted
1 tbsp of margarine
40 g of instant oats, coarsely crushed
45 g of low-fat cheddar cheese, finely grated
250 ml of low-fat milk

1. Rub the margarine into the flour with your fingertips until the mixture is like breadcrumbs.
2. Add the oats and grated cheese, pour in the milk and mix until you have a soft dough.
3. Pre-heat an oven to 200° and lightly grease a baking tray with margarine (or line it with ovenproof paper).
4. Shape the dough into bite-sized balls and arrange them on the tray.
5. Bake for 10-15 minutes until golden brown. Serve immediately or store in an airtight container.

| | |
|------------------|--------------------|
| Kcal/portion 128 | Carbohydrates g 19 |
| Protein g 5 | Cholesterol mg 3 |
| Lipids g 4 | Sodium mg 16 |

Soybean and sweetcorn delight

Serves 6

250 ml of chicken stock (see page 96)
450 g of cream-style sweetcorn
500 ml of unsweetened soy milk
30 g of minced chicken
1 tsp of chopped coriander leaves
1 tsp of chopped spring onions
freshly ground pepper

1. Bring the chicken stock to the boil and add in the rest of the ingredients.
2. Let it simmer for about 10 minutes. Serve piping hot.

| | |
|------------------|--------------------|
| Kcal/portion 311 | Carbohydrates g 57 |
| Protein g 11 | Cholesterol mg 3 |
| Lipids g 5 | Sodium mg 255 |

Grilled fish with tangy dip

Serves 8

1 whole sea bass (800 g), cleaned and scored on both sides
pinch of low-sodium salt (optional)

For the tangy dip:

1 tbsp of brown sugar
1 tsp of dried shrimp paste (trasi) see note at end of recipe
½ tsp of tamarind pulp, mixed with 100 ml water and strained for juice
2 tbsp of sweet soy sauce
4 red chillies, sliced
6 bird's eye chillies (Padi chillies), sliced
6 shallots, sliced thinly

1. Season the fish with salt and set aside for 20 minutes.
2. To prepare the dip, thoroughly mix the sugar, shrimp paste, tamarind juice and sweet soy sauce. Lastly, fold in the chillies and shallots. Lastly, fold in the chillies and shallots.
3. Grill or roast the fish until cooked. Take care not to over-cook the fish, as it will make the flesh tough. Serve hot with the tangy dip.

Dried shrimp paste should be roasted before use – either wrapped in foil and dry roasted in a wok or skillet, or toasted over a high flame on the end of a fork or on the back of a spoon. This serves to enhance its flavour and kill bacteria.

| | |
|------------------|-------------------|
| Kcal/portion 192 | Carbohydrates g 9 |
| Protein g 23 | Cholesterol mg 80 |
| Lipids g 7 | Sodium mg 88 |

Bavarian beef and cabbage

Serves 8

600 g of lean beef for stewing
1 tbsp of vegetable oil (see page 84)
120 g of onions, thinly sliced

1 litre of water
¾ tsp of caraway seeds
½ tsp of black pepper
1 bay leaf
75 ml of white vinegar
½ tbsp of sugar
400 g of red cabbage, cut into large pieces
20 g of gingersnap biscuits, crushed

1. Cut the meat into small cubes, discarding any fat.
2. Brown the meat in a non-stick pan, then set aside.
3. In the same pan, sauté the onions with a few tbsps of water until they become translucent, then put the meat back into the pan.
4. Add 1 litre of water, the caraway seeds, pepper and bay leaf.
5. Bring to the boil and reduce the heat.
6. Cover the pot and simmer for 75 minutes or until the meat is tender.
7. Stir in the vinegar and sugar and place the cabbage on top of the meat.
8. Cover and continue to simmer for another 15 minutes.
9. Remove the meat and cabbage from the pot, arrange on a serving dish and keep warm.
10. Strain the cooking liquid and skim off any fat. If needed, add more water to make 250 ml of liquid.
11. Return this cooking liquid back into the pot and add the crushed biscuits.
12. Cook and stir until the sauce comes to the boil and thickens.
13. Pour over the meat and cabbage and serve hot.

| | |
|------------------|-------------------|
| Kcal/portion 134 | Carbohydrates g 7 |
| Protein g 18 | Cholesterol mg 53 |
| Lipids g 4 | Sodium mg 88 |

Deep blue sea

(Picture page 207)

Serves 8

400 g of blueberries (fresh, frozen or canned)
3 tbsp of castor sugar (or sweetener - see page 89)

2 tbsp of gelatine powder
250 ml of evaporated skimmed milk (or equal parts of low-fat milk and evaporated milk)
250 ml of low-fat natural unsweetened yoghurt

1. If using canned blueberries, drain and keep the juice/syrup.
2. Purée the blueberries with the sugar (or sweetener) in a food processor.
3. Dissolve the gelatin in the warmed-up blueberry juice/syrup. Or, if using fresh or thawed blueberries, dissolve it in a little hot water.
4. Whip the evaporated milk until it is thick, and combine with the yoghurt.
5. Stir in the gelatine mixture and fold in the berry purée.
6. Spoon the mousse into individual cups and chill to set. Serve with fresh fruit and berries.

| | |
|-----------------|--------------------|
| Kcal/portion 86 | Carbohydrates g 15 |
| Protein g 6 | Cholesterol mg 5 |
| Lipids g 1 | Sodium mg 32 |

Pear and mango lassi

Serves 2

1 large Nashi pear (yellow variety)
150 g of ripe mango flesh
250 ml of chilled boiled water
75 g of low-fat natural unsweetened yoghurt, chilled
2 tbsp of freshly squeezed lemon juice

1. Peel, core, dice and chill the pear.
2. Dice and chill the mango flesh.
3. Blend the pear, mango and all other ingredients in a jug blender until smooth.
4. Serve immediately in a glass.

| | |
|------------------|--------------------|
| Kcal/portion 116 | Carbohydrates g 26 |
| Protein g 2 | Cholesterol mg 1 |
| Lipids g 1 | Sodium mg 25 |



Appetisers

Bresaola with dried figs

**Marinated sun-dried
black olives**

Crudités with olive oil

Beetroot and carrot juice

First Course

Warm artichoke heart salad

Main Course

Roast beetroot

Steamed broccoli

Sea bass parcels

Thick garlic sauce

Dessert

**Orange terrine on
strawberry sauce**

Pear and almond tart

To round off

Walnut biscuits

Lemon and mint tea



Maltese

CARDIAC SOCIETY

Bresaola round dried figs (not recommended for diabetics)

Serves 6

12 slices of bresaola
12 dried figs
2 tbsp of extra virgin olive oil
grated zest of 2 lemons
3 tbsp of chopped parsley
1 tbsp of finely chopped, tender-fresh rosemary needles

1. Soak the dried figs in warm water for about 6 hours until they are plump and soft, then drain them and cut off the stalks.
2. Chop up the figs and marinate them in the extra virgin olive oil, chopped parsley, rosemary and lemon zest.
3. Divide the marinated figs equally onto the slices of bresaola, and roll them up. Serve on a bed of rocket leaves.

Kcal/portion 394
Protein g 55
Lipids g 10
Carbohydrates g 22
Cholesterol mg 10
Sodium mg 2600

2. Marinate the olives in this mix for 1 hour.

Tip: If wild fennel seeds are unavailable, use cultivated ones – the taste will not be as strong, so crush the seeds with a mortar and pestle to release more flavour.

Kcal/portion 80
Protein g 0
Lipids g 8
Carbohydrates g 1
Cholesterol mg 0
Sodium mg 8

Crudités with olive oil

1. Simply peel and cut some fresh seasonal vegetables and serve them on a plate, with a bowl of high-grade extra virgin olive oil to dip them in.
2. Place a bowl of finely chopped chillies, chopped parsley and grated lemon zest next to the oil as an optional dip for those who enjoy spicy flavours.

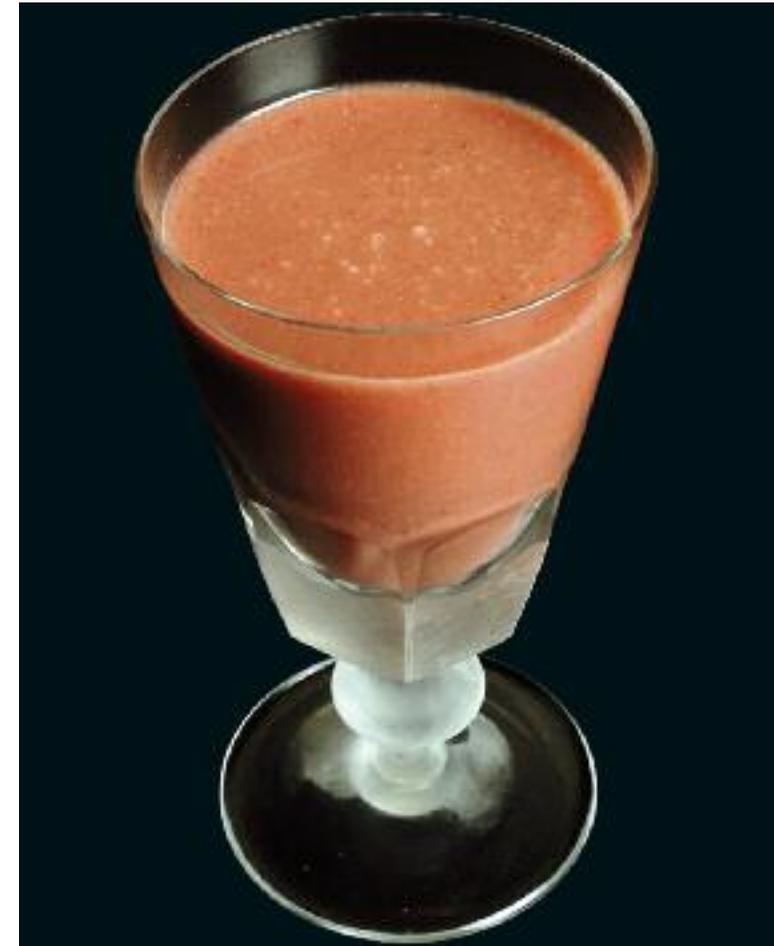
Kcal/portion 115
Protein g 3
Lipids g 8
Carbohydrates g 7
Cholesterol mg 0
Sodium mg 66

Marinated sun-dried black olives

Serves 6

75 g of sun-dried black olives
2 tbsp of finely chopped fresh rosemary
1 long red chilli, seeded and finely chopped
1 heaped tsp of wild fennel seeds
zest of 1 orange
2 tbsp of extra virgin olive oil

1. Sprinkle the olives with the rosemary, chilli and fennel, add the orange zest and stir in the extra virgin olive oil.



Beetroot and carrot juice

Beetroot and carrot juice

Serves 6

6 medium beetroots, well washed and peeled
6 large carrots, washed and peeled
6 apples, washed
½ a lemon
½ an orange

1. Cut all the ingredients into chunks and run them through a juicing machine.

2. Serve the juice in a jug with lots of ice cubes and quartered slices of lemon and orange.
3. Top it up with some sparkling mineral water (optional).

Kcal/portion 99
Protein g 3
Lipids g 0
Carbohydrates g 29
Cholesterol mg 0
Sodium mg 186

Warm artichoke heart salad

Serves 6

6 very fresh artichokes
3 lemons
3 bay leaves
750 g of fresh spinach
500 g of frozen garden peas
5 tender garlic stalks
fresh parsley
2 or 3 tbsp of fine dried wholemeal breadcrumbs

1. To prepare the artichokes, cut away the tough inedible outside leaves and stringy parts. Leave a couple of centimetres of stalk and peel back to reveal the tender inner part.
2. Cut off the tops of the leaves that are left and remove the heart of the artichoke using a spoon.
3. Quickly rub the hearts with the cut side of a lemon, then put them in a bowl full of acidulated water (water with lemon and parsley stalks) to prevent them from discolouring.
4. Stand the artichokes on their heads in a suitably sized saucepan, then add the bay leaves, parsley stalks and a squeezed half lemon. Cover with water.
5. Put on the lid and bring to the boil.
6. Simmer until tender (depending on the size and type of artichoke, this could take between 20 and 35 minutes, so keep checking).
7. In the meantime, to make the pea purée, boil the peas until soft, drain them and blend them in a liquidiser with the parsley tops and 2 tbsp of extra virgin olive oil until very smooth.
8. Put the purée in a bowl and keep it warm.
9. Wash the spinach thoroughly, drain and discard the thicker stalks.
10. Put the spinach in a saucepan with the washed and chopped garlic stalks. Steam for 2-3 minutes.
11. Either chop the spinach well or blend it.
12. Drain the artichoke hearts and cut them in half lengthways.

13. Spread the warm pea purée on a large warmed ovenproof serving plate. Arrange the halved artichoke hearts on top, then fill the hollows with the spinach mixture, sprinkle with the breadcrumbs and place under a very hot grill to brown. Serve immediately.

Kcal/portion 177
Protein g 16
Lipids g 2
Carbohydrates g 24
Cholesterol mg 0
Sodium mg 566

Roast Beetroot

Beetroot tastes completely different when roasted. The roasting process brings out a rich sweetness that is lacking in boiled beetroots.

Serves 6

10 medium-sized raw beetroots
2 tbsp of basil leaves, chopped
2 tbsp of parsley leaves, chopped
3 tsp of extra virgin olive oil
2 tbsp of balsamic vinegar (optional)

1. Preheat the oven to 200°.
2. Cut the stalks down to one centimetre from the top of the beetroots.
3. Wash the beetroots well, but don't damage the skins or the juices will spill out during cooking and the colour and flavour will be lost.
4. Wrap each beetroot in tinfoil and place on a baking tray.
5. Place the wrapped beetroots in the oven for at least an hour. When they are soft and cooked all the way through, leave them to cool a little.
6. Delicately remove the skin and cut the beetroots into slices.
7. Serve them dressed with 3 tsp of extra

virgin olive oil, a little balsamic vinegar and the chopped parsley and basil leaves.

Kcal/portion 94
Protein g 4
Lipids g 3
Carbohydrates g 14
Cholesterol mg 0
Sodium mg 283

Steamed Broccoli

Serves 6

2 very fresh heads of broccoli
zest of 1 lemon
4 tsp of extra virgin olive oil
1 finely chopped chilli (optional)

1. Wash the broccoli well, cut into florets and steam for 4-5 minutes (either in a steamer or over about 2 cm of boiling water in a tightly closed saucepan).
2. Drain and toss with the rest of the ingredients, then serve.

Kcal/portion 77
Protein g 5
Lipids g 4
Carbohydrates g 5
Cholesterol mg 0
Sodium mg 20

Sea Bass Parcels

(Picture page 211)

Serves 6

3 large sea bass, filleted, skinned and halved
3 leeks
300 g of wild or thin green asparagus
2 tbsp of fresh marjoram
1 tsp and 3 tbsp of extra virgin olive oil
6 large sheets of filo pastry

1. Wash the leeks well and cut into thin slices. Sauté the slices with the marjoram in 1 tsp of extra virgin olive oil and a few spoons of water until soft.
2. Wash the asparagus and trim the stalks.
3. Lay the sheets of filo pastry out on a work surface, brush very lightly with 1 tbsp of extra virgin olive oil and place a sea bass fillet on each. Top with some of the leek and marjoram mixture and some asparagus spears.
4. Tuck in the side of the filo pastry and then roll the fish up in the pastry.
5. Arrange them on an oven tray lined with ovenproof paper and brush lightly with 1 tbsp of extra virgin olive oil.
6. Bake for 20 minutes at 200°. Serve with vegetables and garlic sauce.

Kcal/portion 572
Protein g 36
Lipids tot. g 33
Carbohydrates g 33
Cholesterol mg 133
Sodium mg 269

Thick Garlic Sauce

Serves 6

250 g of peeled garlic cloves
2 chillies, deseeded and chopped
2 tbsp of wild fennel fronds
75 ml of extra virgin olive oil

1. Boil the garlic until soft, then drain.
2. Blend the garlic with the fennel and chillies until smooth.
3. Add the extra virgin olive oil, a little at a time, stirring constantly until thick and smooth. Serve with the fish parcels.

Kcal/portion 132
Protein g 1
Lipids g 13
Carbohydrates g 4
Cholesterol mg 0
Sodium mg 2

Orange terrine on strawberry sauce

Serves 6

Orange terrine:

18 very fresh seedless oranges
6 leaves of gelatine
3 tbsp of chopped fresh mint

Strawberry sauce:

600 g of fresh strawberries
3 tbsp of icing sugar (or sweetener – see page 89)
1 tbsp of fresh mint leaves

For orange terrine:

1. Soak the gelatine leaves in cold water.
2. Peel 9 of the oranges, carefully cutting away all the pith to expose the fleshy part of the orange, then cut out the segments, removing all trace of the membrane.
3. Place the segments in a sieve to drain. Squeeze the juice from the other 9 oranges.
4. Measure out 500 ml of this juice. Warm about 200 ml of it in a small saucepan.
5. Drain the gelatine leaves, squeeze them to remove any extra liquid and blend them into the warm juice, stirring to dissolve.
6. Cool the gelatine and juice mix and stir in the remaining 300 ml of orange juice.
7. Line 6 ramekins with cling film and put a tbsp of the juice into each, sprinkle with the mint and chill in the fridge to set.
8. Remove from the fridge and place in a layer of drained orange segments to each ramekin. Pour in enough juice to just cover the segments. Chill in the fridge to set.
9. Remove and repeat the process until the ramekins are full.
10. Chill until ready to serve.

For strawberry sauce:

1. Blend all the ingredients until very smooth.

To serve:

1. Pour a little strawberry sauce on to a plate

2. Turn out the orange terrines, remove the cling film and place in the centre of the sauce.

Kcal/portion 139
Protein g 3
Lipids g 5
Carbohydrates g 22
Cholesterol mg 0
Sodium mg 75

Pear and almond tart

(not suitable for diabetics)

Serves 6

Pastry:

300 g of flour
100 ml of extra virgin olive oil
1 egg
water
½ a vanilla pod
1 tbsp of icing sugar

Filling:

200 g of ground almonds
150 g of sugar
the inside of ½ a vanilla pod
2 egg whites
200 g of thick 2%-fat Greek yoghurt
3 large pears
juice of 1 lemon
4 tbsp of good apricot jam or orange marmalade

1. Peel and core the pears.
2. Cut them into thin wedges and toss them in the lemon juice.
3. To make the pastry, scrape the inside of the vanilla pod half into a large bowl.
4. Fold in the flour, icing sugar and 100 ml of extra virgin olive oil, ensuring it is all evenly distributed.
5. Make a well in the centre, pour in the liquid and stir until the dough is formed.
6. Flatten this slightly with your knuckles, then

fold it in half and flatten again. Do this three or four times until the dough is fairly smooth. Don't knead it too much, as this makes it tough and difficult to use.

7. Leave the dough to rest briefly while you make the filling.
8. Preheat the oven to 180°.
9. Mix all the filling ingredients together (except the pears) until they are smooth.
10. Roll out the pastry and use it to line a 23 cm flan dish.
11. Pour the filling mixture into the pastry-lined flan dish and decorate with the pears.
12. Bake the almond tart for approximately 45 minutes or until firm and golden.
13. Glaze the tart by brushing it with sieved apricot jam or marmalade warmed with a little water.

Kcal/portion 139
Protein g 3
Lipids g 5
Carbohydrates g 22
Cholesterol mg 0
Sodium mg 75

Walnut Biscuits

(not suitable for diabetics)

Serves 6

100 g of shelled walnuts
50 g of ground almonds
150 g of castor sugar
1 egg white
1 tsp of chopped candied peel
1 tsp of cinnamon

To garnish:

6 shelled walnuts (keep the shells)
1 tbsp of icing sugar (diabetics should avoid)

1. Grind 100 g of shelled walnuts to a fine powder in a food processor.
2. Add the castor sugar and ground almonds

and blend again.

3. Pour the mixture into another bowl, add the egg-white and cinnamon and stir the mixture to make a dough.
4. Divide this into two equal measures. Put one to the side. Knead the candied peel into the other.
5. Break both lumps of dough into small (7 g) pieces and shape them into ovals.
6. Roll the plain ovals in the icing sugar.
7. Press the candied-peel ovals onto the walnut shells. Dip the other side into the icing sugar.
8. Place all the biscuits onto a baking tray lined with ovenproof paper.
9. Bake them at 200° for 5-8 minutes, or until they are golden brown.
Serve with some lemon and mint tea or green tea.

Kcal/portion 139
Protein g 3
Lipids g 5
Carbohydrates g 22
Cholesterol mg 0
Sodium mg 75

Lemon and Mint Tea

1. Peel the zest of a lemon with a potato peeler (avoiding the white pith).
2. Put this into a tea pot with a large handful of fresh mint leaves.
3. Fill with boiling water and allow the tea to brew for about 3 minutes before serving, either hot in small cups or cold in glasses.



Entrée
Shrimp broth

First Course
Mexican flag rice
Green rice
White rice
Red rice

Main Course
Mexican-style bacalao

Dessert
Stuffed pineapple



Mexican

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Shrimp broth

Serves 8

- 250 g of shrimps
- 4 small potatoes
- 6 medium-sized carrots
- 2 medium-sized onions
- 2 parsley sprigs, chopped
- 6 limes
- 150 g of guajillo chillies, toasted and seeded

To garnish:

limes, quartered

1. Simmer the shrimps in 2 litres of water for about 15 minutes to make a broth.
2. Remove the shrimps with a slotted spoon and set aside.
3. Strain the broth and return it to the boil.
4. Peel and dice the potatoes and the carrots.
5. Add them to the broth with the parsley. Simmer for 10 minutes.
6. Soak the guajillo chillies in some very hot water for about 10 minutes.
7. Peel and chop the onions.
8. Strain the chillies and combine with the onions to make a purée.
9. Add the chilli purée and shrimps to the broth. Simmer for another 10 minutes. Serve with the limes.

| | |
|------------------|--------------------|
| Kcal/portion 105 | Carbohydrates g 17 |
| Protein g 6 | Cholesterol mg 44 |
| Lipids g 1 | Sodium mg 254 |

Mexican flag rice

Green rice

Serves 4

- 100 g of rice
- 1 tbsp of corn oil (see page 84)
- ½ small onion, finely chopped
- 1¾ cups of chicken stock (see page 96)
- ¼ cup of chopped cilantro leaves
- 3 poblano chillies
- juice of ½ a lime
- pinch of low-sodium salt



Mexican flag rice: Green rice, white rice, red rice



1. Soak the rice in very hot water for 15 minutes. Drain, rinse in cold water, then drain again very well.
2. Remove the veins from the chillies, purée them in ¼ cup of water, and strain.
3. Sauté the rice in 1 tbsp of hot oil for two minutes.
4. Add the onion.
5. When the rice sounds like sand as it is stirred, add the puréed chillies and continue to cook until thickened.
6. Add the stock, cilantro, lime juice and a little salt.
7. When the liquid comes to a boil, cover, lower the heat and simmer until tender (about 20 minutes).

Kcal/portion 139
Protein g 3
Lipids g 5
Carbohydrates g 22
Cholesterol mg 0
Sodium mg 75

White rice

Serves 4

- 100 g of rice
- 1 tbsp of corn oil (see page 84)
- ½ small onion, grated
- 1 garlic clove
- 1 celery stick
- juice of ½ lime
- 2 cups/450 ml of chicken stock (see page 96)

1. Soak the rice in very hot water for 15 minutes. Drain, rinse in cold water, then drain again very well.
2. Sauté the rice in a non stick pan in hot oil for 2 minutes.
3. Add the onion and garlic.
4. When the rice sounds like sand as it is stirred in the pan, add the celery, lime juice and chicken stock.

5. Bring to the boil, cover, lower the heat and simmer until tender (about 20 minutes).
6. Remove the celery.

Kcal/portion 142
Protein g 4
Lipids g 5
Carbohydrates g 18
Cholesterol mg 0
Sodium mg 96

Red rice

Serves 4

- 100 g of rice
- 1 tbsp of corn oil (see page 84)
- 2 fresh tomatoes
- ½ onion, chopped
- 1 garlic clove
- 1 celery stick
- 1 sprig of parsley
- 1½ cups of chicken stock (see page 96)
- juice of ½ lime

1. Chop the tomatoes.
2. In a non-stick pan, sauté the ½ onion and garlic clove with a few spoons of water until the onion become transparent.
3. Add the tomatoes and allow to cook for 5 minutes.
4. Blend in a food processor (or use an electric hand mixer) until a cream is formed. Put to one side.
5. Soak the rice in very hot water for 15 minutes. Drain, rinse in cold water, then drain again very well.
6. Sauté the rice in the hot oil until it sounds like sand when stirred in the pan.
7. Add the tomato purée and sauté until thickened.
8. Add the celery, parsley, stock and lime juice.
9. When the mixture comes to a boil, cover, reduce the heat and simmer until tender (about 20 minutes).

10. Remove the celery and parsley.
11. Arrange these three rices on a dish to form the Mexican national flag (green, white and red) then serve.

Kcal/portion 148
Protein g 4
Lipids g 4
Carbohydrates g 23
Cholesterol mg 0
Sodium mg 88

Mexican-style bacalao

Serves 8

- 700 g of bacalao (dried cod)
- 2 onions
- 4 garlic cloves
- 500 g of tomatoes
- 300 g of potatoes
- 200 g of red peppers
- 3 tbsp of chopped parsley
- 2 tbsp of capers (preferably fresh, or thoroughly rinsed if from a jar)
- 20 g of blanched almonds, coarsely chopped
- 20 g of raisins
- 60 g of green olives, stuffed with pimento
- ½ tsp of chilli powder

1. Soak the bacalao in cold water for a day and a half, changing the water often.
2. Peel the potatoes, chop them into cubes and boil them.
3. Roast the tomatoes, peel them and make a purée.
4. Roast the red peppers, remove the skin, the seeds and white membranes. Cut them into slices.
5. Thinly slice the onions and the garlic cloves.
6. Drain the fish, place in a saucepan and add water to cover. Simmer for about 30 minutes until tender.
7. Let the fish cool, then break it into fine flakes.

8. In a non-stick pan, sauté the onions and the garlic with a few spoons of water until the onions become transparent.
9. Add the puréed tomatoes and parsley. Simmer for about 10 minutes.
10. Add the olives, capers, almonds, raisins, potatoes and peppers. Season with ½ tsp of chilli powder.
11. Allow this sauce to thicken, then add the fish and simmer for a few more minutes.

Kcal/portion 340
Protein g 62
Lipids g 5
Carbohydrates g 12
Cholesterol mg 133
Sodium mg 678

Stuffed pineapple

(Picture page 219)

- 1 large ripe pineapple
- 250 ml of thick low-fat yoghurt (the original recipe uses cream, but yoghurt will do just as well)
- sweetener (see page 89)
- 12 cherries in syrup, chopped
- ½ cup of pine nuts, chopped

1. Keeping the leaves intact, cut the head off the pineapple and put it to one side.
2. Scoop out the pulp, core it, then finely chop the flesh.
3. Mix together the yoghurt, sweetener, chopped pineapple, cherries and pine nuts.
4. Spoon this mixture back into the pineapple shell and refrigerate for at least 2 hours until the filling sets slightly.
5. Place the top of the pineapple back on as a lid, and serve.

Kcal/portion 109
Protein g 3
Lipids g 8
Carbohydrates g 8
Cholesterol mg 1
Sodium mg 16



Entrée
Chekchouka

First Course
Lentil zaalouk

Main Course
Fish saffron with onions
Preserved lemons
Chermoula
Kefta tagine

Dessert
Orange and
cinnamon salad



Moroccan

SOCIETY OF CARDIOLOGY



Chekchouka

Serves 4

4 green (bell) peppers
 4 tomatoes
 1 garlic clove, crushed
 ½ bunch of coriander leaves (cilantro), finely chopped
 ½ bunch of flat leaf parsley, finely chopped
 1 tsp of ground cumin
 ½ tsp of mild ground pimento
 2 tbsp of extra virgin olive oil
 pinch of low-sodium salt

1. Rinse the peppers, dry carefully and place them under a grill, turning regularly.
2. When the skins are evenly browned, remove from the grill. When cool enough to handle, peel off the skins, cut open, de-seed and dice the flesh.
3. Place the tomatoes in a bowl and cover with boiling water. Leave for 1-2 minutes, then drain, pierce with a sharp knife, peel off the skin and dice the flesh.
4. Heat 1 tbsp of extra virgin olive oil in a heavy pan. Add the garlic, tomatoes and a pinch of salt. Simmer over a medium heat until all the liquid has evaporated.
5. Stir in the peppers and simmer for a little longer.
6. When well blended, add the coriander, parsley, cumin, pimento and 1 tbsp of extra virgin olive oil.
7. Cook for 5 minutes over a low heat.
8. Allow to cool and serve cold.

Kcal/portion 126
 Protein g 2
 Lipids g 8
 Carbohydrates g 12
 Cholesterol mg 0
 Sodium mg 15

Lentil zaalouk

Serves 6

450 g (2 cups) of lentils
 4 garlic cloves, crushed
 1 small bunch of flat leaf parsley, finely chopped
 1 bunch of coriander (cilantro), finely chopped
 1 tsp of mild freshly ground pimento
 1 tsp of ground cumin
 3 tbsp of extra virgin olive oil
 1 tsp of white wine vinegar
 1 pinch of low-sodium salt and freshly ground pepper

1. Wash the lentils and leave them to soak for 30 minutes in about 1 litre (4 cups) of water.
2. Simmer the lentils in the same water for about 15 minutes or until the lentils are cooked through but still hold their shape.
3. Drain the lentils, and keep a little of the water to one side.
4. Heat 1 tbsp of extra virgin olive oil in a pan, and add the lentils, crushed garlic, parsley, chopped coriander and pimento.
5. Cook until the lentils are reduced to a pulp (if necessary, add a little of the previously saved water), season with the cumin, a dash of white vinegar, 2 tbsp of extra virgin olive oil and a pinch of salt and freshly ground pepper.

Kcal/portion 310
 Protein g 17
 Lipids g 9
 Carbohydrates g 39
 Cholesterol mg 0
 Sodium mg 15

Fish saffron with onions

(Picture page 225)

Serves 6

1.8 kg of fish, such as sea bream, bass or mullet
 3 tsp of extra virgin olive oil
 5 onions, thinly sliced
 1 tsp of ground ginger
 pinch of saffron
 1 preserved lemon, cut into strips
 1 pinch of low-sodium salt

1. Preheat the oven to 160° .
2. Clean and gut the fish under running water, then cut into large pieces.
3. Place the fish in a casserole dish, pour in the extra virgin olive oil, sliced onions, ginger and saffron.
4. Bake in the oven for about 30 minutes or until tender. Check regularly and, if necessary, add a little water to prevent the fish from sticking.
5. Add more salt and pepper if required.
6. Before serving, cut the preserved lemon into strips and add to the dish.
7. The sauce should not be too liquid. If the sauce has not thickened sufficiently, remove the fish and reduce the sauce over a high heat.

Tip: This tagine will taste better if the fish is marinated in chermoula (see page 228) for several hours.

Kcal/portion 535
 Protein g 65
 Lipids g 28
 Carbohydrates g 6
 Cholesterol mg 192
 Sodium mg 223

Preserved lemons

Unlike other Mediterranean countries where dried lemons are preserved in oil or vinegar, in Morocco (as in Andalusia), lemons are preserved in salt in a similar way to preserved meats and fish.

1 kg of thin-skinned lemons
 4 tbsp of coarse low-sodium salt
 4 tbsp of lemon juice

1. Scrub the lemons under running water and place in a large bowl.
2. Cover with cold water and leave to soak for 3 days.
3. Strain the fruit, then slice it lengthways with a sharp knife – but don't cut right through; make sure the segments remain joined at one end.
4. Sterilise a glass preserving jar with hot water and turn it upside down to drain completely.
5. Open the individual segments of each lemon and, with a spoon, fill the gaps between the segments with 3 tbsp of coarse salt.
6. Pack the lemons tightly into the preserving jar in layers with the open ends facing up to prevent the salt from sinking to the bottom.
7. Pour in the remaining salt and the lemon juice.
8. Fill the preserving jar with boiling water.
9. Press the lemons down with a heavy object to make sure that they are fully submerged.
10. Seal the jar.

These preserved lemons will be ready for use in 3 weeks, and will keep for a further 3 months after that. You could use the lemon juice to replace vinegar in salads, and the peel to add flavour to tagines and other simmered dishes.

Kcal/portion 123
 Protein g 6
 Lipids g 0
 Carbohydrates g 24
 Cholesterol mg 0
 Sodium mg 7374

Chermoula

This sauce can be used for hot and cold dishes, and as a marinade for fish and meat.

Serves 6

2 cloves of garlic
½ tsp of mild chilli powder
½ tsp of ground cumin
¼ tsp of ground pepper
1 bunch of coriander, chopped
½ bunch of flat leaf parsley, chopped
4 tbsp of lemon juice
1 tsp of vinegar
2 tbsp of extra virgin olive oil
pinch of low-sodium salt

1. Using a mortar and pestle, grind the garlic, chilli powder, cumin, pepper and salt.
2. Mix this with the herbs and blend in the lemon juice, vinegar and oil to form a smooth paste.
3. Heat all the ingredients in a pan over a gentle heat to release the aroma, but do not bring to the boil.
4. Chill before use.

Kcal/portion 50
Protein g 1
Lipids g 5
Carbohydrates g 1
Cholesterol mg 0
Sodium mg 10

Kefta tagine (meatballs)

Serves 4

The meatballs:

400 g of lean minced meat (beef or veal)
½ onion, grated
½ bunch of coriander, chopped
4 sprigs of fresh mint, chopped
1 tsp of mild chilli powder
1 tsp of ground cinnamon
1 tbsp of extra virgin olive oil
low-sodium salt (optional)

The sauce:

4 tomatoes, skinned (see chekchouka recipe)
1 tbsp of extra virgin olive oil
½ onion, thinly sliced
1 tsp of ground cumin
pinch of saffron
½ tsp of mild chilli powder
low-sodium salt (optional)

For the meatballs:

1. Mix the onion, coriander and mint.
2. Add the meat, spices, olive oil and a pinch of salt. Mix well with a few tbsp of water.
3. Form the mixture into meatballs of about 4 cm in diameter.

For the sauce:

1. Dice the peeled tomatoes.
2. Heat 1 tbsp of extra virgin olive oil in a large pan and add the onions, tomatoes and just a pinch of salt.
3. Season with cumin, saffron and chilli powder and moisten with 1 tbsp of hot water.
4. Stir, cover and continue cooking for about 15 minutes.
5. Add the meatballs to the sauce and simmer until they are properly cooked, stirring occasionally.
6. Remove the meatballs from the sauce (to prevent them from disintegrating) and keep them warm.
7. If necessary, reduce the sauce over a high heat.
8. Cover the meatballs with the sauce and dust with ground cumin.
Serve hot.

Kcal/portion 205
Protein g 22
Lipids g 10
Carbohydrates g 5
Cholesterol mg 71
Sodium mg 116



Orange and cinnamon salad

Serves 4

4 large oranges + the juice of 1 orange
2 tbsp of orange-flower water
1 tbsp of caster sugar (diabetics should avoid)
2 cinnamon sticks
1 tsp of ground cinnamon
1 tsp of icing sugar (diabetics should avoid)
4 sprigs of mint

1. Put the juice of 1 orange, the orange-flower water, the caster sugar and cinnamon sticks into a pan.

2. Bring to the boil and cook for 5 minutes.
3. Allow to cool, then remove the cinnamon.
4. With a sharp knife, slice off the peel and white pith from the oranges and cut them into rings.
5. Arrange them in a serving bowl and pour the cooled syrup over them.
6. Serve with a dusting of icing sugar and decorate with sprigs of mint.

Kcal/portion 108
Protein g 2
Lipids g 1
Carbohydrates g 24
Cholesterol mg 0
Sodium mg 8



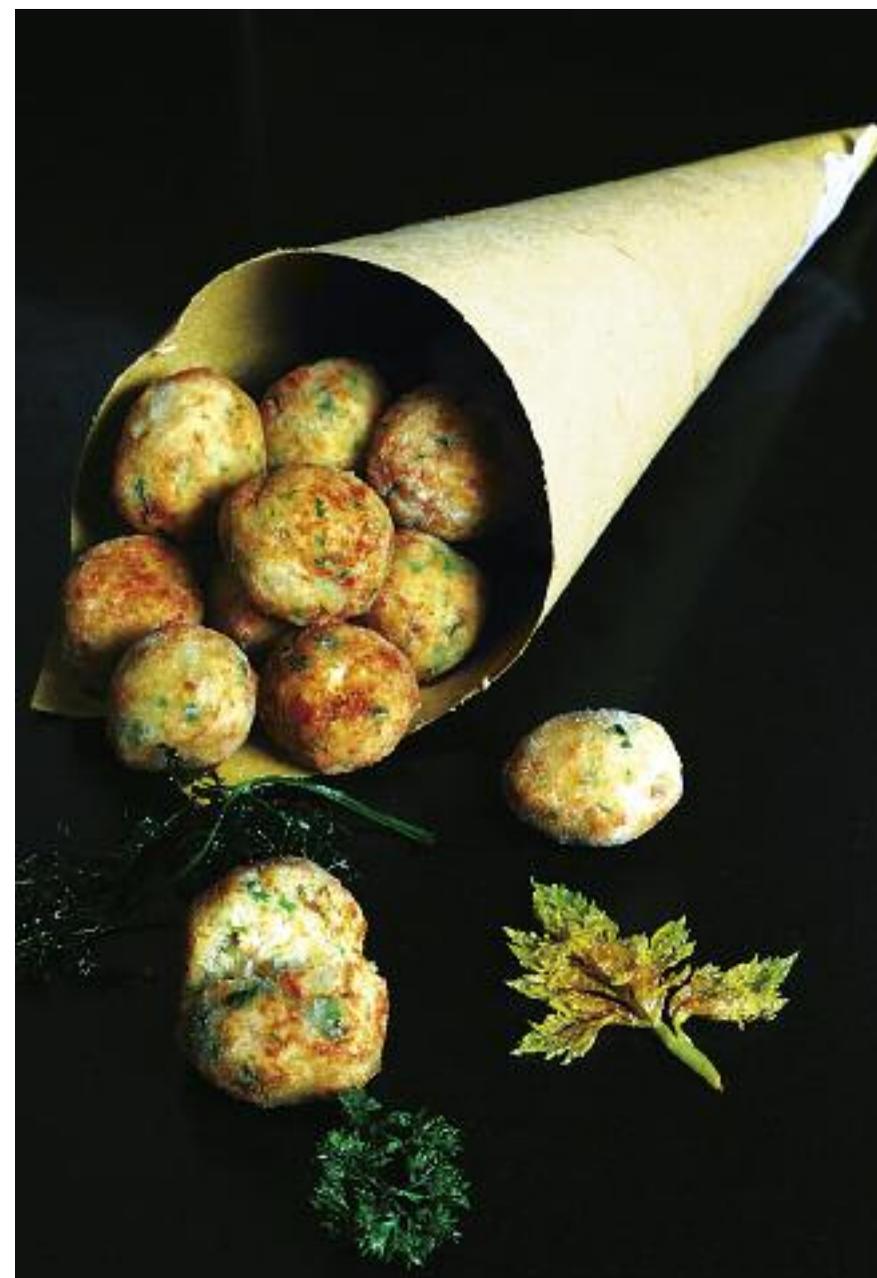
Orange and cinnamon salad



First Course
Fish dumplings

Main Course
**Chicken with oven-baked
vegetables**

Dessert
Cherry clafoutis



Netherlands

SOCIETY OF CARDIOLOGY



Cherry clafoutis

Fish dumplings

(Picture page 231)

Serves 4

- 400 g of white fish
- 150 g of potatoes
- 1 egg
- 1 wholemeal biscuit
- 15 g of cholesterol-free margarine
- 1 tbsp of flour
- 1 small onion
- ¼ bunch of parsley
- ¼ bunch of dill
- freshly ground black pepper

1. Boil the unpeeled potatoes until soft, allow them to cool, then peel and mash them.
2. Steam the fish until cooked, remove any bones and flake. Cooking time will vary according to the size of the fish. Be careful not to overcook it or it will become tough.

3. Finely slice the onion and finely chop the parsley and dill.
4. Put the margarine, egg and flour in a bowl and stir well.
5. Add the potatoes, flaked fish, onion, parsley and dill. Mix well.
6. Crumble the biscuit and add to the mixture until it becomes dry enough to form dumplings.
7. Make 8 -10 dumplings.
8. Flatten the dumplings, and cook them in a non-stick frying pan with 1 tbsp of margarine until golden brown. For a healthier result, brown them in an oven on an ungreased tray lined with ovenproof paper. The fish dumplings are beautiful served with a green salad.

| | |
|------------------|--------------------|
| Kcal/portion 165 | Carbohydrates g 13 |
| Protein g 22 | Cholesterol mg 110 |
| Lipids g 3 | Sodium mg 104 |

Chicken with oven-baked vegetables

Serves 6

- 500 g of chicken fillets
- 50 ml of skimmed low-fat Greek yoghurt
- 1½ tsp of paprika
- 1 tsp of cumin seeds
- 1 garlic clove
- 3 tbsp of extra virgin olive oil
- 1 onion
- 300 g of potatoes
- 200 g of frozen peas
- 3 tomatoes
- 1 red pepper
- 1 tsp of thyme

1. Cut the chicken into cubes.
2. Peel and finely chop the garlic.
3. Mix the yogurt with paprika, cumin seeds, garlic and 1½ tbsp of extra virgin olive oil.
4. Stir the diced chicken into the yogurt mixture, and allow to marinate for 2 hours.
5. Heat the oven to 180°.
6. Dice the tomatoes.
7. Cut the onion into thin rings.
8. Cut the potatoes in half.
9. Clean the pepper, remove the seeds and white membranes, then cut into thin strips.
10. Put the marinated chicken into a baking dish.
11. Cover the chicken with the onion, thyme, pepper, peas, potatoes and tomato slices.
12. Add 10 ml of water and drizzle the dish with 1½ tbsp of extra virgin olive oil.
13. Cover the dish and bake for 45 minutes in the oven.
Serve with iceberg lettuce.

| |
|--------------------|
| Kcal/portion 184 |
| Protein g 36 |
| Lipids g 3 |
| Carbohydrates g 27 |
| Cholesterol mg 50 |
| Sodium mg 126 |

Cherry clafoutis

(not suitable for diabetics)

Serves 4

- 1 large jar of stoned cherries
- 3 eggs
- 50 g of sugar
- 65 g of flour
- 30 ml of skimmed milk
- 40 g of low-cholesterol soft margarine (see page 82)

1. Heat the oven to 200°.
2. Grease a baking tin and place it in the oven to heat.
3. Drain the cherries.
4. Mix the eggs and sugar with a blender or food processor until they are thick and frothy.
5. Add the flour and the soft margarine a little at a time.
6. Slowly pour the milk into the bowl and stir everything gently until you have a smooth dough.
7. Line the greased baking tin with half of the dough and cook for 15 minutes in the oven.
8. Take the tin out of the oven and reduce the temperature to 175°.
9. Place the drained cherries onto the baked dough, then cover with the remaining dough.
10. Put the tin back into the oven and bake for about 30 minutes more.
11. Garnish and serve warm.

Tip: You can also use other types of fruit, such as peaches, plums, pears, pineapple, rhubarb or apricots. A delicious dessert or tea-time snack.

| |
|--------------------|
| Kcal/portion 246 |
| Protein g 10 |
| Lipids g 10 |
| Carbohydrates g 30 |
| Cholesterol mg 222 |
| Sodium mg 214 |



First Course
Chickpea salad

Main Course
Salmon with walnuts

Dessert
Apple tart



Norwegian
SOCIETY OF CARDIOLOGY



Chickpea salad

Chickpeas can be bought ready-for-use (like regular peas) or dried, in which case they need to be soaked overnight. They are a relatively cheap ingredient. This filling salad is very tasty, has a lot of flavour despite its apparent simplicity, and will still be good to eat even after a few days in the refrigerator.

Serves 4

300 g of chickpeas
1 small red onion
2 large tomatoes
3 tbsp of parsley, chopped
1 large clove of garlic, finely chopped
2 tbsp of extra virgin olive oil
2 tbsp of balsamic vinegar
pinch of low sodium salt and freshly ground pepper

1. Rinse the chickpeas in cold water or, if you bought them dry, soak them overnight.
2. Finely slice the red onion.
3. Wash and chop the tomatoes.
4. Combine the sliced onion, the tomatoes and the garlic and add them to the chickpeas.
5. Season with the chopped parsley, the olive oil, the balsamic vinegar and a pinch of salt and freshly ground pepper.
6. Let the salad rest for a while before serving with wholemeal bread.

Kcal/portion 324
Protein g 17
Lipids g 12
Carbohydrates g 37
Cholesterol mg 0
Sodium mg 20

Salmon with walnuts

Walnuts make this seafood dish exciting and exotic. Plus, it's rich in polyunsaturated fats from both fish and plants.

Serves 6

500 g of sliced salmon
4 potatoes
3 tbsp of extra virgin olive oil
400 g of mushrooms
2 tbsp of walnuts, chopped
1 tbsp of thyme
1 tbsp of walnut oil (see oils on page 84)
1 cup of water with half a fish stock cube (or make your own fish stock – see recipe on page 95)
1 tbsp of fresh dill, chopped

1. Peel and dice the potatoes (as you finish each one, put it into a bowl of water to prevent discolouration).
2. Dry the potatoes and put them in a saucepan with 3 tbsp of hot olive oil. Cook for about 10 minutes.
3. Gently clean the mushrooms, removing any dirt with a soft brush. Slice them and add to the potatoes in the pan.
4. Finally, add the chopped walnuts, thyme, walnut oil and fish stock. Simmer the pan until the potatoes are tender.
5. Cook the salmon in a non-stick pan.
6. Serve the cooked potatoes and mushrooms on a heated serving dish, and place the slices of salmon on top.
7. Garnish with the dill and serve with spinach and a green side salad.

Tip: Instead of mushrooms, a variety of other vegetables go very well with this dish, such as pumpkin, aubergines, peppers and onions.

Kcal/portion 363
Protein g 21
Lipids g 25
Carbohydrates g 15
Cholesterol mg 29
Sodium mg 122

Apple tart

(not suitable for diabetics)

(Picture page 235)

A simple apple dessert, suitable for any occasion, that goes very well with yoghurt ice cream or vanilla sauce.

Serves 4

4 peeled apples, chopped into small pieces
juice of two lemons
75 ml of soft vegetable margarine (see page 82)
¼ cup of brown sugar
½ cup of coarse wheat flour
1 tsp of cinnamon powder
100 g of chopped, blanched almonds
125g raspberries

1. Preheat the oven to 180°.
2. Peel and chop the apples into small pieces

and put them in a bowl with the juice of two lemons (to prevent discolouring).

3. In another bowl, add the soft vegetable margarine, the sugar, flour, cinnamon and half of the almonds. Mix together until a dough forms.
4. Take a low-edged 22 cm pie tin and grease with 1 tbsp of margarine. Arrange the apple pieces on the base of the pie tin and cover with the dough. Arrange the raspberries pressing them into the dough slightly and sprinkle with the remaining almonds.
5. Bake at 180° for 30-40 minutes on the centre shelf of the oven.
6. Garnish as you wish and serve lukewarm.

Kcal/portion 429
Protein g 10
Lipids g 22
Carbohydrates g 49
Cholesterol mg 9
Sodium mg 6



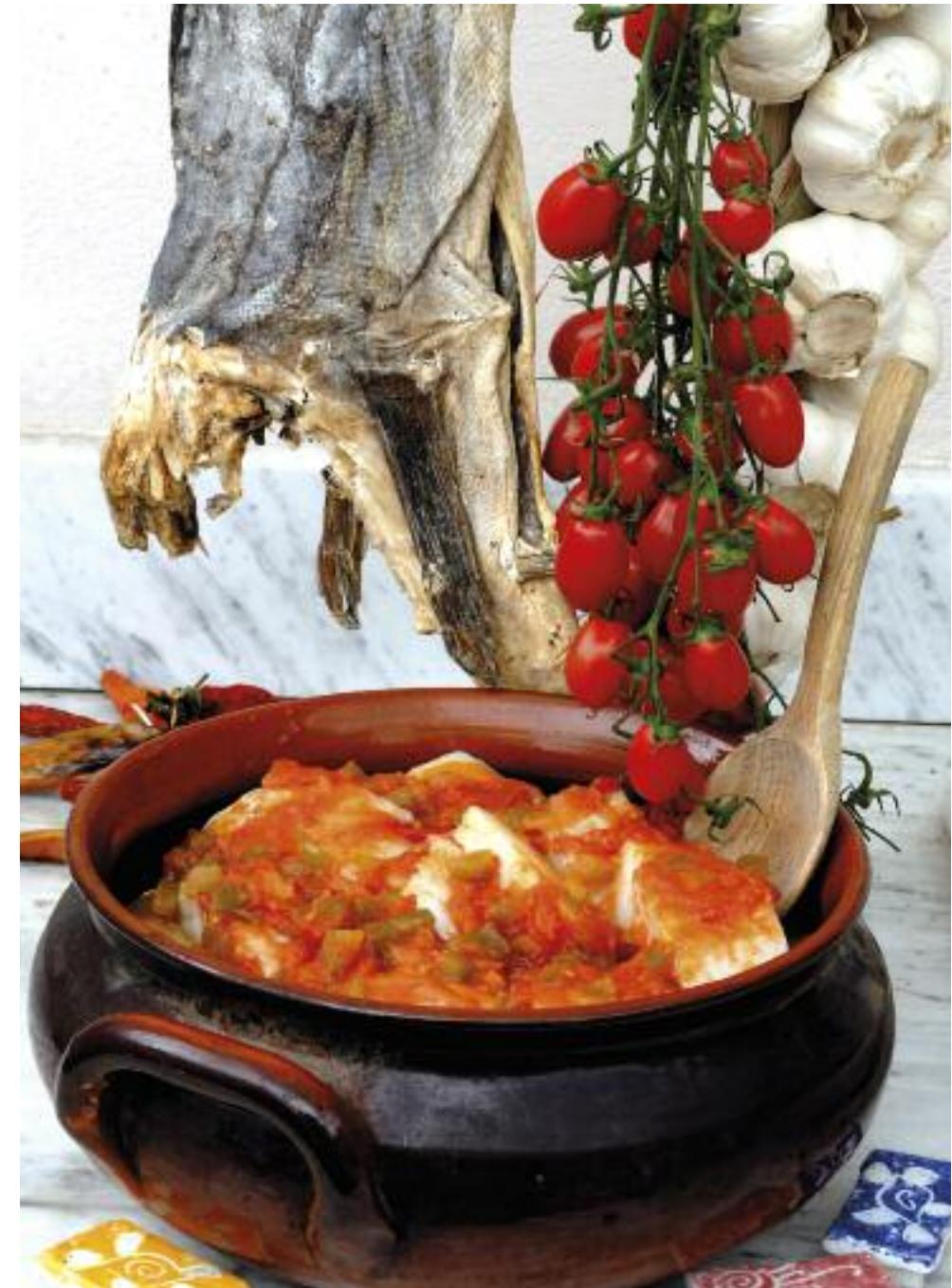
Salmon with walnuts



First Course
**Garlic soup with
salted codfish**

Main Course
Lisbon style cod

Dessert
Arroz doce à Portuguesa
Pudim de coco



Portuguese
SOCIETY OF CARDIOLOGY



Garlic soup with salted codfish (Sopa gata)

In Portugal, it would be unthinkable to not have soup at least once a day. It could be a cold soup like gazpacho, or hot or dense like açorda or miga. These soups use ingredients such as chickpeas, potatoes or beans cut into very small pieces.

Serves 4

300 g of salted codfish
150 g of semi-stale wholemeal bread
3 cloves of garlic
3 tbsp of extra virgin olive oil
1 tbsp of vinegar
1 tbsp of sweet paprika
1½ litres of water
freshly ground black pepper

1. Rinse the codfish under cold running water to remove any surface salt.
2. Place the fish pieces in a large saucepan, cover with cold water and refrigerate (covered) for 24 hours, changing the water several times.
3. After 24 hours, rinse again under cold running water.
4. In a saucepan, cover the desalted codfish with fresh water, heat and cook for 2-3 minutes.
5. Remove from the heat and drain, keeping some of the water to one side. Remove the skin and bones, and flake the fish into small pieces.
6. Cut the bread into very thin slices.
7. Peel and chop the garlic.
8. Put the oil, vinegar, paprika, garlic and a little pepper into a tureen, then mix well.
9. Add the pieces of codfish, the slices of bread and the saved cooking water. Allow to sit for a few minutes, then serve hot.

| |
|--------------------|
| Kcal/portion 263 |
| Protein g 17 |
| Lipids g 13 |
| Carbohydrates g 20 |
| Cholesterol mg 28 |
| Sodium mg 60 |

Lisbon style cod (Pescada à lisboeta)

(Picture page 239)

This is a very popular way of preparing cod, a fish that is much enjoyed throughout Portugal. The onions, tomatoes and green pepper add a light-hearted touch to the dish.

Serves 6

6 cod fillets
1 medium-sized onion
2 cloves of garlic
1 green pepper
2 tbsp of extra virgin olive oil
250 g of peeled tomatoes
½ glass of dry white wine
1 tbsp of chopped parsley
freshly ground white pepper
pinch of low-sodium salt

1. Peel and finely chop the onion, then peel and slice the garlic.
2. Heat 1 tbsp of extra virgin olive oil with 2 tbsp of water and sauté the onion and garlic until the onion becomes transparent.
3. Wash the green pepper, remove the seeds and white membranes. Cut into slices and add to the onion and garlic mixture.
4. Chop the tomatoes and add them to the other ingredients. Simmer for 20 minutes, stirring occasionally with a wooden spoon.
5. Sprinkle the vegetables with the wine and add the parsley and a pinch of salt and pepper, then cook for a few minutes.
6. Remove the vegetable sauce from the heat and keep warm.
7. Grease a terracotta casserole serving dish with 1 tbsp of extra virgin olive oil. Arrange the fillets of cleaned fish inside, then ladle over the previously prepared sauce.
8. Cover and bake in a hot oven at 180° for 12-15 minutes.

Serve with steamed broccoli or other vegetables.

| |
|-------------------|
| Kcal/portion 255 |
| Protein g 46 |
| Lipids g 7 |
| Carbohydrates g 3 |
| Cholesterol mg 93 |
| Sodium mg 187 |

Arroz doce à Portuguesa (Portuguese sweet rice pudding)

(not suitable for diabetics)

This dish is a must at all Portuguese festivals. Short-grain rice is best, as it adds intensity and flavour to the pudding.

Serves 8

250 g of short-grain white rice
125 ml of water
2 slices of lemon peel
50 ml of hot low-fat milk
2 tsp of sugar (or sweetener)
3 egg yolks
pinch of low-sodium salt
To garnish: cinnamon

1. In a medium saucepan, bring the water to the boil with the lemon peel and a pinch of salt.
2. Add the rice and simmer for about 20 minutes, stirring occasionally.
3. When almost all the water has evaporated, pour in the hot milk. Bring to the boil, add the sugar (or sweetener), then reduce to a simmer.
4. Stir slowly and frequently with a wooden spoon. Let the milk evaporate until a creamy texture forms.
5. In a separate bowl, beat the egg yolks, then add a few spoonfuls of the rice mixture. This should warm the eggs, without cooking them.
6. Add the warm egg mixture to the saucepan and stir quickly for 2-3 minutes. Serve in a large dish or small shallow bowls, and garnish with ground cinnamon.

| | |
|------------------|--------------------|
| Kcal/portion 171 | Carbohydrates g 33 |
| Protein g 4 | Cholesterol mg 100 |
| Lipids g 2 | Sodium mg 13 |

Pudim de coco

(not suitable for diabetics)

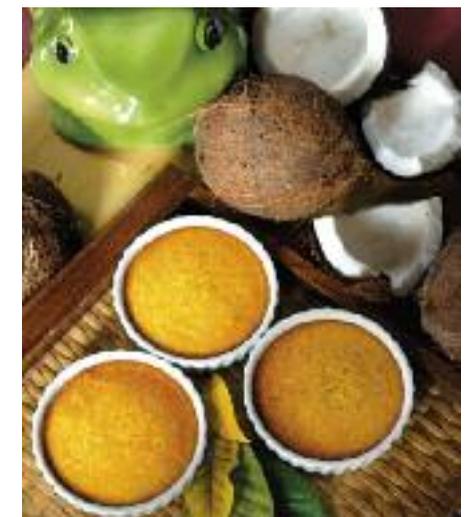
Although mostly associated with the area around Lisbon, this dish is very popular throughout Portugal. It can be prepared in one large dish or in lots of little ones, like the pies you often see in pastry shops.

Serves 6

30 g of sugar (or sweetener)
50 g of grated coconut
1 tbsp of corn flour
1 tsp of margarine (see page 82)
1 cinnamon stick
3 egg yolks
1 egg white

1. In 20 ml of water, heat the sugar (or sweetener) and the cinnamon stick. Cook until you have a fairly light syrup.
2. Remove from the heat and allow to cool, then remove the cinnamon stick.
3. Beat the 3 eggs in another bowl until they turn light and frothy.
4. Stir in the grated coconut, corn flour and the syrup.
5. Let the mixture stand for a few minutes so that the coconut absorbs the liquid and becomes spongy.
6. Beat the egg white until stiff and then gently fold into the coconut/syrup mixture.
7. Grease a mould with the margarine and fill it with the mixture.
8. Bake in a preheated oven at 150° until it thickens. Leave to cool, then garnish as you wish and serve.

| | |
|-----------------|--------------------|
| Kcal/portion 98 | Carbohydrates g 14 |
| Protein g 3 | Cholesterol mg 134 |
| Lipids g 4 | Sodium mg 17 |



Pudim de coco



First Course
Grilled peppers
“Mămăligă”
Bean crème
Pike egg salad
Aubergine crème

Main Course
Carp stuffed with
mushrooms and
Romanian “turtă”.

Dessert
Valahian papanași
with sour cherries



Romanian

SOCIETY OF CARDIOLOGY



Grilled peppers

Serves 6

1 kg of long red peppers
2 tbsp of extra virgin olive oil
2 tbsp of vinegar
10 g of savoury
10 garlic cloves
pinch of low-sodium salt

1. Grill the peppers, cool them in a plastic bag, then peel them.
2. Cut the peppers into strips. Leave them to drain into a container, and keep the juices.
3. In the meantime, make a sauce by mixing together the extra virgin olive oil, vinegar, pinch of salt (optional) and the juice from the peppers.
4. Cut the cloves of garlic into very thin slices.
5. Arrange the grilled peppers in rows on a platter, seasoned with the garlic and savoury.
6. Before serving, pour the sauce over the peppers.

Kcal/portion 100
Protein g 1
Lipids g 6
Carbohydrates g 12
Cholesterol mg 0
Sodium mg 8

“Mămăligă”

(Picture page 243)

Serves 6

300 g of corn flour
1 litre of water
½ tsp of low-sodium salt

1. Add the salt and 50 g of the corn flour to the water. Bring to the boil.
2. Add the rest of the corn flour and start mixing until smooth.
3. Remove from the heat after 30 minutes.
4. Pour this dense mixture on to a marble

- surface or cutting board and allow to cool.
5. Cut into slices (about 7 cm) and brown them under the grill.

Kcal/portion 165
Protein g 7
Lipids g 1
Carbohydrates g 32
Cholesterol mg 0
Sodium mg 7

Bean crème (to be served on the “Mămăligă”)

(Picture page 243)

Serves 6

300 g of dried white beans
3 tbsp of extra virgin olive oil
3 onions
3 tbsp of tomato sauce
1 tsp of paprika
pinch of low-sodium salt

1. Wash the beans, then put them in cold water and allow to soak overnight.
2. Cook the beans in the soaking water, along with 1 onion cut in to halves.
3. When the beans are cooked (after about 90 minutes), drain them and save some of the water for later.
4. Blend the beans with a mixer and reduce them to a smooth paste using some of the saved water.
5. Season this paste with 2 tbsp of extra virgin olive oil and a pinch of salt.
6. Sauté the two finely chopped onions in a non-stick pan until they become transparent.
7. Season with the paprika and tomato sauce, then cook for about 5 minutes, stirring well.
8. Take a few of the “mămăligă” that you prepared previously and pour a little of this sauce over each slice, along with a little extra virgin olive oil.

Kcal/portion 239
Protein g 13
Lipids g 8
Carbohydrates g 28
Cholesterol mg 0
Sodium mg 26

9. Pour the bean crème into a wide deep serving dish and artistically arrange the “mămăligă” with the tomato and onion sauce.

Pike egg salad (to be served on the “Mămăligă”)

Serves 6

250 g of pike eggs
3 tsp of extra virgin olive oil
1 finely chopped onion
juice of one lemon
12 black olives (cut in half)

1. Put the pike eggs in a dish and season them with 3 tsp of extra virgin olive oil.
2. Finely chop the onion and add to the pike eggs along with 2 tsp of lemon juice.
3. Take several “mămăligă” and cover them with the pike egg mixture.
4. Decorate with the halved black olives.

Kcal/portion 155
Protein g 10
Lipids g 12
Carbohydrates g 2
Cholesterol mg 155
Sodium mg 44

Aubergine crème (to be served on the “Mămăligă”)

Serves 6

500 g of aubergines
2 tbsp of extra virgin olive oil
1 red onion

2 garlic cloves
1 tsp of vinegar
pinch of low-sodium salt and freshly ground black pepper
1 fresh tomato, sliced

1. Grill the aubergines, then remove the skin.
2. Put the pulp in a blender and make a purée.
3. Add 2 tbsp of extra virgin olive oil and a pinch of salt and pepper.
4. Chop the onion and garlic into small pieces and add to the aubergine crème.
5. Season with 1 tsp of vinegar and stir well.
6. Spread on the “mămăligă” and decorate with 1 sliced tomato.

Kcal/portion 66
Protein g 1
Lipids g 5
Carbohydrates g 3
Cholesterol mg 0
Sodium mg 13

Carp stuffed with mushrooms and Romanian “turtă”

Serves 8

1 carp (2 kg)
400 g of fresh mushrooms
4 onions
2 garlic cloves, chopped
3 tbsp of extra virgin olive oil
1 tbsp of tomato purée
4 tbsp of freshly chopped parsley
pinch of low-sodium salt and freshly ground black pepper
boiled potatoes

1. Clean the fish inside and out, under running water. Drain and put to one side.
2. Finely chop the onions.
3. Clean the mushrooms with a soft brush, then slice them.
4. In a non-stick pan, sauté the chopped onions in 1 tbsp of extra virgin olive oil and



- a few spoons of water until the onions become transparent.
- Add the mushrooms and cook on a high heat until the water evaporates.
 - Pour in the tomato purée with the chopped garlic, some of the parsley and a pinch of salt and pepper. Cook for 5 minutes and then allow to cool.
 - Take the carp, fill it with the above mixture and sew up the belly of the fish.
 - Place it in a large casserole dish with 2 tbsp of extra virgin olive oil and 1 cup of boiling water.
 - Bake in a preheated oven at 160° for about 45 minutes. The cooking time will vary according to the size of the fish.
 - When the fish is roasted, arrange it on a serving dish and garnish with the remaining parsley.
Serve with boiled potatoes.

Tip: This dish tastes great with a glass of chilled white wine, such as Davino - Domain Ceptura Blanc.

Kcal/portion 391
Protein g 48
Lipids g 20
Carbohydrates g 5
Cholesterol mg 165
Sodium mg 163

Valahian papanași with sour cherries

Serves 6

- 2 eggs
- 2 tbsp of margarine (see page 82)
- 3 tbsp of semolina
- 1 tsp of flour
- 250 g of low-fat cottage cheese
- 2 tbsp of breadcrumbs
- 50 ml of low-fat yoghurt
- sour cherry jam
- pinch of low-sodium salt

- Mix together the cottage cheese, flour, eggs, semolina and a pinch of salt.

- Make doughnut shapes with this mixture, using your finger to poke a hole in the middle.
- Immerse the doughnuts in a pan of boiling water and, after they rise to the surface, cook them for about 15 minutes more.

- Remove, drain and let them dry for a few minutes.
- Roll them first in margarine and then in the breadcrumbs.
Serve with the low-fat yoghurt and sour cherry jam.

Kcal/portion 150
Protein g 9
Lipids g 8
Carbohydrates g 10
Cholesterol mg 108
Sodium mg 48



Valahian papanași with sour cherries



First Course
Borsch Moskovsky
Sea fish soup

Main Course
Marinated fish
Vinaigrette

Dessert
Summer berry compote



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Borsch Moskovsky

Serves 3

- 1 onion, halved
- 1 carrot, chopped
- 1 potato, chipped
- ½ cup of sliced red beetroot leaves
- ½ cup of shredded white cabbage
- 3 tbsp of chopped herbs (parsley, dill, celery)
- 1 celery root
- 4 black peppercorns
- 1 parsley root
- 2 green onions
- 2 sprigs of young garlic
- 1 tbsp of dill
- 1 stick of celery
- 1 bay leaf
- 1 tbsp of apple vinegar (optional)
- 1 tbsp of tomato purée or
- 2 fresh tomatoes (optional)
- 1 tbsp of low-fat yoghurt

1. Cut the young beetroot leaves off at the stem. Finely chop the stem and slice the big leaves.
2. Boil ½ litre of water and add the halved onion, stick of celery, parsley root, celery root, the young beetroot leaves, chopped stem and carrot.
3. Boil for 1-2 minutes, then add the potato, the cabbage and the sliced beetroot leaves. Cook for a further 5 minutes.
4. Add the chopped herbs, green onions, sprigs of young garlic, bay leaf and peppercorns.
5. To make it spicy, add the apple vinegar and tomato purée (optional).
6. Bring to the boil, remove from the heat and allow to stand for 15 minutes.
7. Remove the onion, stick of celery, parsley, celery roots and the bay leaf. Serve with the yoghurt.

Kcal/portion 113
Protein g 5
Lipids g 1
Carbohydrates g 20
Cholesterol mg 0
Sodium mg 146

Sea fish soup (Uha)

Serves 1

- 80 g of fish (codfish, halibut, redfish)
- 10 g of chopped onions
- 20 g of chopped potatoes
- 15 g of chopped carrots
- 5 g of chopped parsley
- 5 g of chopped dill
- 1 tbsp of vegetable oil (see page 84)

1. Clean the fish and cut into pieces.
2. Cook in water along with the onion and parsley to make a stock.
3. Take the fish out of the stock, then add the carrots and potatoes and cook until they are done.
4. Put the fish into a serving bowl, add the vegetables and the herbs, then pour over the piping hot stock and season with 1 tbsp of vegetable oil.

Kcal/portion 239
Protein g 16
Lipids g 16
Carbohydrates g 8
Cholesterol mg 30
Sodium mg 72

Marinated fish

(Picture page 249)

Serves 4

- 400 g of cod fillet (or other fish, such as walleye pollock, haddock, perch or pike)
- 4 carrots
- 1 parsley root
- 1 tbsp of dried barberries
- 4 onions
- 1 cup of tomato purée
- 1 bay leaf
- 70 g of sweet peas
- 5 cloves
- 2 tbsp of vegetable oil (see page 85)
- ½ glass of water
- 1 tbsp of finely chopped dill

1. Pour ½ glass of water into a pan and bring

- to the boil.
2. Add the barberries, parsley root, 1 peeled and sliced onion and 1 chopped carrot.
3. Place the fish fillets on top, cover the pan and cook for 10 minutes. Remove from the heat and allow to cool.
4. For the sauce, pour 100 ml of boiling water into another pan, add 3 finely chopped onions, 3 coarsely grated carrots and the peas.
5. Cover the pan and simmer for 10 minutes, stirring from time to time.
6. Stir in the tomato purée, cloves and bay leaf. Bring to the boil, then remove from the heat.
7. Transfer the fish into a serving bowl and pour over the warm sauce. Allow to cool for a while.
8. Before serving, garnish with extra virgin olive oil and finely chopped fresh dill.

Kcal/portion 272
Protein g 23
Lipids g 9
Carbohydrates g 25
Cholesterol mg 37
Sodium mg 230

Vinaigrette

Serves 2

- 1 beetroot
- 1 carrot
- 2 small potatoes
- 2 pickled cucumbers
- 1 onion
- 1 tbsp of chopped dill
- 1 tbsp of vegetable oil (see page 84)
- 2 tbsp of sauerkraut
- 1 tbsp of apple vinegar

1. Cook the unpeeled beetroot, unpeeled carrot and unpeeled potatoes.
2. Allow them to cool for a few minutes, then peel and chop them into cubes.
3. Dice the pickled cucumbers.
4. Finely chop the onion.
5. Gently combine all these ingredients in a

serving bowl along with the sauerkraut and chopped dill.

6. Season with 1 tbsp of vegetable oil and a little apple vinegar.

Kcal/portion 209
Protein g 4
Lipids g 9
Carbohydrates g 26
Cholesterol mg 0
Sodium mg 87

Summer berry compote

(not suitable for diabetics)

Serves 4

- 500 g of mixed berries (blackcurrants, redcurrants, gooseberries, raspberries, strawberries, bilberries)
- 1 sprig of melissa (lemon balm)
- 1 sprig of mint
- 1 litre of water
- 4 tsp of sugar sweetener (see page 89)

1. To make the syrup, put the 1 litre of water in a pan, add 4 tsp of sugar and bring to the boil for a few minutes.
2. Crush the mixed berries with a wooden pestle to form a purée.
3. Pour this purée into a pan, dilute with 1 litre of hot syrup and heat through, stirring continuously. Do not allow to boil.
4. Remove from the heat, then add the sweetener, melissa and mint.
5. Stand for 30 minutes before serving.

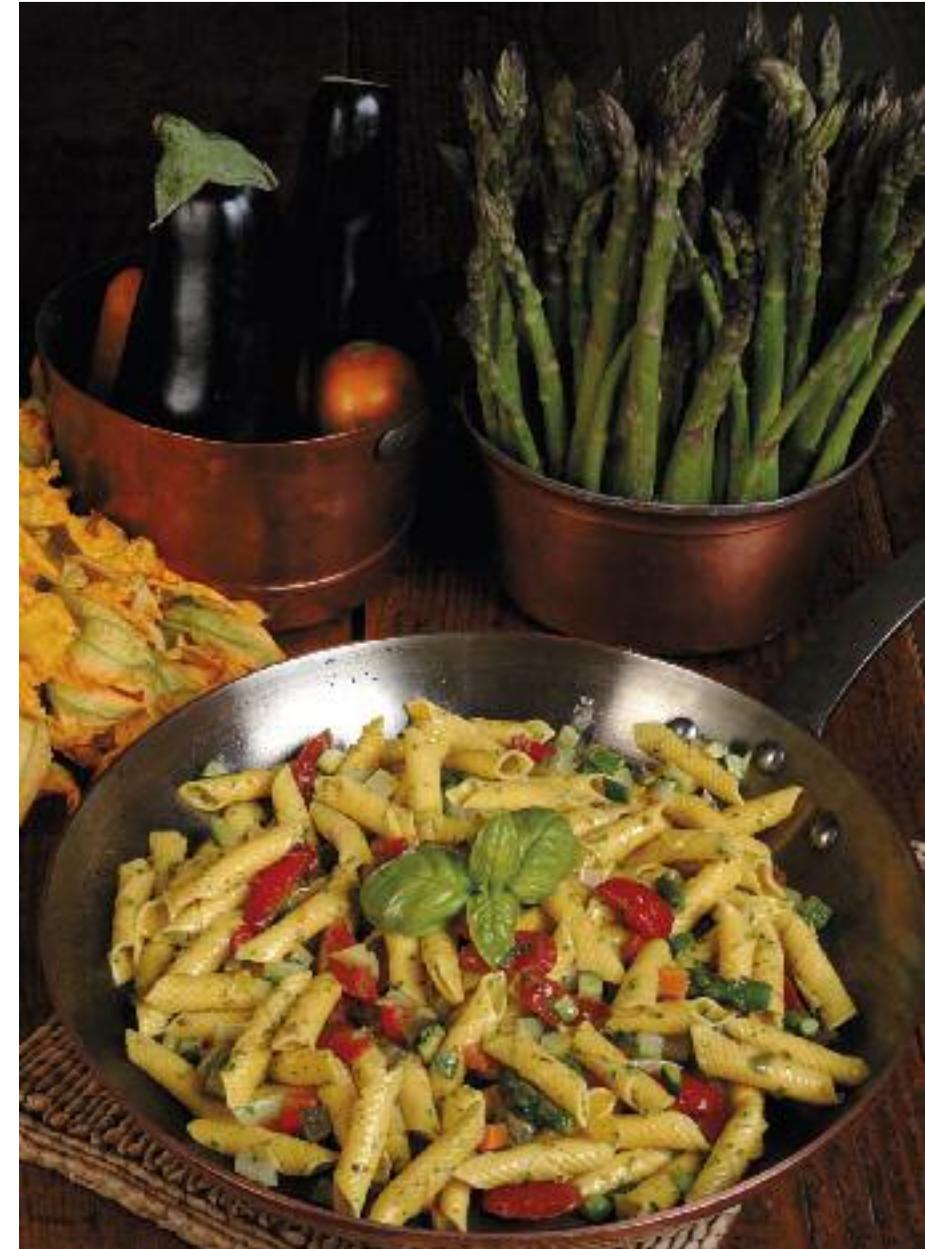
Kcal/portion 60
Protein g 1
Lipids g 0
Carbohydrates g 14
Cholesterol mg 0
Sodium mg 3



First Course
Vegetarian garganelli

Main Course
**Turbot fillets
with vegetables**

Dessert
Strawberries Bavarese



San Marino

SOCIETY OF CARDIOLOGY

Vegetarian garganelli

(Picture page 253)

Serves 4

300 g of garganelli pasta
20 asparagus spears
1 small potato
1 small aubergine
1 yellow pepper
½ leek
1 carrot
1 stick of celery
3 small courgettes
250 g of Pachino tomatoes, quartered
2 tbsp of chopped parsley
2 tbsp of chopped basil
low-sodium salt and
freshly ground pepper
2 tsp and 1 tbsp of extra virgin olive oil
4 litres of water

1. Boil 4 litres of water with 2 tsp of salt in a large saucepan.
2. Heat 2 tsp of extra virgin olive oil in a large shallow saucepan and cook the tomatoes for 2 minutes.
3. Dice all the other vegetables and add to the boiling water. Cook for 2 minutes, then drain. Keep all the cooking water and bring it back to the boil.
4. Add the drained vegetables to the tomato sauce and stir gently. Season with a pinch of salt and pepper.
5. Cook the garganelli for 6 minutes (or for the time indicated on the packaging), drain and add to the sauce while stirring gently.
6. Before serving, season with the parsley, basil and 1 tbsp of extra virgin olive oil. Serve hot or cold.

Kcal/portion 425
Protein g 15
Lipids g 8
Carbohydrates g 73
Cholesterol mg 0
Sodium mg 71

Turbot fillets with vegetables

Serves 6

6 turbot fillets
1 courgette
2 carrots
4 dried tomatoes
1 stick of celery
2 cloves of garlic
1 tbsp of soy sauce
2 tbsp of balsamic vinegar

1. Clean and julienne (cut into matchsticks) the vegetables.
2. Pre-heat a non-stick frying pan, add the vegetables and both cloves of unpeeled garlic.
3. Cook for a few minutes (the vegetables should remain crunchy). Add the soy sauce and balsamic vinegar. Allow the liquid to evaporate for a few seconds before turning off the heat, then put aside in a warm oven.
4. In the meantime, steam the turbot fillets for about 8 minutes.
5. Arrange the fillets on a hot serving dish, cover them with the hot vegetables and serve immediately.

Kcal/portion 220
Protein g 30
Lipids g 3
Carbohydrates g 18
Cholesterol mg 75
Sodium mg 36

Strawberries Bavarese

Serves 6

500 g of strawberries (300 g for blending, 200 g for decoration)
350 g of low-fat yoghurt
1 orange
1 vanilla pod
4 gelatine leaves
sweetener (see page 89)
1 tbsp of almond
mint leaves

1. Remove the stems from 300 g of



- strawberries, then gently wash and dry them and place in a bowl.
2. Add the grated zest of the orange (avoiding the white pith).
 3. Drizzle the juice from the orange over the strawberries.
 4. Add the sweetener and vanilla pod. Allow to rest in a cool place for 30 minutes.
 5. Remove the vanilla pod and blend the strawberries to a purée.
 6. Dissolve the gelatine leaves in a mix of a few tbsp of lukewarm water and strawberry juice.
 7. Combine the yoghurt, dissolved gelatine leaves and puréed strawberries.
 8. Grease a large pudding mould with almond oil and remove any excess oil with kitchen paper.

9. Pour the mixture into the mould and refrigerate overnight.
10. When the pudding has set properly, transfer it to a serving dish. Fill the hole in the middle with the remaining strawberries and decorate with mint leaves before serving.

Tip: This dessert can also be made using other kinds of fruit.

Kcal/portion 112
Protein g 9
Lipids g 3
Carbohydrates g 12
Cholesterol mg 8
Sodium mg 42



Strawberries Bavarese



First Course
Oat and vegetable soup

Main Course
Fish baked with tomato sauce
Stuffed onions

Dessert
Orange ice
Arabic coffee



Saudi

HEART SOCIETY OF CARDIOLOGY

Oat and vegetable soup

Serves 6

1 courgette, grated
1 carrot, grated
½ cup of green beans, chopped lengthways
1 cup of grated cabbage
1 tomato, finely chopped
1 cup of grated cauliflower
1 cup of oats
5 cups of chicken stock (see page 96)
½ tsp of freshly ground black pepper
pinch of low sodium salt

1. Boil the stock and add the oats. Season with black pepper.
2. Gradually add the vegetables and simmer the soup on a low heat for 30 minutes until the ingredients blend.
Serve piping hot.

Kcal/portion 198
Protein g 7
Lipids g 4
Carbohydrates g 33
Cholesterol mg 0
Sodium mg 154



Fish baked with tomato sauce

Saudis frequently soak their fish in milk to remove the fishy smell

Serves 8

800 g of fish fillets (or a whole prepared fish)
400 g of tomatoes
2 large tomatoes, sliced
2 green peppers
1 large onion, chopped
2 tbsp of olive oil
1 small green chilli pepper (optional)
pinch of low sodium salt and
freshly ground pepper

1. Remove the seeds and white membranes from the peppers and chop into small 1 cm pieces.
2. Finely chop the hot chilli pepper.
3. Sauté the onion with a few spoons of water in a non stick-pan until transparent. Add the green peppers and chilli and cook for another 2-3 minutes.
4. Chop the 400 g of tomatoes and add them along with their juice. Season with a pinch of salt and pepper and simmer for 3 minutes, stirring occasionally.
5. Spread the tomato and pepper mixture into a shallow baking dish, large enough to fit all the fillets in a single layer.
6. Place the fish on top of the mixture, then arrange the slices of tomato decoratively on top of the fish.
7. Bake at 180° until the fish becomes flaky. Cooking time will vary from 15 to 25 minutes, depending on the thickness of the fillets. If using a whole fish, cover the baking dish with aluminium foil to steam the fish and retain its juices.

Kcal/portion 131
Protein g 19
Lipids g 5
Carbohydrates g 4
Cholesterol mg 37
Sodium mg 79

Stuffed onions

(Picture page 257)

Onions are classified as herbs because they have non-woody stems. Sautéed in butter, oil or water, onions lose their strong flavour and are an essential ingredient in most Middle Eastern dishes. The onion was a sacred symbol for the Egyptians who saw its unique layer-upon-layer structure as a symbol of eternity. The slaves who built the pyramids are said to have lived on a staple diet of garlic and onions, and Egyptians took their sacred oaths with their right hands resting on an onion.

Serves 6

4 onions
2 tomatoes

For the filling

½ cup of rice, washed
350 g of minced lamb (or veal)
2 tbsp of oil
¼ cup of tomato purée
1 tsp of mixed Arabian spices
½ tsp of low-sodium salt
¼ tsp of freshly ground black pepper
¼ cup of fresh parsley, chopped
3 tbsp of vinegar or pomegranate sour sauce
pinch of low sodium salt

1. Slice the ends off each onion, then cut from top to bottom on one side without peeling. Cut only through to the centre then slide the knife out. Cook in boiling water for 7-10 minutes. Remove and leave in a colander to cool.
2. Cut the tomatoes in half, then scrape out the pulp with a spoon. Chop and keep the pulp to one side. Set aside the tomato shells.
3. While the onions are cooling, prepare the stuffing by kneading all the remaining ingredients together (except the vinegar) until well mixed. Then add the tomato pulp and continue kneading gently.
4. Separate the outer layer of each onion, discarding the small centres and the skin. With the stuffing, fill the onion shells ¾ full and place them in layers in a non-stick saucepan.

5. When all the onions have been stuffed, fill the tomatoes and make another layer on top of the onions. You could also stuff other vegetables like peppers or courgettes.
6. Carefully cover the vegetables with water and transfer the pot to the stove.
7. Add 3 tbsp of vinegar or pomegranate sauce to flavour the cooking water.
8. When the water comes to the boil, cover the saucepan, reduce the heat and simmer for about one hour until done.

Kcal/portion 206
Protein g 15
Lipids g 7
Carbohydrates g 21
Cholesterol mg 42
Sodium mg 132

Orange ice

In the days before ice-cream was commonly available, home-made ice was a special treat during the hot summer months. Even today, there is still something delightful about a dish of fruit ice following a lovely meal. Many different types of fruit can be used to provide a whole range of tastes.

Serves 6

3 large oranges
3 tbsp of sugar (or a sachet of sweetener – see page 89)
1 cup of water
1½ cups of orange juice
½ cup of lemon juice
1 orange rind, finely grated
1 lemon rind, finely grated
1 tbsp of orange blossom water
mint leaves

1. Use a sharp knife to cut the 3 oranges in half to make “cups”. Don’t simply slice them in two, but try cutting the edges of the “cups” into a zigzag pattern.
2. Scoop out the fruit and pulp, squeeze it to

- extract the juice and put the squeezed juice to one side.
- Place the empty orange “cups” in the freezer.
 - Put 1 cup of water in a pan with the sugar (or sweetener) and boil for several minutes until the sugar is completely dissolved. Allow to cool a little.
 - Add the squeezed juice, the lemon juice, the 1½ cups of orange juice, the orange and lemon rinds and the orange blossom water. Stir and mix well.
 - Strain and cool.
 - Transfer the liquid to a container, then put it in the freezer.

- When frozen, beat the mixture with an electric mixer (or by hand) until smooth.
- Return to the freezer. Repeat this step at least twice more (this prevents the formation of large ice crystals).
- Serve the ice in the frozen orange “cups”, garnished with mint leaves.

| |
|--------------------|
| Kcal/portion 56 |
| Protein g 0 |
| Lipids g 0 |
| Carbohydrates g 14 |
| Cholesterol mg 0 |
| Sodium mg 3 |



Orange ice



Arabic coffee

Arabic coffee

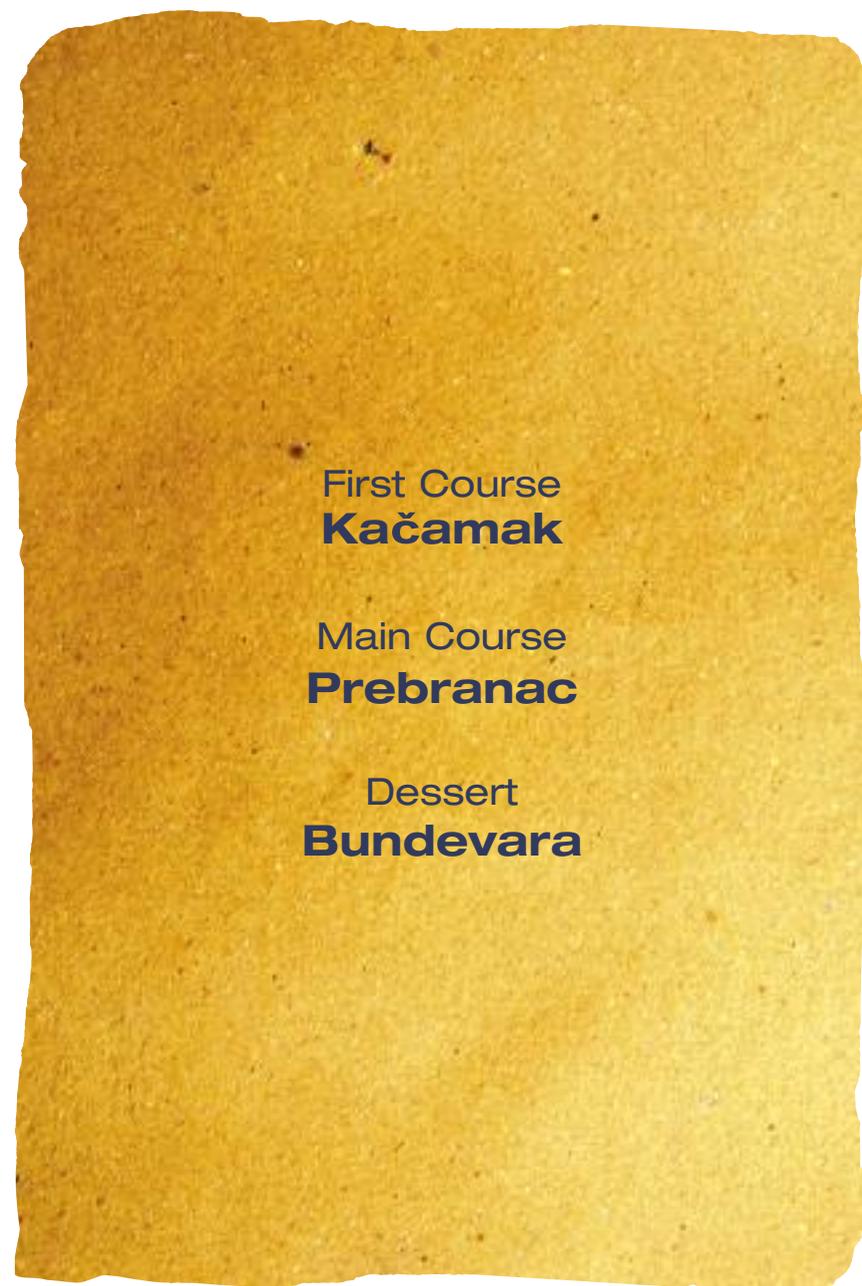
This pale coffee is traditionally served to guests in tiny bowl-shaped cups as a welcoming gesture. Up to 3 cups per person are usually offered, along with almond-stuffed dates. The room is usually scented with the rich fragrance of burning sandalwood incense.

- ½ cup of green coffee beans
- 3 cups of water
- 4 tbsp of coarsely ground cardamom

- Place the coffee beans in a baking dish or

on a baking sheet. Roast in the oven at about 180° until a light golden brown colour.

- Grind the coffee to the consistency of American coffee.
- Bring the water to the boil and stir in the coffee.
- When the water returns to the boil, add the cardamom.
- Remove from the heat when the coffee is about to overflow.
- Strain and transfer to a brass or silver coffee pot for serving.



CARDIOLOGY SOCIETY OF
Serbia





Kačamak (polenta)

Serves 6

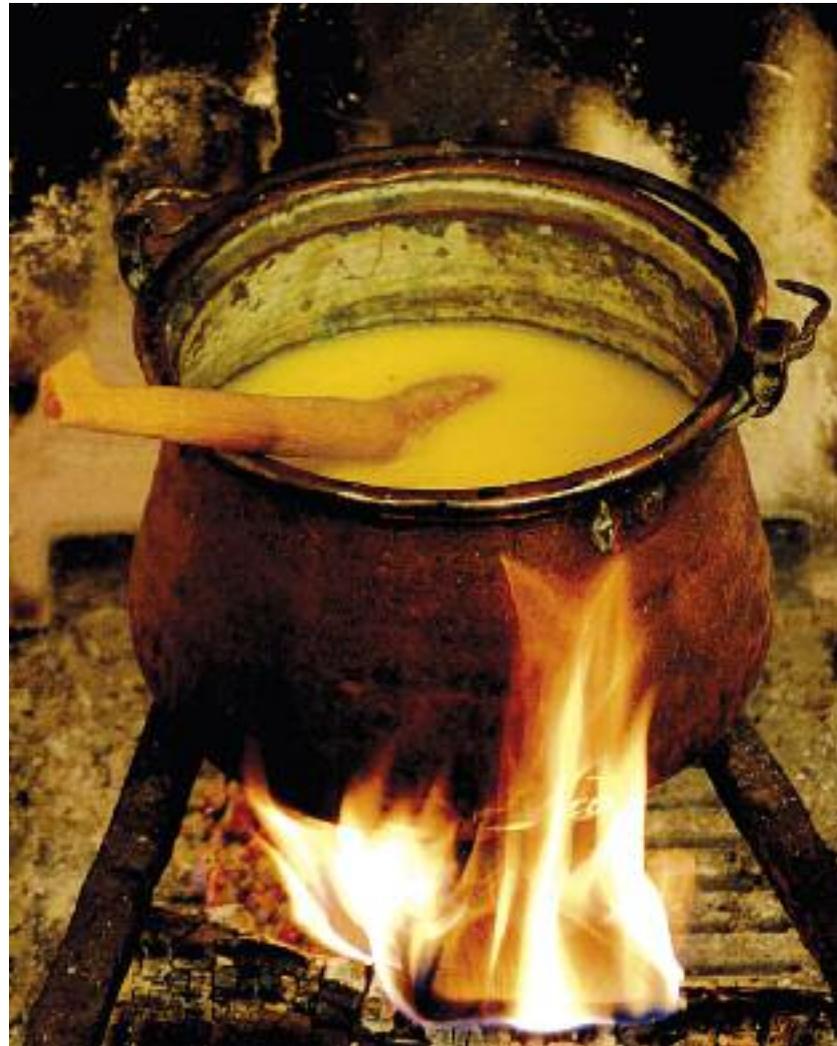
2 litres of water
500 g of corn flour
1 tsp of low-sodium salt
3 tbsp of margarine
200 g of low-fat cheese

1. In a medium-sized pot, bring the water, salt and 1 tbsp of margarine to the boil.
2. Slowly add the corn flour, stirring constantly.
3. When the mixture thickens, lower the heat

and simmer for about 15-20 minutes, stirring continuously until it becomes thick, creamy and smooth with no lumps.

4. Add the other 2 tbsp of margarine and stir. Keep the kačamak warm over a low heat, stirring occasionally. If it becomes dry, mix in about a ¼ cup of warm water. Serve with cheese or yoghurt.

| | |
|------------------|--------------------|
| Kcal/portion 322 | Carbohydrates g 54 |
| Protein g 14 | Cholesterol mg 5 |
| Lipids g 6 | Sodium mg 107 |



Kačamak

Prebranac

Serves 6

400 g of dry butter beans
500 g of onions
200 g of leeks
3 tbsp of oil (see page 84)
1 tbsp of ground red pepper
1 tbsp of mixed spices
pinch of low-sodium salt and freshly ground black pepper

1. Wash the beans and leave them to soak overnight in cold water. Boil them in the same water for about 5 minutes, then strain. Discard the water.
2. Put enough fresh cold water in a saucepan to just cover the beans. Bring to the boil, then simmer over a medium-high heat until the beans become soft.
3. Strain the beans and set aside the water for later.
4. Chop the leeks and onions and put them in a non-stick pan. Sauté over a medium heat with 1 tbsp of extra virgin olive oil and a few tbsp of water until they become transparent. Stir occasionally and add water if they get too dry.
5. Add the spices and a pinch of salt and pepper.
6. Remove the pan from the heat and set aside.
7. Grease a baking dish with 1 tbsp of extra virgin olive oil. Add half of the beans and cover with half of the cooked onions and leeks.
8. Repeat with the other half of the beans, followed by the remaining onions and leeks.
9. Cover everything with the water you kept from cooking the beans.
10. Put into the oven at 180° and bake for about 30 minutes. Serve hot.

| |
|--------------------|
| Kcal/portion 208 |
| Protein g 9 |
| Lipids g 6 |
| Carbohydrates g 23 |
| Cholesterol mg 0 |
| Sodium mg 19 |

Bundevara (Pumpkin rolls)

(not suitable for diabetics)

(Picture page 263)

Serves 6

1½ kg of pumpkin
250 g of filo pastry
1 tsp of ground cinnamon
2 tbsp of sugar (or sweetener see page 89)
2 tbsp and 2 tsp of extra virgin olive oil
1 tsp of icing sugar (diabetics should avoid)

1. Grate the pumpkin and put it in a non-stick pan.
2. Cook it with 2 tbsp of extra virgin olive oil, the sugar (or sweetener) and cinnamon.
3. Take the sheets of filo pastry, grease them with 1 tsp of extra virgin olive oil, then place some pumpkin mix on each sheet and roll them. Make 6 rolls in total.
4. Grease a baking dish with 1 tsp of extra virgin olive oil (or cover with ovenproof paper) and arrange the pumpkin rolls inside.
5. Bake in the oven at 200° until golden brown. Serve with a dusting of icing sugar.

| |
|--------------------|
| Kcal/portion 380 |
| Protein g 5 |
| Lipids g 23 |
| Carbohydrates g 38 |
| Cholesterol mg 0 |
| Sodium mg 105 |



First Course
**Mushroom soup
with dumplings**

Main Course
**Potato dumplings
with cheese**

Dessert
Sweet bread pudding

Slovak

SOCIETY OF CARDIOLOGY





Mushroom soup with dumplings (Hubová polievka)

(Picture page 267)

Serves 4

The soup:

2 tbsp of vegetable oil (see page 95)
100 g of wild mushrooms
2 medium-sized carrots
2 medium-sized potatoes
1 tbsp of paprika
1½ litres of cold water
4 whole peppercorns
pinch of low-sodium salt and freshly ground black pepper

To garnish:

1 tbsp of parsley
2 tbsp of vegetable oil (see page 95)

The trhanec (simple dough dumplings):

80 g of flour
1 egg

1. Gently clean the mushrooms, using a soft brush to remove any dirt, then slice.
2. Wash and slice the carrots.
3. Peel and slice the potatoes.
4. Gently warm 2 tbsp of oil in a saucepan. Stir in 1 tbsp of paprika. Be careful not to burn the spice or the oil.
5. Add the mushrooms, carrots, potatoes and the cold water. Season with a pinch of salt and pepper.
6. Bring to the boil and cook for about 30 minutes.
7. Meanwhile, start preparing the “trhanec” by mixing the flour, egg and a pinch of salt in a bowl until you get a doughy consistency.
8. After the soup has cooked for 30 minutes, take the dough and form it into dumplings. Put the dumplings into the soup and cook for 5 more minutes.
9. Pour the hot soup into a tureen, garnish with freshly chopped parsley and 2 tbsp of oil, and serve.

| | |
|------------------|--------------------|
| Kcal/portion 287 | Carbohydrates g 25 |
| Protein g 8 | Cholesterol mg 56 |
| Lipids g 18 | Sodium mg 73 |

Potato dumplings with cheese (Bryndzové halušky)

Serves 8

700 g of potatoes
400 g of fine wheat flour
2 eggs
1 tsp of low-sodium salt
300 g of bryndza (a soft sheep’s cheese), or crumbly low-fat sheep’s/goat’s cheese
1 onion, thinly sliced

1. Bring a large pot of water to the boil and add 1 tsp of salt.
2. Peel and chop the potatoes, then put them into an electric mixer and blend until you have a creamy mixture. If you don’t have a mixer, grate the potatoes by hand using a cheese grater. Put into a bowl.
3. Add 2 eggs and mix well, then gradually fold in 400 g of flour, constantly stirring with a wooden spoon. If the dough does not stick to the spoon, stir in more flour until it does.
4. The next step requires a special kitchen tool called a metal halušky pan. This sits on top of your pot and has holes that are the perfect shape for dumplings. Feed the dough through the holes into the boiling water, a few spoons at the time, using the handle of your wooden spoon.
5. If you cannot get hold of a halušky pan, just cut little bits of dough (about 2.5 cm long) on a chopping board and toss them into the boiling water.
6. The dough will sink to the bottom. Give it a gentle stir and wait for about 5-10 minutes. When ready, the dumplings will rise to the surface. If the pot is full and you still have dough left over, spoon out the cooked dumplings and keep them warm to one side, then add the rest of the dough to the pan.
7. While the dumplings are cooking, put the bryndza (cheese) in a bowl and add 2 tbsp of the boiling water from your cooking pot. Mix well until it has the consistency of a thick sauce. If you cannot get hold of bryndza, use any crumbly white low-fat sheep’s or goat’s cheese.
8. When all the dumplings are cooked, drain

them and put them in a large bowl. Pour on the bryndza sauce and mix together.

The traditional recipe includes fried onion and bacon top of the dumplings. For this book, we suggest adding just oven-baked onions – a far more healthy option.

| | |
|------------------|--------------------|
| Kcal/portion 381 | Carbohydrates g 54 |
| Protein g 16 | Cholesterol mg 82 |
| Lipids g 15 | Sodium mg 274 |

Sweet bread pudding (Žemľovka)

(not suitable for diabetics)

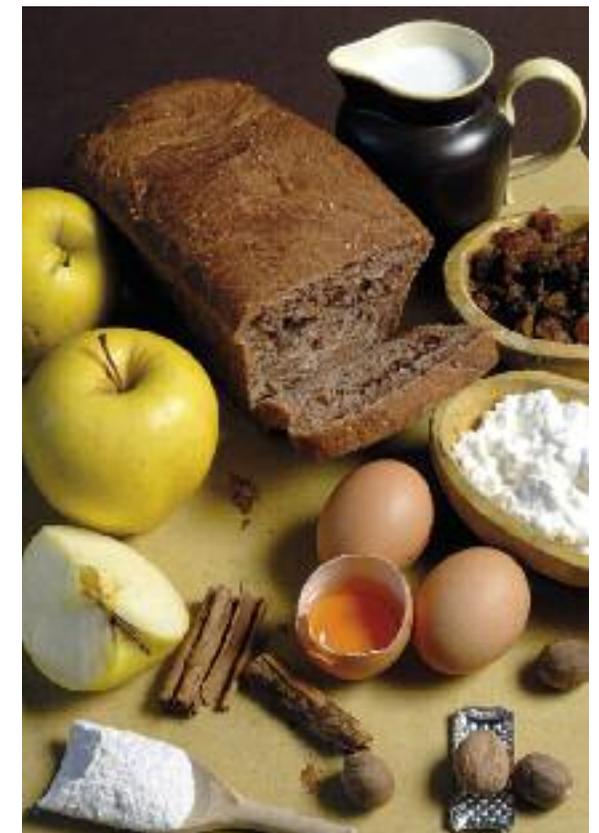
Serves 6

250 ml of low-fat milk
a few slices of wholemeal bread, a few days old
200 g of cottage cheese
3 medium-sized apples
4 tbsp of sugar (or sweetener)
2 eggs
1 tsp of cinnamon
1 tsp of vanilla extract
2 tbsp of raisins
1 tsp of nutmeg

1. Heat the milk in a medium saucepan until lukewarm.
2. Fold in one egg yolk, 2 tbsp of sugar, the nutmeg, vanilla extract and cinnamon. Beat with an electric mixer at medium speed.
3. Thoroughly soak the sliced bread in this mixture.
4. In a separate bowl, mix the cottage cheese with the second egg yolk, 1 tbsp of sugar (or sweetener) and the raisins.
5. Lightly grease a casserole dish and begin building up the pudding: cover the bottom of the casserole dish with half of the soaked bread slices, then pour the cottage cheese mixture over them.
6. Grate the apples and make a layer of them on the cottage-cheese mixture.
7. Top them with another layer of the remaining soaked bread.

8. In a separate bowl, whip the egg whites with 1 tbsp of sugar (or sweetener) using an electric mixer at high speed. When stiff, gently spread on top of the pudding.
9. Put into a hot oven and bake at 180° for approximately 50 minutes. Take care that the top doesn’t turn brown; if necessary, cover with aluminium foil to prevent this. Serve lukewarm.

| | |
|------------------|--------------------|
| Kcal/portion 683 | Carbohydrates g 66 |
| Protein g 34 | Cholesterol mg 87 |
| Lipids g 7 | Sodium mg 67 |



Sweet bread pudding



Entrée
Marinated anchovies

First Course
**Buckwheat porridge
with Boletus Edulis**

Main Course
Roast deer chops

Dessert
**Baked peaches with
walnuts**



Slovenian

SOCIETY OF CARDIOLOGY



Marinated anchovies

(Picture page 271)

Serves 6

16 anchovy fillets, drained

The marinade:

3 tsp of extra virgin olive oil

300 ml of red wine

1 tsp of sugar

3 shallots, finely sliced

3 garlic cloves, thinly sliced

pinch of low-sodium salt and

freshly ground pepper

rosemary

2 juniper berries, chopped

1. Put the sugar in a preheated saucepan and leave to caramelize, stirring occasionally.
2. Pour in the wine, add the shallots, garlic, rosemary and juniper berries.
3. Season with a pinch of salt and pepper, then bring to the boil.
4. Remove from the heat, allow to cool, then add 3 tsp of extra virgin olive oil.
5. Clean and fold the anchovies flat, remove the spines and rinse under running water.
6. Carefully dry the fillets with kitchen paper.
7. Arrange them on a baking tray lined with ovenproof paper and bake in a hot oven for about 10 minutes.
8. Place them in a glass bowl or dish and pour the marinade over them.
9. Cover with cling film and refrigerate for at least 2 hours before serving.

| | |
|------------------|-------------------|
| Kcal/portion 129 | Carbohydrates g 4 |
| Protein g 9 | Cholesterol mg 31 |
| Lipids g 9 | Sodium mg 15 |

Buckwheat porridge with Boletus Edulis (Porcini mushrooms)

Serves 4

350 g of buckwheat

500 g of fresh porcini or shiitake mushrooms

1 medium-sized onion, chopped

4 garlic cloves, chopped

100 ml of white wine

2 bay leaves

1 tbsp of thyme

pinch of low-sodium salt

freshly ground black pepper

1 tbsp of chopped fresh parsley

2 tbsp of grated parmesan cheese

4 tsp of extra virgin olive oil

1. Sauté the chopped onion in a non-stick pan in a few tbsp of water until it becomes transparent, but do not allow to brown.
2. Clean and slice the mushrooms, then add to the onion, along with the garlic.
3. Cook for about 5 minutes.
4. Season with a pinch of salt, pour in the wine and mix well. Cook for another 5 minutes.
5. Add the buckwheat, bay leaves, thyme and freshly ground pepper.
6. Cover with water and cook for 15 minutes on a medium-high heat stirring frequently (add more water if necessary).
7. Remove from the heat and sprinkle with grated parmesan and chopped parsley. Cover and allow to rest for 5 minutes. Serve with a drizzling of 1 tsp of extra virgin olive oil per person.

| | |
|------------------|--------------------|
| Kcal/portion 485 | Carbohydrates g 58 |
| Protein g 19 | Cholesterol mg 7 |
| Lipids g 19 | Sodium mg 121 |

Roast deer chops

Serves 4

4 deer chops

2 tbsp of oil (see page 84)

1 tsp of mustard

freshly ground pepper

pinch of low-sodium salt

200 ml of vegetable stock (see page 95)

1. Sprinkle the chops with the pepper and rub mustard well into both sides. Leave to marinate for about 30 minutes.

2. Heat a non-stick pan and cook the chops on both sides.

3. Pour the vegetable stock over the chops and cook uncovered until tender. Turn the chops several times and add more stock if necessary.

4. Before serving, season with 2 tbsp of oil and a pinch of salt.

| | |
|------------------|--------------------|
| Kcal/portion 250 | Carbohydrates g 0 |
| Protein g 42 | Cholesterol mg 170 |
| Lipids g 9 | Sodium mg 100 |

Baked peaches with walnuts

(not suitable for diabetics)

Serves 4

4 peaches

1 lemon

50 g of margarine

100 g of ground walnuts

1 tbsp of brown sugar or honey

cinnamon

1 tbsp of low-fat yoghurt

1. Mix the walnuts with the brown sugar, a few drops of lemon juice, some finely chopped lemon peel, the cinnamon and the yoghurt.
2. Wash the peaches, remove their stones, then cut them into halves.
3. Cover a baking tray with ovenproof paper and arrange the fruit on it, cut side up. Sprinkle the fruit with lemon juice, then fill the hollows with the above mixture.
4. Bake in a preheated oven at 180° for 40 minutes.

Serve hot or lukewarm.

| | |
|------------------|--------------------|
| Kcal/portion 284 | Carbohydrates g 11 |
| Protein g 3 | Cholesterol mg 6 |
| Lipids g 25 | Sodium mg 2 |

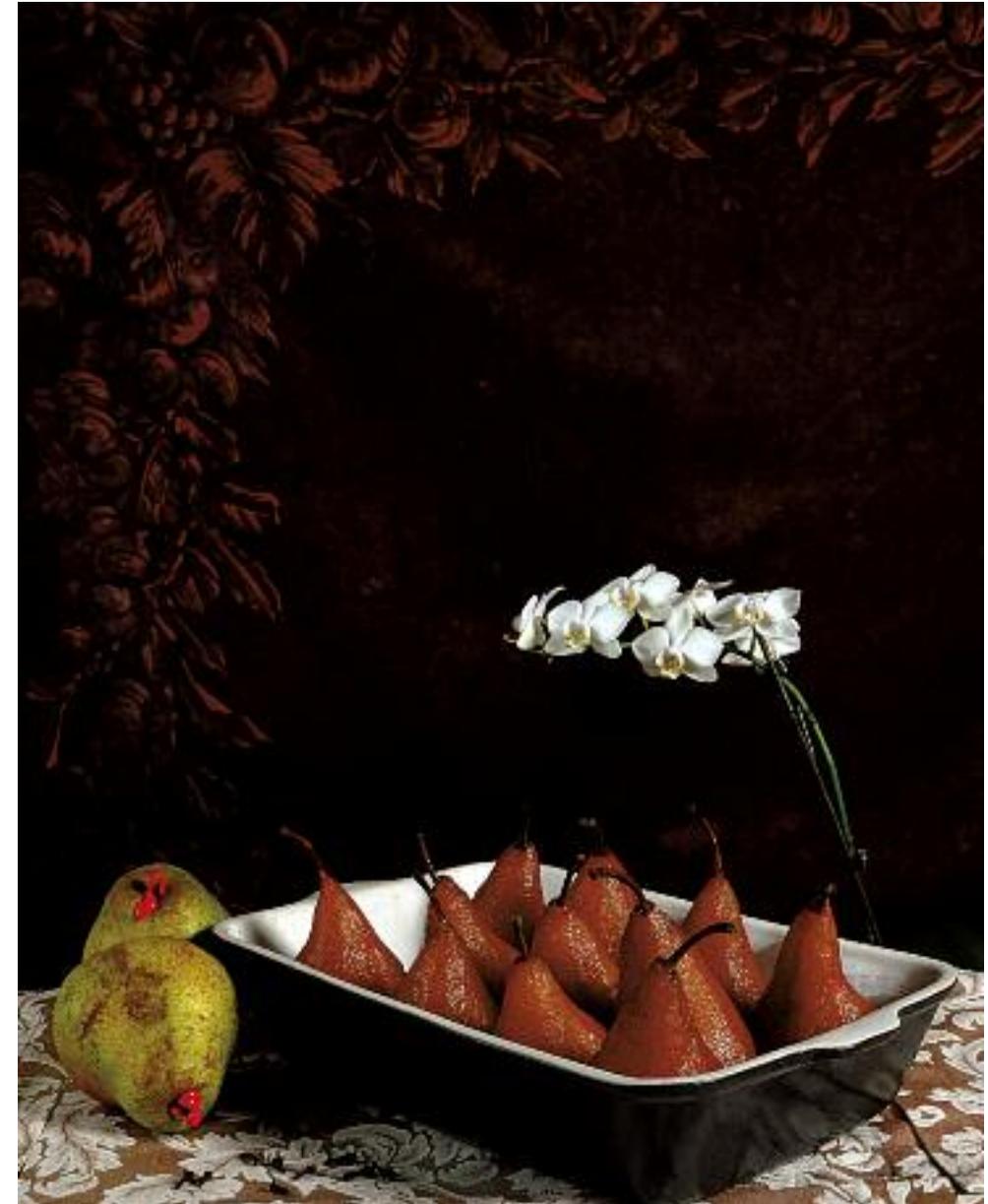


Baked peaches with walnuts



Spanish

SOCIETY OF CARDIOLOGY





Escalivada

"Escalivada" is a typical Catalan dish, made with peppers, aubergines and onions. In Catalan, the word "escalivar" means "to roast" and that is exactly what you have to do to make a good escalivada – roast the ingredients in the oven. It is very easy to make and very versatile, as it can be used as a first course, as an accompaniment to meat or fish, or on an 'espadanya' – which is a piece of toast rubbed with tomato and topped with escalivada and salted anchovies.

Serves 4

- 2 red peppers
- 2 aubergines
- 2 onions
- 2 tsp of extra virgin olive oil

1. Wash the peppers, onions and aubergines well.
2. Bake them in an oven at 170° until they start to blacken on the outside. Turn them over when half cooked to make sure they are cooked evenly on both sides.
3. When you take them out of the oven, wrap them in aluminium foil and allow to cool. This will make it easier to remove the skin.
4. Once they are cooled to room temperature, take the aluminium foil off, peel off the skin and remove the seeds.
5. Cut into strips, dress with 2 tsp of extra virgin olive oil and serve.

Kcal/portion 60
 Protein g 2
 Lipids g 3
 Carbohydrates g 7
 Cholesterol mg 0
 Sodium mg 60

Mar y Montaña

Serves 6

- 1 organic chicken
- 4 Norwegian lobsters
- 3-4 cloves of garlic
- 1 green pepper, chopped
- 2 medium-sized onions
- 2-3 small ripe tomatoes
- 1 cup of blanched almonds
- 2 tbsp of melted chocolate
- water or fish stock (see page 95)
- 1 tsp of extra virgin olive oil (optional)

1. Wash, dry and cut the chicken into eight pieces.
2. Brown the pieces in a non-stick pan with half of the garlic and the pepper (with 1 tsp of extra virgin olive oil if you wish). Once browned, remove and put to one side.
3. In the same pan, cook the Norwegian lobsters with 1 or 2 tbsp of water, remove and put to one side.
4. Again in the same pan, sauté the sliced onions until they become transparent.
5. Add the finely chopped tomato and stir continuously until dense.
6. Crush the almonds and the remaining garlic in a mortar and pestle, then add them to the tomato and onions, along with the garlic and pepper, stirring gently.
7. Put the pieces of chicken back into the pan, cover with water or fish stock and mix well.
8. Add 2 tbsp of melted chocolate and a pinch of salt (optional; no salt is better for you).
9. Cover and leave to cook over a low heat for an hour or more, depending on the size and type of chicken (test from time to time with a fork).
10. When the chicken is tender, add the lobsters.
11. This dish is best left to sit overnight, then eaten the following day.
 Serve with boiled rice or steamed new potatoes.

Kcal/portion 816
 Protein g 82
 Lipids g 52
 Carbohydrates g 6
 Cholesterol mg 359
 Sodium mg 558



Mar y Montaña

Pears in red wine (not suitable for diabetics)

(Picture page 275)

Serves 4

- 4 pears, not too ripe
- 80 g of sugar
- ½ bottle of full-bodied red wine
- 1 tbsp of lemon juice
- peel of one orange or lemon
- 1 sachet of vanilla powder
- 1 cinnamon stick
- 2 cloves

1. Peel the pears (which must be ripe but still firm, so they can withstand the cooking process). They turn out even better if the stalks are left on.
2. In a thick-based casserole dish, large enough to fit the pears in later, prepare a

syrup by heating the sugar so that it melts without caramelising.

3. Add the lemon juice, citrus peel, spices and a sachet of vanilla.
4. Stir for a few seconds and pour in the red wine.
5. Place the pears in the wine, cover and leave to cook for 30 minutes over a low heat or until they are very soft. Check that they are cooked by seeing if a toothpick can be inserted easily through to their core.
6. Allow to cool and then keep them cool in the syrup.
7. Serve on a dessert dish. Pass the wine and spice syrup through a sieve and pour over the top.

Kcal/portion 159
 Protein g 0
 Lipids g 0
 Carbohydrates g 40
 Cholesterol mg 0
 Sodium mg 8



First Course
White fish roe on avocados

Main Course
**Hare with blackcurrant and
chanterelle sauce**

Dessert
**Ice cream with raspberries
and blackcurrants**
Almond biscuits

Swedish

SOCIETY OF CARDIOLOGY





White fish roe on avocados

Serves 4

200 g of white fish roe
2 well-ripened avocados
200 ml of freshly squeezed lemon juice
½ cup of low-fat yoghurt
4 slices of thin crisp bread
2 shallots

1. Blend the avocados in a mixer together with the lemon juice and yoghurt to form a soup-like consistency.
2. Pour into 4 small serving bowls and top with some of the white fish roe.
3. Spread the rest of the white fish roe on 4 slices of thin crisp bread.

Tip: Tastes great with a Bavarian beer or Riesling wine.

| |
|--------------------|
| Kcal/portion 623 |
| Protein g 24 |
| Lipids g 18 |
| Carbohydrates g 90 |
| Cholesterol mg 187 |
| Sodium mg 473 |

Hare with blackcurrant and chanterelle sauce

(Picture page 279)

Serves 6

1 hare (or other wild meat such as reindeer, elk or venison)
500 g of almond-shaped potatoes (or ordinary boiling potatoes)
500 g of peas, green beans and carrots
1 onion, roughly chopped
1 carrot, roughly chopped
pinch of low-sodium salt
4 white peppercorns

For the sauce:

1 cup of low-fat milk
200 g of frozen chanterelles
1 tbsp of wheat flour

freshly ground white pepper
1 tbsp of blackcurrant jelly

1. Divide the hare into four parts, separating the fillet from the breast. Save the breast bones for the stock.
2. Roast the bones in a hot oven/grill for a couple of minutes, then put them in a pot and cover with water. Add the onion and carrot, a pinch of salt and the white peppercorns. Boil for at least one hour and sieve. This stock will be the base for the sauce.
3. Brown all the meat in a non-stick pan.
4. Bake the meat in an oven at 200° for 45 minutes.
5. Boil the unpeeled potatoes for about 15-20 minutes.
6. Boil the peas, green beans and carrots.
7. Using the prepared stock as the base of the sauce, blend in 1 tbsp of wheat flour with 1 cup of milk, then add the blackcurrant jelly and chanterelles and simmer.
8. Season with a pinch of salt and pepper.
9. Arrange the hare on a hot serving platter and surround it with the potatoes and vegetables. Serve the sauce separately.

Tip: Best accompanied with a red wine such as French Bandol.

| |
|--------------------|
| Kcal/portion 484 |
| Protein g 77 |
| Lipids g 7 |
| Carbohydrates g 28 |
| Cholesterol mg 221 |
| Sodium mg 254 |

Ice cream with raspberries and blackcurrants

Serves 4

150 g of raspberries
100 g of blackcurrants
sweetener (see page 89)
15 ml of freshly squeezed lemon juice
1 cup of low-fat yoghurt
½ cup of skimmed milk



Ice cream with raspberries and blackcurrants with almond biscuits

1. Rinse the berries (if using frozen berries, allow them to thaw).
2. Blend them with the sweetener, lemon juice, skimmed milk and yoghurt.
3. Pour the mixture into an ice-cream maker, or put into a plastic container and freeze, stirring from time to time in order to stop crystallisation.
Serve with almond biscuits.

3 tbsp of sugar
50 g of low-fat yoghurt
1 tbsp of wheat flour
15 ml of low-fat milk

1. Mix all the ingredients and put them in a pan.
2. Bring to the heat, stirring continually until the mix forms a dough. Do not allow to boil.
3. Line a baking tray with ovenproof paper and spread the dough to form biscuits of any shape.
4. Bake in a pre-heated oven at 175° for 7-8 minutes.

Tip: This dessert is great accompanied with a wine such as Portuguese Moscatel de Setubal.

| |
|--------------------|
| Kcal/portion 118 |
| Protein g 8 |
| Lipids g 3 |
| Carbohydrates g 10 |
| Cholesterol mg 15 |
| Sodium mg 91 |

Almond biscuits

(not suitable for diabetics)

Makes about 15-20 thin biscuits:
50 g of chopped sweet almonds

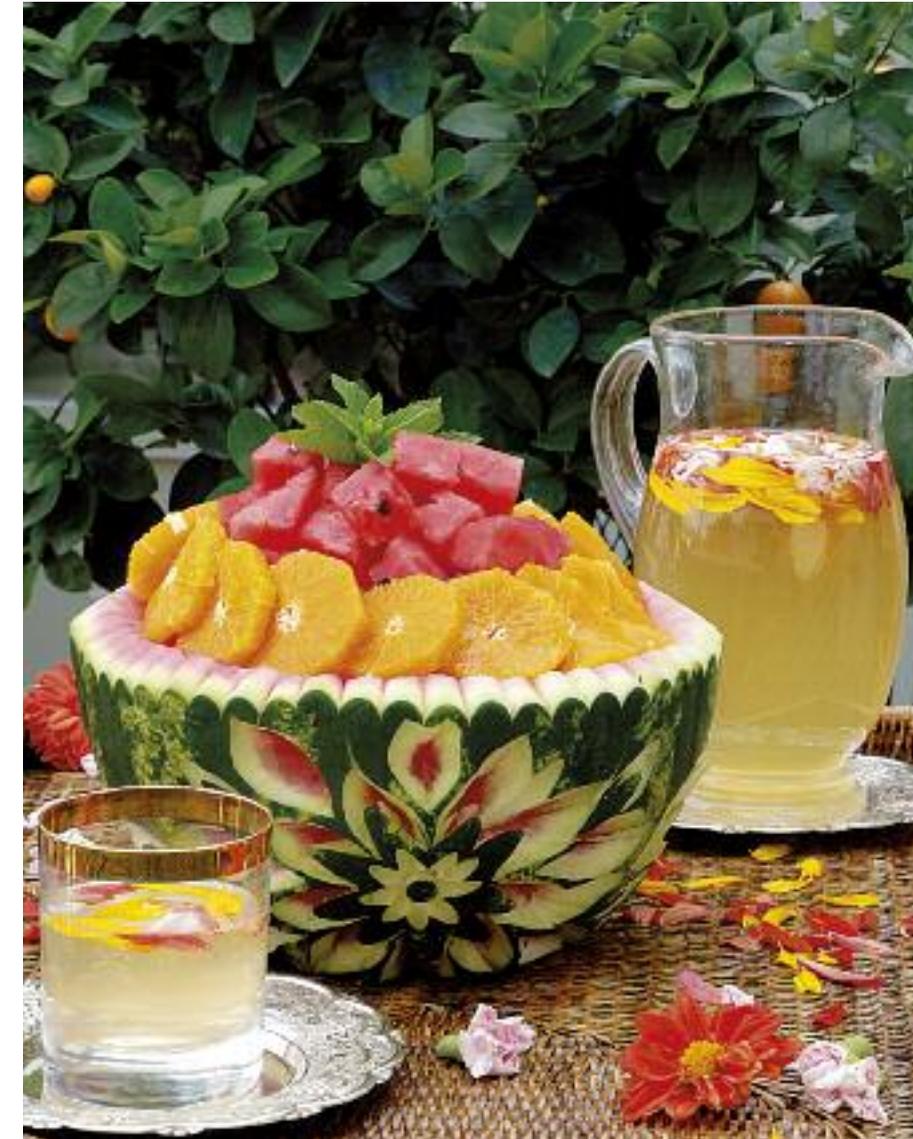
| |
|--------------------|
| Kcal/portion 553 |
| Protein g 15 |
| Lipids g 29 |
| Carbohydrates g 59 |
| Cholesterol mg 1 |
| Sodium mg 42 |



First Course
Split pea soup

Main Course
Spinach with ground beef
Cauliflower in tomato sauce

Dessert
**Water melon and
orange salad**
Flower tea



Syrian

CARDIOVASCULAR ASSOCIATION



Split pea soup (Shorabit bizalia)

Serves 4

1½ cups of yellow split peas
2 litres of chicken stock (see page 96)
1 celery stick, chopped
1 leek or small onion, chopped
1 small carrot, grated
2 tbsp of extra virgin olive oil
pinch of low-sodium salt and
freshly ground pepper

To garnish:
chopped fresh parsley
toasted croutons

1. Soak the split peas overnight in 2 litres of water.
2. Drain them, transfer to a large pan and cover with the chicken stock.
3. Add the celery, leek or onion and carrot. Bring to the boil, cover and simmer until the split peas are soft (add more water if necessary). Cooking time may vary from 60-105 minutes depending on the type of split peas used. In a pressure cooker, they may take just 15 minutes.
4. Season with a pinch of salt and pepper.
5. Purée in a blender, or force through a sieve, and return to the pot. If the soup is too thick, add a little stock. Simmer for a few minutes.
6. Season with 2 tbsp of extra virgin olive oil.
7. Garnish with parsley and serve with croutons or pieces of toasted Arabic bread.

Kcal/portion 379
Protein g 24
Lipids g 10
Carbohydrates g 47
Cholesterol mg 0
Sodium mg 313

Spinach with ground beef

Serves 6

500 g of lean ground beef, cut into pieces
1 kg of spinach
2 tbsp of extra virgin olive oil
1 tsp of chopped garlic
1 bunch of cilantro, washed and chopped

1. Wash and clean the spinach, then allow to drain.
2. Sauté the garlic in a non-stick pan with 2 tbsp of extra virgin olive oil. Remove the garlic when it starts to brown, then add the beef.
3. Cut the spinach into pieces and add it to the beef.
4. Cook for 15 minutes.
5. Before removing from the heat, add the cilantro.
Serve with brown rice or wheatmeal bread on the side.

Kcal/portion 188
Protein g 23
Lipids g 9
Carbohydrates g 5
Cholesterol mg 89
Sodium mg 241

Cauliflower in tomato sauce

Serves 4

1 small head of cauliflower
pinch of low-sodium salt

Sauce:

4 cloves of garlic, grated
2 tsp of extra virgin olive oil
3 tbsp of tomato purée
¼ cup of chopped celery leaves
4 tbsp of chopped parsley
½ tsp of cumin
2 tbsp of lemon juice
freshly ground black pepper

1. Wash the cauliflower and separate into florets.
2. Boil in slightly salted water for 15 minutes until you can penetrate them with a fork, but they are still rather firm. Drain.
3. Sauté the garlic in the oil until it begins to turn brown.
4. Blend the tomato purée with water and add to the oil and garlic, together with all the remaining ingredients (except the lemon juice) and stir.
5. Simmer for about 15 minutes, then put in the cauliflower. Cook for a few more minutes.
6. Arrange it on a warm plate, drizzle with the lemon juice, then serve at room temperature.

Kcal/portion 50
Protein g 2
Lipids g 3
Carbohydrates g 4
Cholesterol mg 0
Sodium mg 67

Watermelon and orange salad

(Picture page 283)

Serves 8

1 small watermelon
6 oranges
3 tbsp of orange-flower water
1 tsp of ground cinnamon
sweetener (see page 89)
a few leaves of mint

1. With a sharp knife, remove the peel and white pith from 4 oranges and cut into rings.
2. Squeeze the juice from the remaining oranges and put to one side.
3. Cut the watermelon in half, remove the flesh and cut into cubes. Save the skin.
4. Fill the bottom of one half of the skin with the orange rings, then arrange the melon cubes in the centre.
5. In a separate bowl, mix together the orange-flower water, cinnamon, orange juice and sweetener. Stir well.

6. Pour this mixture over the fruit and decorate with mint leaves.
7. Chill in the refrigerator for at least 2 hours before serving.

Kcal/portion 76
Protein g 1
Lipids g 2
Carbohydrates g 17
Cholesterol mg 0
Sodium mg 22

Flower tea (Zhoorat)

(Picture page 283)

Zhoorat is a mixture of flowers and petals, such as rose, camomile and jasmine. We recommend you avoid buying packaged blends that contain unhealthy additives in favour of fresh ingredients from a market seller.

1 litre of water

¼ cup of zhoorat
sweetener (see page 89)

1. Bring the water to the boil. Add the flowers and boil for 1 minute.
2. Turn off the heat and allow to stand for 5 minutes.
3. Strain and serve with sweetener to taste (optional).

Tip: There are many variations of this tea. For example, anise seed can help to sooth an upset stomach and is also very good for babies suffering with colic. Camomile can help with indigestion. You can also try ginger and thyme leaves etc.



First Course

Seaweed with cucumber

Main Course

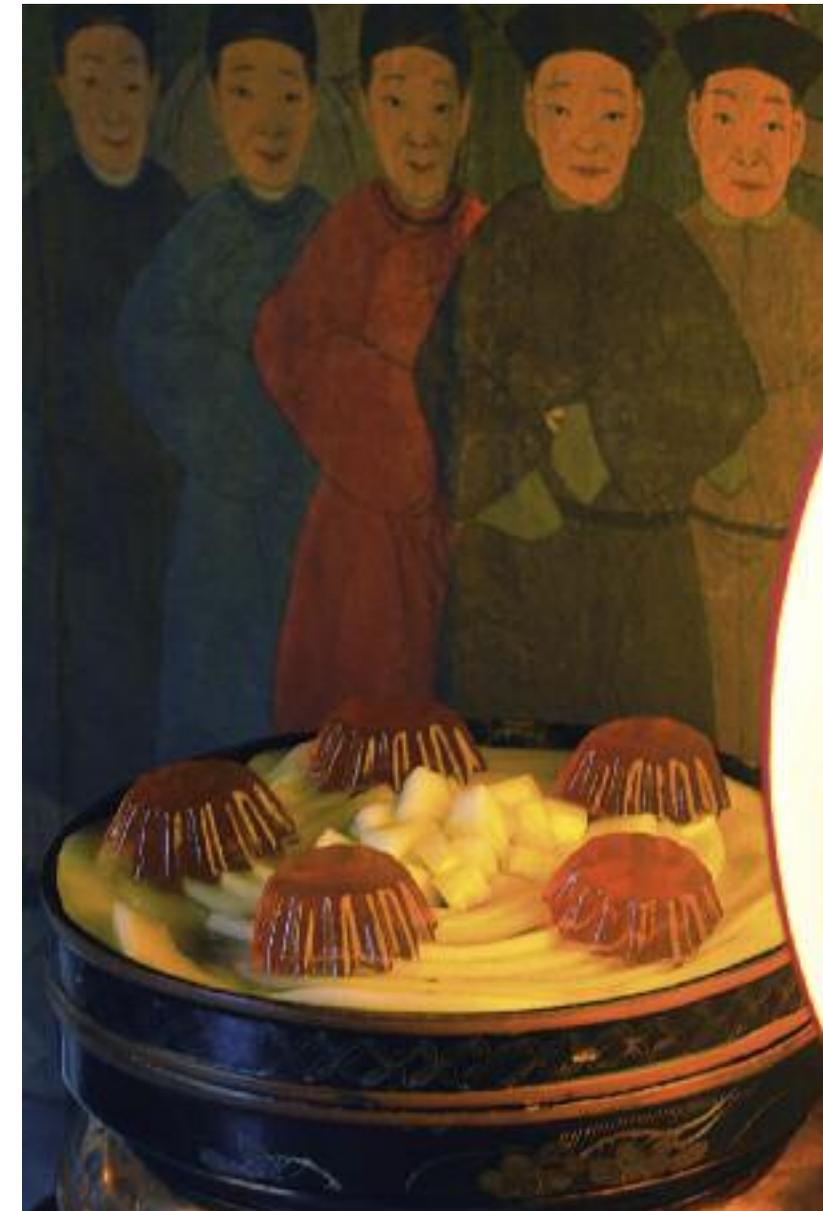
Curry chicken

**Cashew nuts, vegetables
and mixed-grain rice**

Watercress with tofu soup

Dessert

Tea jelly with cantaloupe



Taiwan

SOCIETY OF LIPID AND ATHEROSCLEROSIS



Seaweed with cucumber

Serves 1

3 g of seaweed
30 g of cucumber
3 g of ginger
1 tbsp of fruit vinegar

1. Cut the seaweed, cucumber and ginger into slices.
2. Put the seaweed and ginger slices on the top of cucumber and season with fruit vinegar.

Kcal/portion 16
Protein g 1
Lipids g 0
Carbohydrates g 3
Cholesterol mg 0
Sodium mg 14

Curry chicken

Serves 1

60 g of chicken breast
15 g of onion
15 g of green pepper
10 g of carrot
1 tbsp of curry powder
½ tsp of low-sodium salt
1½ tbsp of vegetable oil (see page 84)

1. Chop the chicken breast, onion, green pepper and carrot into cubes.
2. Put the vegetable oil in a wok and gently stir-fry the onion, green pepper and carrot. Add the cubed chicken breast and cook together until everything is well done.
3. Season with the curry powder and salt.

Kcal/portion 210
Protein g 1
Lipids g 0
Carbohydrates g 3
Cholesterol mg 0
Sodium mg 14

Cashew nuts, vegetables and mixed-grain rice

Serves 1

25 g of mushrooms
10 g of red capsicum
10 g of sweetcorn
10 g of green beans
150 g of steamed mixed-grain rice
15 g of toasted cashew nuts
50 ml of low-fat milk
½ tsp of black pepper

1. Chop the mushrooms and red capsicum into cubes.
2. Cook the mushroom, sweetcorn, green beans and red capsicum in a small amount of boiling water for 3 minutes.
3. Lower the heat and add the low-fat milk to thicken.
4. Mix with steamed rice and toasted cashew nuts. Season with freshly ground black pepper.

Kcal/portion 694
Protein g 16
Lipids g 9
Carbohydrates g 137
Cholesterol mg 1
Sodium mg 52

Watercress with tofu soup

Serves 1

40 g of watercress
30 g of tofu
200 ml of chicken stock (see page 96)
½ tsp of low-sodium salt

1. Cut the watercress into 3 cm lengths.
2. Chop the tofu into small cubes.
3. Cook the watercress and tofu in boiling chicken stock until tender and add salt to season.

Kcal/portion 100
Protein g 7
Lipids g 5
Carbohydrates g 7
Cholesterol mg 0
Sodium mg 438

Tea jelly with cantaloupe

(Picture page 287)

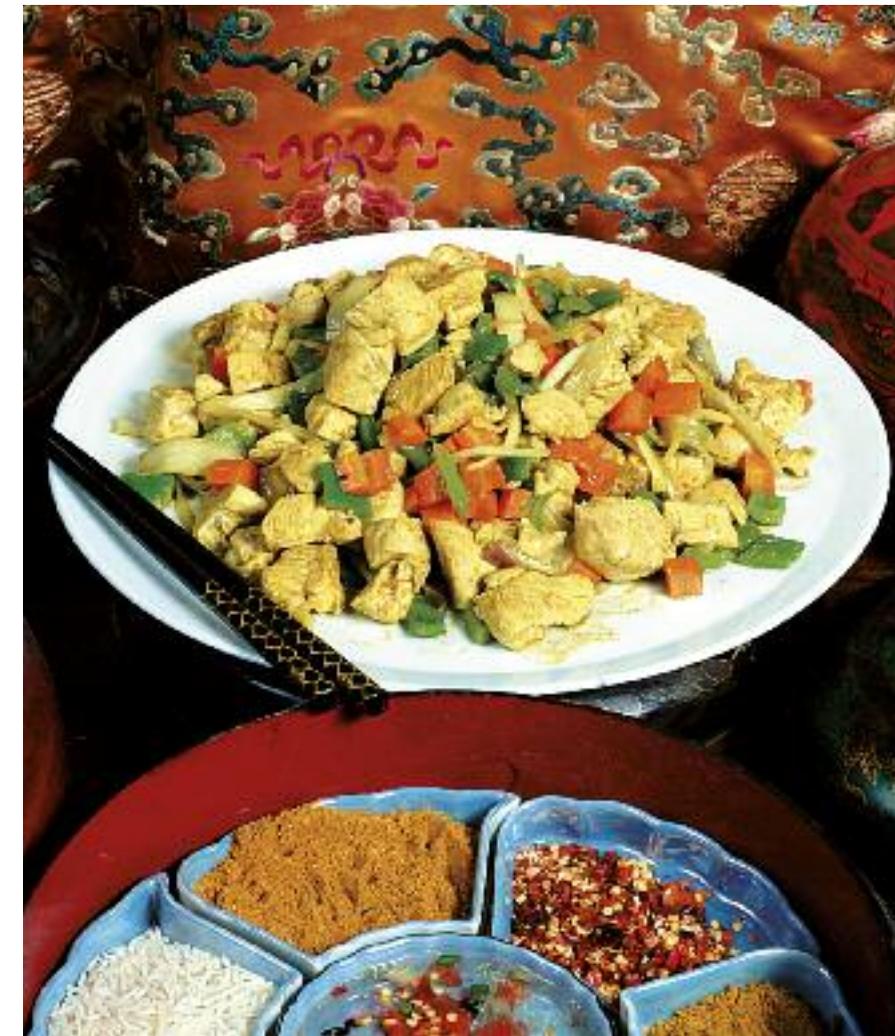
Serves 1

3 g of agar
1 teabag
120 ml of water
200 g of cantaloupe melon
1/3 tsp sugar

1. Soak the agar in cold water until soft.
2. Bring the water to boil, add one teabag to infuse for 5 minutes.
3. Remove the teabag. Add the softened agar

- and sugar to the brewed tea. Bring to the boil until the agar melts completely.
4. Pour into a cup and leave it to cool until it sets into a jelly.
 5. Scoop out the tea jelly and serve with fresh cantaloupe.

Kcal/portion 99
Protein g 1
Lipids g 0
Carbohydrates g 22
Cholesterol mg 0
Sodium mg 35



Curry chicken



First Course
Ghatma

Main Course
Ground meat kebab
Artichoke hearts

Dessert
Apricot pudding
Turkish coffee



Turkish

SOCIETY OF CARDIOLOGY



Ghatma (barley soup with yoghurt)

Serves 4

½ cup of pearl barley
1 large onion, chopped
5 cups of chicken stock (see page 96)
¼ cup of fresh parsley, chopped
2 tbsp of dried mint
½ cup of low-fat yoghurt
pinch of low-sodium salt and
freshly ground pepper

1. Wash the barley and leave to soak overnight.
2. Sauté the chopped onion in a non-stick pan with a few spoons of water until it becomes transparent.
3. Drain the barley and add it to the onion along with 4½ cups of chicken stock. Bring to the boil.
4. Cover the saucepan and simmer for about an hour until the barley is soft (if necessary, add hot water to the pan during cooking).
5. Add the chopped parsley, mint and a pinch of salt and pepper.
6. In a bowl, stir the yoghurt while gradually adding the remaining ½ cup of stock.
7. Away from the heat, add the yoghurt to the soup, stirring constantly.
8. Heat again gently before serving (do not allow the mixture to boil as it will curdle). Serve warm.

| | |
|------------------|--------------------|
| Kcal/portion 144 | Carbohydrates g 23 |
| Protein g 8 | Cholesterol mg 1 |
| Lipids g 2 | Sodium mg 210 |

Ground meat kebab

Serves 6

The kebabs:

500 g of minced meat (such as veal or lean beef)
¼ cup of onion, minced
1 tbsp of chopped parsley
1 tbsp of chopped mint
¼ tsp of mixed Arabic spices

freshly ground pepper
low-sodium salt (optional as the spices act as seasoning)

The marinade:

1 tbsp of extra virgin olive oil
1 tbsp of lemon juice
1 tsp of chopped mint
1 tsp of chopped parsley
1 tbsp of low-fat yoghurt

1. In a bowl, mix the meat with all the other ingredients for the kebabs and knead until well blended.
2. Thread the meat onto skewers, forming kebabs about 15 cm long.
3. In another bowl, combine all the ingredients for the marinade.
4. Broil or charcoal-grill the meat until done, basting frequently with the marinade.
5. Serve the kebabs with your preferred choice of vegetables.

Tip: For a lighter recipe, leave out the marinade and brown the meatballs directly over the heat.

| | |
|------------------|-------------------|
| Kcal/portion 121 | Carbohydrates g 1 |
| Protein g 18 | Cholesterol mg 59 |
| Lipids g 5 | Sodium mg 78 |

Artichoke hearts

(Picture page 291)

Serves 6

6 large artichokes
2 onions, finely sliced
1 tsp of sugar
juice of 2 lemons
2 tsp of extra virgin olive oil
1 cup of water
pinch of low-sodium salt and
freshly ground pepper

1. Cut the artichoke leaves in half crossways and save the artichoke hearts.
2. Put the hearts in a saucepan. Add the lemon juice, sliced onions, sugar, 2 tsp of

extra virgin olive oil, the water and a pinch of salt and pepper.

3. Cover tightly and cook for 1 hour over a medium heat (do not lift the lid while cooking).
4. Serve cold or hot with lemon juice and onions poured over the artichoke hearts.

Tip: You can serve with different vegetable such as broad beans, peas or carrots.

| | |
|------------------|--------------------|
| Kcal/portion 119 | Carbohydrates g 53 |
| Protein g 7 | Cholesterol mg 0 |
| Lipids g 2 | Sodium mg 342 |

Apricot pudding

(not suitable for diabetics)

Serves 6

400 g of dried apricots
3½ cups of water
1 tsp of sugar
1 tsp of grated orange peel
1 tsp of grated lemon peel
¼ cup of sliced blanched almonds

To garnish:

6 tsp of yoghurt
mint leaves

1. Soak the apricots overnight in water.
2. The next day, add the sugar and the grated peel of the orange and lemon.
3. Bring to the boil, then reduce the heat. Simmer for about 30 minutes until the mixture is soft and thick.
4. Stir in the almonds and pour into individual bowls. Allow to cool.
Serve cold and garnish each bowl with 1 tsp of yoghurt and mint leaves.

| | |
|------------------|--------------------|
| Kcal/portion 256 | Carbohydrates g 45 |
| Protein g 6 | Cholesterol mg 0 |
| Lipids g 6 | Sodium mg 22 |

Turkish coffee

Coffee is the symbol of Arabian hospitality. It is always served during business deals and when making purchases. Every house has its **rakwi**, a long-handled brass or iron pot with a lip for pouring. There are three common preferences for how people take their coffee - **murra** (sugarless), **mazboota** (medium) or **hilwe** (sweet). Refusing coffee in Turkey can be seen as a rejection of the hospitality offered, so it is best to accept, even if you would rather not.

Serves 1

½ cup of water
1 tsp of sugar (optional)
1 tsp of heaped ground coffee

1. Bring the water to the boil. Several cups may be made at once, but never fill the coffee pot more than half way.
2. Add the sugar and boil for a few seconds until it has completely dissolved (optional).
3. Stir in the coffee and bring to a full boil. Immediately remove the pot from the heat with the long handle in your left hand. At the same time, immerse a spoon in the pot to stop the coffee from frothing. Return it to the heat and repeat the operation twice allowing a lot of froth to form.
4. Pour immediately into small cups. To distribute the froth and sediment evenly, pour half a cup of coffee at a time and repeat until each cup is full.





First Course
Ukrainian salad

Main Course
Kiev roast

Dessert
**Prunes stuffed with
cottage cheese**



Ukrainian

ASSOCIATION OF CARDIOLOGY

Ukrainian salad

(Picture page 295)

Serves 4

70 g of potatoes
100 g of cucumber
60 g of carrots
70 g of apples
60 g of peas
50 g of spring onions
2 tbsp of vegetable oil (see page 84)
freshly ground pepper

1. Cook the potatoes, unpeeled. When cooled, peel them and cut into cubes.
2. Cook the carrots in boiling water until they are tender, then cut into slices (avoid cooked carrots if you suffer from diabetes).
3. Boil the peas until they are tender.
4. Dip the spring onions into boiling water for a few seconds (this will take away their sharp taste), then cut them into fine slices.
5. Peel the cucumbers and apples, then cut into cubes.
6. Mix all the fruit and vegetables together in a serving bowl.
7. Season with a pinch of salt (optional; it is better to use none) and pepper, and dress with 2 tbsp of oil.

| | |
|------------------|-------------------|
| Kcal/portion 115 | Carbohydrates g 9 |
| Protein g 2 | Cholesterol mg 0 |
| Lipids g 8 | Sodium mg 35 |

Kiev roast

Serves 6

600 g of lean beef
6 medium-sized potatoes
200 g of champignon mushrooms
100 g of onions
60 g of tomato purée
2 tbsp of vegetable oil
100 g of low-fat yoghurt

1. Brown and cook the beef in a non-stick pan.
2. Remove from the heat and, when cold, cut into cubes.
3. Thinly slice the onions and sauté with a few tbsp of water in a non-stick pan until they become transparent.
4. Add the tomato purée.
5. Wash and slice the mushrooms, then mix them with the yoghurt. Add everything to the tomato purée and onions. Cover and cook for a few minutes.
6. Arrange the meat on a serving platter, then pour over the hot tomato and mushroom sauce and dress with 2 tbsp of extra virgin olive oil.
Serve with roast or jacket potatoes.

| | |
|------------------|-------------------|
| Kcal/portion 184 | Carbohydrates g 4 |
| Protein g 23 | Cholesterol mg 71 |
| Lipids g 8 | Sodium mg 134 |



Kiev roast



Prunes stuffed with cottage cheese

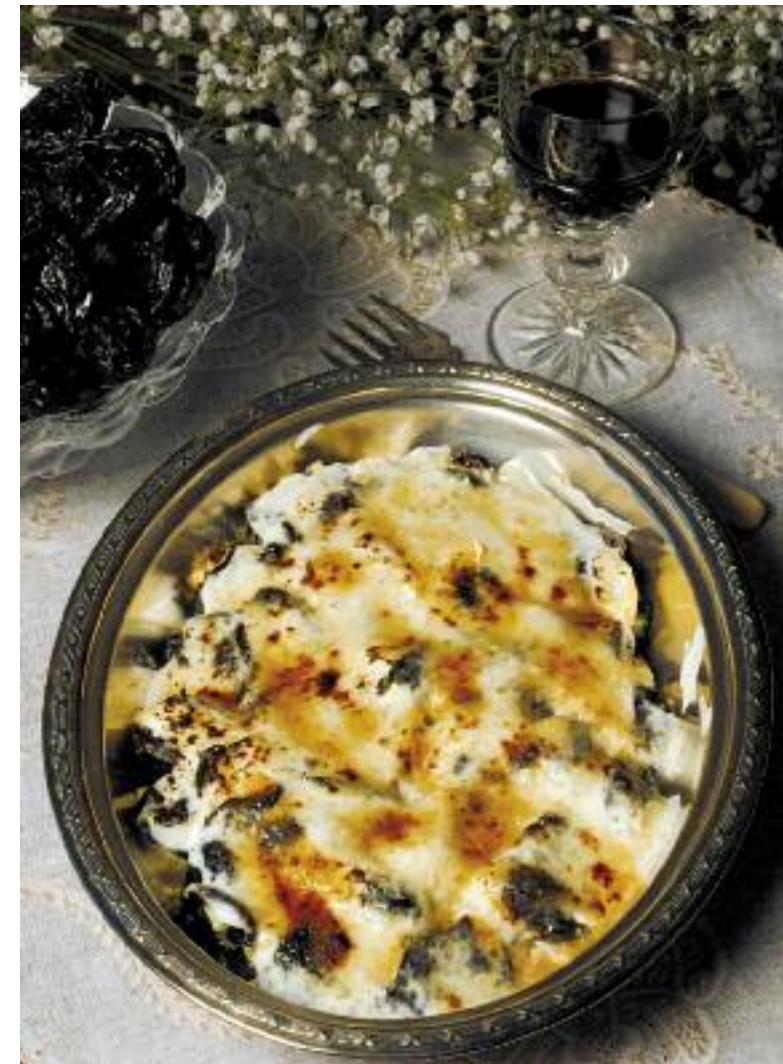
Serves 4

300 g of stoned prunes
10 g of low-fat cottage cheese
1 egg, beaten
2 tsp of sugar (diabetics should avoid)
60 g of low-fat yoghurt

1. Mix the cottage cheese with 2 tsp of sugar and the beaten egg.

2. Fill the prunes with this mixture.
3. Delicately arrange the filled prunes in a Pyrex serving dish.
4. Cover with the yoghurt and bake in the oven at 180° for about 15 minutes.
Serve warm.

| | |
|-----------------|--------------------|
| Kcal/portion 96 | Carbohydrates g 16 |
| Protein g 2 | Cholesterol mg 75 |
| Lipids g 2 | Sodium mg 38 |



Prunes stuffed with cottage cheese



NUTRITIONAL VALUE TABLES

LEGEND

| | | |
|----------------|---|----|
| Calcium | = | Ca |
| Iron | = | Fe |
| Phosphorus | = | P |
| Iodine | = | I |
| Magnesium | = | Mg |
| Manganese | = | Mn |
| Potassium | = | K |
| Copper | = | Cu |
| Selenium | = | Se |
| Zinc | = | Zn |
| Trace elements | = | Tr |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|--------------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|--------------------------|-----------------------------|----------|
| BREADS AND OTHER OVEN PRODUCE | | | | | | | | | | | | | | | |
| Baguettes | 100 gr | 2,7 | 26 | 19 | 22 | 0,0 | 55 | | 1,9 | 9,6 | 54 | 1,5 | | Ca, Fe, Se, Mn | 270 |
| Biscuits | 75 gr | 13 | 4,0 | 26 | 66 | 5,1 | 34 | | - | 4,3 | - | - | B1 | P | 276 |
| Ciabatta | 100 gr | 2,6 | 12 | 73 | 15 | 0,0 | 20 | | 1,9 | 9,7 | 18 | 2,6 | | Ca, Fe, Se, Mn | 143 |
| Brioche | 60 gr | 12,2 | 24 | 40 | 32 | 4,5 | 23 | | 0,6 | 5,0 | 22 | 1,0 | folates | | 216 |
| Oatmeal crackers | 2 | 4,8 | 29 | 44 | 21 | 2,0 | 16 | | 0,8 | 2,6 | 16 | 1,5 | | Mn | 115 |
| Rye crackers | 25 gr | 0,45 | 50 | 17 | 17 | 0,0 | 16,5 | | 2,1 | 2,7 | 14,4 | 3,6 | | Mn | 81 |
| Sponge cake (bought) | 50 gr | 2,5 | 12 | 36 | 32 | 76 | 32 | | 24 | 2,1 | 8,3 | 0,9 | | | 151 |
| White bread | 100 gr | 1,9 | 26 | 21 | 21 | 0,0 | 49 | | 2,6 | 8,4 | 47 | 1,5 | B1 | Ca, Mn | 235 |
| Durum wheat white bread | 100 gr | 2,5 | 28 | 20 | 20 | 0,0 | 42 | | 1,8 | 9,2 | 40 | 5,8 | B1, folates | Mg, K, P, Fe, Se, Mn | 215 |
| Corn flour bread | 100 gr | 7,1 | 45 | 25 | 18 | 0,0 | 44 | | - | 6,7 | - | 0,0 | B1, B2, folates | Ca, Fe, Se, K, P | 266 |
| Rye bread | 100 gr | 1,7 | - | - | - | 0,0 | 45,8 | | - | 8,3 | - | 4,4 | B1, B2, E | Ca, Fe, P | 219 |
| Soya bread | 100 gr | 2,5 | - | - | - | - | 43 | | 2,4 | 9,2 | 40 | 3,3 | B1, folates | Ca, Mg, Fe, Cu, I, Mn, K, P | 232 |
| Wholemeal bread | 100 gr | 2,7 | 26 | 22 | 19 | 0,0 | 46 | | 2,2 | 9,3 | 44 | 4,3 | B1, folates | Mg, P | 235 |
| Shortbread pastry | 25 gr | 5,9 | 16 | 42 | 49 | - | 7,7 | | 0,5 | 3 | 7,3 | 1,5 | | | 93 |
| Puff pastry | 25 gr | 0,9 | - | - | 8 | - | 15 | | 0,3 | 2,2 | 15 | 0,8 | | | 79 |
| Pizza Base | 200 gr | 24 | 18 | 31 | 45 | 44 | 50 | | 4,0 | 18 | 46 | 2,8 | A, β-carotene, B1, B2, E | Ca, K, P, I, Mn | 474 |
| RICE, CEREALS AND PASTA | | | | | | | | | | | | | | | |
| Couscous | 50 gr | 0,9 | - | - | - | 0,0 | 39 | | 0,0 | 5,3 | 39 | 1,0 | | 175 | |
| Wholemeal flour | 50 gr | 1,1 | 45 | 14 | 14 | 0,0 | 32 | | 1,0 | 6,3 | 31 | 4,5 | B1, B6 | Mg, P, Cu, Se, Mn | 155 |
| Type "O" flour | 50 gr | 0,6 | 50 | 17 | 17 | 0,0 | 39 | | 0,8 | 4,7 | 38 | 1,5 | | Ca | 171 |
| Barley | 50 gr | 1,0 | - | - | - | 0,0 | 32 | | 0,9 | 5,3 | 31 | 7,4 | B6 | K, Fe, Mn, P | 151 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|--------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|------------|---------------|----------|
| Pasta | 50 gr | 0,9 | 44 | 11 | 11 | 0,0 | 37 | | 1,6 | 6 | 35 | 1,5 | | Mn, Cu | 171 |
| Wholemeal pasta | 50 gr | 1,3 | 44 | 12 | 16 | 0,0 | 33 | | 1,9 | 6,7 | 31 | 4,2 | B2 | Mn, Cu, Mg | 162 |
| Polenta | 50 gr | 0,8 | - | - | 33 | 0,0 | 37 | | 1,0 | 4,3 | 36 | 0,5 | | Fe | 172 |
| White rice | 50 gr | 1,8 | 36 | 25 | 25 | 0,0 | 43 | | Tr | 3,7 | 43 | 0,2 | | Mn | 192 |
| Brown rice | 50 gr | 1,4 | 36 | 25 | 25 | 0,0 | 41 | | 0,6 | 3,3 | 40 | 0,9 | B1 | Mg, P, Cu, Mn | 179 |
| DAIRY PRODUCTS AND EGGS | | | | | | | | | | | | | | | |
| Brie | 50 gr | 13 | 3,0 | 29 | 63 | 50 | Tr | | Tr | 9,6 | 0,0 | 0,0 | B2, A, B12 | P | 160 |
| Edam | 50 gr | 13 | 2,0 | 29 | 62 | 40 | Tr | | Tr | 13 | 0,0 | 0,0 | | Ca, I, P | 167 |
| Feta | 50 gr | 10 | 3,0 | 20 | 67 | 35 | 0,8 | | 0,8 | 7,8 | 0,0 | 0,0 | B12 | Ca, P | 125 |
| Spreadable cheese | 60 gr | 11 | 3,0 | 29 | 63 | 33 | 22 | | 2,2 | 6,8 | 0,0 | 0,0 | A, B12 | Ca, P | 138 |
| Light spreadable cheese | 60 gr | 5,0 | 3,0 | 24 | 66 | - | 3,2 | | 3,2 | 8 | 0,0 | 0,0 | B12 | Ca, P | 94 |
| Swiss cheese | 50 gr | 14 | 4,0 | 27 | 63 | 46 | 1,7 | | - | 14 | - | 0,0 | A, B12 | Ca, P | 188 |
| Gorgonzola | 50 gr | 15 | 3,0 | 29 | 63 | 38 | Tr | | Tr | 10 | 0,0 | 0,0 | A, B12 | Ca, P | 174 |
| Goat's milk | 100 ml | 3,5 | 3,0 | 23 | 66 | 10 | 44 | | 4,4 | 3,1 | 0,0 | 0,0 | A, B2, B12 | Ca, I, K, P | 60 |
| Cow's milk | 100 ml | 3,5 | 3,0 | 28 | 62 | 14 | 4,8 | | 4,8 | 3,2 | 0,0 | 0,0 | A, B2, B12 | Ca, I, K, P | 66 |
| Semi-skimmed cow's milk | 100 ml | 1,6 | Tr | 31 | 63 | 7,0 | 5,0 | | 5 | 3,3 | 0,0 | 0,0 | A, B2, B12 | Ca, I, K, P | 46 |
| Skimmed cow's milk | 100 ml | 0,1 | 0,0 | 0,0 | 100 | 2,0 | 5,0 | | 5 | 3,3 | 0,0 | 0,0 | A, B2, B12 | Ca, I, K, P | 33 |
| Soya milk | 100 ml | 1,9 | 58 | 21 | 16 | 0,0 | 0,8 | | 0,8 | 2,9 | 0,0 | 0,0 | B2, E | Cu | 32 |
| Mascarpone | 60 gr | 23 | 3,0 | 24 | 66 | 60 | 2,4 | | 2,4 | 1,4 | 0,0 | 0,0 | A, B12 | | 225 |
| Mozzarella | 50 gr | 12,3 | 3,0 | 29 | 63 | 44 | 1,2 | | 1,2 | 11 | Tr | 0,0 | A, B12 | Ca, P | 159 |
| Double cream | 50 ml | 11,6 | 4,0 | 29 | 62 | 36 | 2,2 | | 2,2 | 1,5 | 0,0 | 0,0 | | | 68 |
| Single cream | 50 ml | 9,8 | 4,0 | 29 | 62 | 33 | 2 | | 2 | 1,4 | 0,0 | 0,0 | | | 99 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|-----------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|--------------------|--------------------------|----------|
| Parmesan cheese | 10 gr | 3,3 | 2,0 | 29 | 63 | 10 | Tr | | Tr | 4,0 | 0,0 | 0,0 | B2, B12 | Ca | 45 |
| Ricotta | 50 gr | 3,9 | 3,0 | 29 | 55 | 15 | 2,55 | | - | 5,7 | - | 0,0 | | | 69 |
| Roquefort | 50 gr | 15 | 4,0 | 29 | 62 | 45 | 1,0 | | Tr | 11 | 0,0 | 0,0 | B2, B12 | Ca, P | 184 |
| Cheese slices | 1 | 5,0 | 4,0 | 28 | 61 | 17 | 0,2 | | 0,2 | 4,2 | 0,0 | 0,0 | B12 | P | 66 |
| Large eggs | 1 | 6,1 | 12 | 43 | 30 | 217 | Tr | | Tr | 7,2 | 0,0 | 0,0 | B12, folates, A, D | I | 84 |
| Medium eggs | 1 | 5,0 | 12 | 44 | 30 | 179 | Tr | | Tr | 6,0 | 0,0 | 0,0 | B12, folates, D, A | I | 69 |
| Cottage cheese | 100 gr | 4,5 | 3,0 | 29 | 63 | 15 | 2,7 | | 0,0 | 12,5 | 0,0 | 0,0 | B2 | P | 79 |
| Greek yoghurt | 100 gr | 7,5 | 5,0 | 25 | 64 | 14 | 5,6 | | 5,6 | 4,4 | 0,0 | 0,0 | B2, B12 | Ca, K, P | 106 |
| Yoghurt | 100 gr | 0,8 | Tr | 25 | 63 | 4 | 7,5 | | 7,5 | 5,1 | 0,0 | 0,0 | B2, B12 | Ca, K, P | 56 |
| Low-fat yoghurt | 100 gr | 3,0 | 7,0 | 30 | 30 | 11 | 7,8 | | 7,8 | 5,7 | 0,0 | 0,0 | B2, B12 | Ca, K, P | 79 |
| Low-fat yoghurt with fruit | 115 gr | 1,4 | 2,0 | 26 | 60 | 5,6 | 21 | | 21 | 4,5 | 0,0 | 0,0 | B2 | Ca, K, P | 111 |
| FISH AND SHELLFISH | | | | | | | | | | | | | | | |
| Anchovies | 100 gr | 48 | - | - | - | - | 5,3 | | 0,1 | 20 | 5,2 | 0,2 | | Ca, P, Cu, Se, I | 525 |
| Lobster | 250 gr | 1,5 | 33 | 20 | 20 | 100 | Tr | | Tr | 20 | Tr | 0,0 | B12, E | K, Zn, Cu, Se, I, P | 93 |
| Squid | 100 gr | 1,7 | 35 | 12 | 24 | 225 | 1,2 | | Tr | 15 | Tr | 0,0 | B6, B12, E | K, P, Se, I | 81 |
| Scallops | 100 gr | 1,4 | 29 | 7,0 | 29 | 47 | 3,4 | | Tr | 23 | Tr | 0,0 | B12 | K, P, Zn, Se, I | 118 |
| Mussels | 100 gr | 2,7 | 3,7 | 15 | 19 | 58 | 3,5 | | Tr | 17 | Tr | 0,0 | B2, B12, folates | Fe, Zn, Cu, Se, I, P, Mn | 104 |
| Herring fillets | 100 gr | 13 | 21 | 42 | 25 | 50 | 0,0 | | 0,0 | 18 | 0,0 | 0,0 | B6, B12, D | P, I, Se, K | 190 |
| Smoked herring fillets | 100 gr | 19 | 22 | 53 | 16 | 50 | 0,0 | | 0,0 | 20 | 0,0 | 0,0 | B6, B12, D | P, I, K, Se | 255 |
| Smoked cod fillets | 100 gr | 0,6 | 33 | 17 | 17 | 36 | 0,0 | | 0,0 | 19 | 0,0 | 0,0 | B6, B12 | P, I, K, Se | 81 |
| Mackerel fillet | 100 gr | 16 | 21 | 49 | 21 | 54 | 0,0 | | 0,0 | 19 | 0,0 | 0,0 | B6, B12, D | P, I, Se, K | 220 |
| Prawns | 100 gr | 0,9 | 22 | 22 | 22 | 280 | 0,0 | | 0,0 | 23 | 0,0 | 0,0 | B12, E | K, P, Zn, Mg, Se, I | 99 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|--------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|-----------------------|---------------------------------|----------|
| Crab | 100 gr | 5,5 | 29 | 27 | 13 | 72 | Tr | | Tr | 20 | Tr | 0,0 | B2 | K, P, Zn, Cu, Mg | 128 |
| Pike | 100 gr | 1,6 | 35 | 23 | 20 | 110 | 0,0 | | 0,0 | 24,5 | 0,0 | 0,0 | B2, B6, B12 | P, Se, K | 119 |
| Cod | 100 gr | 0,7 | 43 | 14 | 14 | 46 | 0,0 | | 0,0 | 18 | 0,0 | 0,0 | B12 | P, I, K, Se | 80 |
| Oysters | 100 gr | 1,3 | 31 | 15 | 15 | 57 | 2,7 | | Tr | 11 | Tr | 0,0 | B12, D | Ca, Mg, P, K, Zn, Cu, Se, I, Mn | 65 |
| Swordfish | 100 gr | 4,1 | 27 | 39 | 22 | 41 | 0,0 | | 0,0 | 18 | 0,0 | 0,0 | B6, B12 | P, K, Se | 109 |
| Smoked salmon | 50 gr | 2,3 | 26 | 39 | 17 | 18 | 0,0 | | 0,0 | 13 | 0,0 | 0,0 | B6, B12 | P, Se, K | 71 |
| Fresh salmon | 100 gr | 11 | 28 | 40 | 9,0 | 50 | 0,0 | | 0,0 | 20 | 0,0 | 0,0 | B1, B6, B12, D, E | P, Se, K, I | 180 |
| Tinned salmon | 100 gr | 6,6 | 29 | 36 | 20 | 20 | 0,0 | | 0,0 | 24 | 0,0 | 0,0 | B12, D, E | Ca, P, K, Se, I | 153 |
| Fresh sardines | 100 gr | 16 | 29 | 36 | 20 | 92 | 0,0 | | 0,0 | 21 | 0,0 | 0,0 | B2, B6, B12, D | Ca, P, K, Se, I, Fe, Mg | 281 |
| Scampi | 100 gr | 14 | 47 | 38 | 10 | 110 | 21 | | Tr | 9,4 | 21 | - | B12 | Ca, P, Cu, Se, I, Mn | 237 |
| Fresh tuna | 100 gr | 4,6 | 35 | 22 | 22 | 28 | 0,0 | | 0,0 | 24 | 0,0 | 0,0 | B6, B12, D | K, P, Cu, Se, I | 136 |
| Tuna in brine | 100 gr | 0,6 | 33 | 17 | 33 | 51 | 0,0 | | 0,0 | 24 | 0,0 | 0,0 | B6, B12, D | P, K, Se | 99 |
| Tuna in oil | 100 gr | 9,0 | 53 | 26 | 17 | 50 | 0,0 | | 0,0 | 27 | 0,0 | 0,0 | B6, B12, D, E | P, K, Se | 189 |
| Trout | 225 gr | 12 | 33 | 34 | 9,0 | 151 | 0,0 | | 0,0 | 44 | 0,0 | 0,0 | B1, B2, B6, B12, D, E | K, P, Se, I | 281 |
| MEATS, POULTRY AND GAME | | | | | | | | | | | | | | | |
| Duck | 100 gr | 38 | 14 | 51 | 30 | 99 | 0,0 | | 0,0 | 20 | 0,0 | 0,0 | B1, B2, B6, B12 | K, P, Fe, Zn, Cu, Se | 423 |
| Duck without skin | 100 gr | 10 | 13 | 50 | 32 | 115 | 0,0 | | 0,0 | 25 | 0,0 | 0,0 | B1, B2, B6, B12 | K, P, Fe, Zn, Cu, Se | 195 |
| Beef steak | 100 gr | 5,1 | 4,0 | 45 | 41 | 68 | 0,0 | | 0,0 | 32 | 0,0 | 0,0 | B2, B6, B12 | K, P, Zn, Fe | 175 |
| Pork chop | 100 gr | 7,7 | 16 | 16 | 34 | 90 | 0,0 | | 0,0 | 38 | 0,0 | 0,0 | B1, B6, B12 | K, P, Zn, se | 220 |
| Rabbit | 100 gr | 5,5 | 33 | 24 | 38 | 53 | 0,0 | | 0,0 | 22 | 0,0 | 0,0 | B6, B12 | K, P, Se | 137 |
| Leg of lamb | 100 gr | 9,4 | 6,0 | 42 | 40 | 100 | 0,0 | | 0,0 | 30 | 0,0 | 0,0 | B2, B6, B12 | K, P, Fe, Zn | 203 |
| Gammon ham | 100 gr | 5,1 | 14 | 41 | 35 | 105 | 0,0 | | 0,0 | 35 | 0,0 | 0,0 | B1, B2, B6, B12 | K, P, Zn, Se | 185 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|----------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|-----------------|------------------|----------|
| Lamb ribs | 100 gr | 7,5 | 6,0 | 37 | 46 | 96 | 0,0 | | 0,0 | 29 | 0,0 | 0,0 | B2, B6, B12 | K, P, Fe, Zn | 150 |
| Pheasant | 100 gr | 12 | 13 | 47 | 34 | 220 | 0,0 | | 0,0 | 28 | 0,0 | 0,0 | B2, B6, B12 | K, P, Fe | 220 |
| Deer fillet | 100 gr | 1,6 | 25 | 25 | 50 | 50 | 0,0 | | 0,0 | 22 | 0,0 | 0,0 | B2, B6, B12 | K, P, Fe, Zn, Cu | 103 |
| Pork fillet | 100 gr | 4,0 | 8,0 | 45 | 40 | 89 | 0,0 | | 0,0 | 22 | 0,0 | 0,0 | B1, B2, B6, B12 | K, P, Zn, Se | 122 |
| Beef fillet | 100 gr | 4,1 | 7,0 | 42 | 42 | 59 | 0,0 | | 0,0 | 22 | 0,0 | 0,0 | B2, B6, B12 | K, P, Zn, Fe | 125 |
| Veal fillet | 100 gr | 2,7 | 15 | 44 | 33 | 84 | 0,0 | | 0,0 | 21 | 0,0 | 0,0 | B2, B6, B12 | K, P, Zn | 109 |
| Hamburger | 100 gr | 19 | 3,0 | 46 | 45 | 80 | 0,1 | | 0,1 | 21 | 0,0 | 0,0 | B6, B12 | K, P, Zn, Fe | 254 |
| Beef | 100 gr | 27 | 4,0 | 42 | 40 | 85 | 0,0 | | 0,0 | 16 | 0,0 | 0,0 | B6, B12, B2 | K, P, Zn, Fe | 310 |
| Mortadella | 100 gr | 20 | 10 | 49 | 36 | 80 | Tr | | - | 15 | Tr | 0,0 | B1, B6, B12 | K, P | 247 |
| Bacon | 100 gr | 57,5 | 12 | 46 | 47 | 67 | 0,0 | | 0,0 | 8,7 | 0,0 | 0,0 | B1, B6, B12 | K, P | 556 |
| Chicken(breast) | 100 gr | 1,1 | 18 | 46 | 27 | 70 | 0,0 | | 0,0 | 24 | 0,0 | 0,0 | B6 | K, P, Se | 106 |
| Roast chicken | 100 gr | 7,5 | 20 | 45 | 28 | 105 | 0,0 | | 0,0 | 27 | 0,0 | 0,0 | B6 | K, P, Zn, Se | 177 |
| Cooked ham | 100 gr | 3,3 | 15 | 46 | 33 | 58 | 1 | | 1 | 18 | 0,0 | 0,0 | B1, B6, B12 | K | 107 |
| Prosciutto | 100 gr | 13 | - | - | 33 | - | Tr | | Tr | 27 | 0 | Tr | - | - | 222 |
| Salami | 100 gr | 40 | 11 | 45 | 37 | 320 | 2 | | 2 | 20 | 0,0 | 0,4 | B1, B6, B12 | K, P | 440 |
| Grilled pork sausage | 2 | 20 | 11 | 45 | 39 | 42 | 9,2 | | 1,4 | 11 | 7,8 | 0,6 | B12 | Cu | 254 |
| Shoulder of lamb | 100 gr | 14 | 4,0 | 39 | 46 | 100 | 0,0 | | 0,0 | 28 | 0,0 | 0,0 | B2, B6, B12 | K, P, Fe, Zn | 235 |
| Beef stew | 100 gr | 5,0 | 4 | 38 | 36 | 60 | 0,0 | | 0,0 | 19 | 0,0 | 0,0 | B6, B12, B2 | K, P, Zn, Fe | 13 |
| Turkey (leg) | 100 gr | 2,5 | 24 | 40 | 32 | 86 | 0,0 | | 0,0 | 20 | 0,0 | 0,0 | B2, B6, B12 | K, P, Se | 104 |
| Turkey (breast) | 100 gr | 0,8 | 25 | 38 | 38 | 57 | 0,0 | | 0,0 | 24 | 0,0 | 0,0 | B6, B12 | K, P | 105 |
| Roast turkey | 100 gr | 2,0 | 25 | 35 | 35 | 82 | 0,0 | | 0,0 | 34 | 0,0 | 0,0 | B6, B12 | K, P, Se | 153 |

VEGETABLES AND PULSES



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|----------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|------------------------|---------------|----------|
| Garlic | 1 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,5 | | 0,1 | 0,2 | 0,4 | 0,1 | | | 3 |
| Asparagus | 25 gr | 0,6 | 50 | 25 | 25 | 0,0 | 2,0 | | 0,9 | 2,9 | 0,1 | 1,7 | β-carotene, E, folates | K | 25 |
| Avocados | 1/2 | 15 | 11 | 62 | 21 | 0,0 | 1,4 | | 0,4 | 1,4 | Tr | 2,6 | B6, E, | K | 145 |
| Beet | 100 gr | 0,1 | 50 | Tr | Tr | 0,0 | 7,6 | | 7,0 | 1,7 | 0,6 | 1,9 | folates | K, Mn | 36 |
| Brussels sprouts | 100 gr | 1,4 | 50 | 7,0 | 21 | 0,0 | 4,1 | | 3,1 | 3,5 | 0,8 | 4,1 | β-carotene, folates, C | K | 42 |
| Broccoli | 100 gr | 0,9 | 56 | 20 | 22 | 0,0 | 1,8 | | 1,5 | 4,4 | 0,1 | 2,6 | β-carotene, folates, C | K | 33 |
| Artichokes | 1 | 0,1 | 100 | 0,0 | 0,0 | 0,0 | 1,4 | | 0,6 | 1,4 | Tr | - | folates | K | 143 |
| Carrots | 100 gr | 0,3 | 67 | Tr | 33 | 0,0 | 7,9 | | 7,4 | 0,6 | 0,3 | 2,4 | β-carotene | | 35 |
| Cauliflower | 100 gr | 0,9 | 56 | 11 | 22 | 0,0 | 3,0 | | 2,5 | 3,6 | 0,4 | 1,8 | folates, C | K | 34 |
| Red cabbage | 100 gr | 9,3 | 67 | Tr | Tr | 0,0 | 3,7 | | 3,3 | 1,1 | 0,1 | 2,5 | folates, C | K | 21 |
| Chickpeas | 50 gr | 2,7 | 50 | 20 | 9,0 | 0,0 | 25 | | 1,3 | 11 | 22 | 5,3 | folates, E | K, Fe, Cu, Mn | 160 |
| Tinned chickpeas | 100 gr | 2,9 | 45 | 24 | 10 | 0,0 | 16,1 | | 0,2 | 7,2 | 7,6 | 2,0 | E | Mn | 115 |
| Cucumbers | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 1,5 | | 1,4 | 0,7 | 0,1 | 0,6 | | | 10 |
| Onions | 100 gr | 0,2 | 50 | Tr | Tr | 0,0 | 7,9 | | 5,6 | 1,2 | Tr | 0,4 | | | 36 |
| Cannellini beans | 50 gr | 0,9 | 47 | 6,0 | 24 | 0,0 | 27 | | 1,8 | 10 | 23 | 8,0 | | K, Mn, Cu | 145 |
| Dried broad beans | 50 gr | 1,0 | 52 | 14 | 14 | 0,0 | 16 | | 3,0 | 13 | 12 | 16 | β-carotene, folates | Mn | 123 |
| Tinned kidney beans | 100 gr | 0,6 | 50 | 17 | 17 | 0,0 | 8,9 | | 1,8 | 3,5 | 6,4 | 3,1 | | K, Fe, Mn | 100 |
| Dried kidney beans | 50 gr | 0,7 | 57 | 7 | 14 | 0,0 | 22 | | 1,3 | 11 | 19 | 7,8 | folates | K, Fe, Mn, Cu | 133 |
| String beans | 100 gr | 0,4 | 50 | Tr | 25 | 0,0 | 3,2 | | 2,8 | 1,6 | 0,4 | 2,0 | β-carotene, folates, C | K | 22 |
| Broad beans | 100 gr | 1,0 | 50 | 10 | 10 | 0,0 | 7,2 | | 1,3 | 5,7 | 5,4 | 6,1 | β-car, folates, C | K | 59 |
| Fennel | 100 gr | 0,2 | Tr | Tr | Tr | 0,0 | 1,8 | | 1,7 | 0,9 | 0,1 | 2,4 | β-carotene, folates | K | 12 |
| Mushrooms | 100 gr | 0,5 | 60 | Tr | 20 | 0,0 | 0,4 | | 0,2 | 1,8 | 0,2 | 1,1 | B2, folates | K, Cu | 13 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|--------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|----------------------------|---------------|----------|
| Soybean sprouts | 100 gr | 0,2 | 50 | 0,0 | 50 | 0,0 | 0,7 | | 0,7 | 1,5 | Tr | 1,7 | | K, Cu | 11 |
| Vegetarian hamburgers | 50 gr | 5,6 | - | - | - | 0,0 | 4 | | 1,8 | 8,3 | 2,2 | 2,1 | B1, folates | K, Fe, Mn | 98 |
| Iceberg lettuce | 100 gr | 0,3 | 67 | Tr | Tr | 0,0 | 1,9 | | 1,9 | 0,7 | Tr | 0,6 | folates | K | 13 |
| Romaine lettuce | 100 gr | 0,6 | 67 | Tr | 17 | 0,0 | 1,7 | | 1,7 | 1 | Tr | 1,2 | β-carotene, folates | K | 16 |
| Brown and green lentils | 50 gr | 0,9 | 42 | 16 | 11 | 0,0 | 24 | | 0,6 | 12 | 22 | 4,4 | B6, folates | K, Fe, Se, Mn | 149 |
| Red lentils | 50 gr | 0,6 | 39 | 15 | 15 | 0,0 | 28 | | 1,2 | 12 | 25 | 2,5 | | K, Fe | 159 |
| Potatoes | 100 gr | 0,1 | 100 | 0,0 | 0,0 | 0,0 | 17 | | 0,7 | 1,8 | 16 | 1,2 | B6, C | K, Cu | 72 |
| Roast potatoes | 100 gr | 4,2 | 14 | 38 | 43 | 0,0 | 30 | | 0,7 | 3,2 | 29 | 2,4 | B6, C | K, Cu | 162 |
| Chips | 100 gr | 14 | 52 | 25 | 19 | 0,0 | 36 | | 0,7 | 4,1 | 35 | 2,4 | B6, C | K, Cu | 273 |
| Fresh chilli peppers | 100 gr | 0,6 | - | - | - | 0,0 | 0,7 | | 0,7 | 2,9 | Tr | - | C | | 20 |
| Yellow peppers | 100 gr | 0,2 | 50 | Tr | Tr | 0,0 | 5,3 | | 5,1 | 1,2 | Tr | 1,7 | β-carotene, B6, C | K | 26 |
| Red peppers | 100 gr | 0,4 | 50 | Tr | 25 | 0,0 | 6,4 | | 6,1 | 1 | 0,1 | 1,6 | β-carotene, B6, C | | 32 |
| Green peppers | 100 gr | 0,3 | 67 | Tr | 33 | 0,0 | 2,6 | | 2,4 | 0,8 | 0,1 | 1,6 | β-carotene, folates, C | K | 15 |
| Frozen peas | 100 gr | 0,9 | 56 | 11 | 22 | 0,0 | 9,8 | | 2,6 | 5,7 | 45 | 5,1 | β-carotene, B1, folates, C | K | 66 |
| Fresh peas | 100 gr | 1,5 | 47 | 13 | 20 | 0,0 | 11 | | 2,3 | 6,9 | 7 | 4,7 | β-carotene, B1, folates, C | K | 83 |
| Tinned peas | 100 gr | 0,9 | 44 | 11 | 22 | 0,0 | 14 | | 3,9 | 5,3 | 6,3 | 5,1 | β-carotene | K | 80 |
| Fresh tomatoes | 100 gr | 0,3 | 50 | 25 | 25 | 0,0 | 3,1 | | 3,1 | 0,7 | Tr | 1 | β-carotene, C, E | K | 17 |
| Tinned tomatoes | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 3 | | 2,8 | 1 | 0,2 | 0,7 | β-carotene, C, E | K | 16 |
| Leeks | 100 gr | 0,5 | 60 | Tr | 20 | 0,0 | 2,9 | | 2,2 | 1,6 | 0,3 | 2,2 | β-carotene, folates, C | K | 22 |
| White turnips | 100 gr | 1,1 | 18 | 4,5 | 18 | 0,0 | 13 | | 5,7 | 1,8 | 6,2 | 4,6 | β-carotene, B1, folates, C | K, P, Fe | 64 |
| Scallions | 100 gr | 0,5 | 40 | 20 | 20 | 0,0 | 3 | | 2,8 | 2 | 0,2 | 1,5 | C | | 23 |
| Celery | 100 gr | 0,2 | 50 | Tr | Tr | 0,0 | 0,9 | | 0,9 | 0,5 | Tr | 1,1 | | K | 7 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|----------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|---------------------------|----------------------|----------|
| Soya | 50 gr | 9,3 | 49 | 19 | 12 | 0,0 | 7,9 | | 2,8 | 18 | 2,4 | 7,8 | B6, folates, E | Mg, K, P, Fe, Cu, Mn | 185 |
| Fresh spinach | 100 gr | 0,8 | 63 | 13 | 13 | 0,0 | 1,6 | | 1,5 | 2,8 | 0,1 | 2,1 | β-carotene, folates, C, E | K, Ca | 25 |
| Tofu | 100 gr | 4,2 | 48 | 19 | 12 | 0,0 | 0,7 | | 0,3 | 8,1 | 0,3 | Tr | | Ca | 73 |
| Cabbage | 100 gr | 0,5 | 60 | Tr | 20 | 0,0 | 3,9 | | 3,8 | 2,1 | 0,1 | 3,1 | β-carotene, folates, C | K | 27 |
| Fresh ginger | 1 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,5 | | 0,2 | 0,1 | 0,3 | - | | | 2 |
| Pumpkin | 100 gr | 0,2 | Tr | Tr | 50 | 0,0 | 2,2 | | 1,7 | 0,7 | 0,3 | 1 | β-carotene, C | | 13 |
| Courgettes | 100 gr | 0,4 | 50 | Tr | 25 | 0,0 | 1,8 | | 1,7 | 1,8 | 0,1 | 0,9 | | | 18 |
| FRUITS | | | | | | | | | | | | | | | |
| Desiccated apricots | 50 gr | 0,3 | - | - | - | 0,0 | 18,2 | | 18,2 | 2,0 | 0,0 | 3,1 | β-carotene | K, Fe, Mn | 79 |
| Dried apricots | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 6,6 | | 6,6 | 0,8 | 0,0 | 1,6 | β-carotene | | 29 |
| Pineapples | 100 gr | 0,2 | 50 | 50 | Tr | 0,0 | 10 | | 10 | 0,4 | 0,0 | 1,2 | C | Mn | 41 |
| Oranges | 1 | 0,2 | Tr | Tr | Tr | 0,0 | 14 | | 14 | 1,8 | 0,0 | 2,7 | folates, C | K | 60 |
| Bananas | 1 | 0,3 | 33 | Tr | 33 | 0,0 | 23 | | 21 | 1,2 | 2,3 | 1,1 | B6, C | K, Mn | 95 |
| Cherries | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 9,5 | | 9,5 | 0,7 | 0,0 | 0,7 | C | | 39 |
| Coconuts | 100 gr | 36 | 2 | 6 | 86 | 0,0 | 3,7 | | 3,7 | 3,2 | 0,0 | 7,3 | | K | 351 |
| Fresh dates | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 27 | | 27 | 1,3 | 0,0 | 1,5 | C | K | 107 |
| Dried dates | 50 gr | 0,1 | 0 | 50 | 50 | 0,0 | 34 | | 34 | 1,6 | 0,0 | 2 | | K | 576 |
| Fresh figs | 100 gr | 0,3 | 33 | 33 | 33 | 0,0 | 9,5 | | 9,5 | 1,3 | 0,0 | 1,5 | β-carotene | | 43 |
| Dried figs | 50 gr | 0,8 | - | - | - | 0,0 | 27 | | 27 | 1,8 | 0,0 | 3,8 | | K, Fe, Mn | 114 |
| Strawberries | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 6 | | 6 | 0,8 | 0,0 | 1,1 | C | | 27 |
| Berries | 50 gr | 0,2 | - | - | - | 0,0 | 3,4 | | 3,4 | 1,1 | 0,0 | 0,9 | | K, Cu, Mn | 134 |
| Kiwis | 1 | 0,3 | - | - | - | 0,0 | 0,4 | | 6,2 | 0,7 | 0,2 | 1,1 | C | K | 29 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|-------------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|--------------------|----------------------|----------|
| Raspberries | 100 gr | 0,3 | 33 | 33 | 33 | 0,0 | 4,6 | | 4,6 | 1,4 | 0,0 | 2,5 | folates, C | Mn | 25 |
| Lemons | 1 spr. | Tr | Tr | Tr | Tr | 0,0 | 0,3 | | 0,3 | 0,1 | 0,0 | 0 | C | | 1 |
| Mandarins | 1 | 0,1 | Tr | Tr | Tr | 0,0 | 5,4 | | 5,4 | 0,5 | 0,0 | 0,8 | C | | 23 |
| Mangoes | 1 | 0,3 | - | - | - | 0,0 | 26 | | 25 | 1,4 | 0,6 | 4,9 | β-carotene, C, E | Mn, K | 107 |
| Apples | 1 | 0,1 | 100 | 0,0 | 0,0 | 0,0 | 12 | | 12 | 0,4 | Tr | 1,8 | C | K | 47 |
| Melons | 200 gr | 0,2 | Tr | Tr | Tr | 0,0 | 5,6 | | 5,6 | 0,8 | 0,0 | 1,4 | β-carotene, C | K | 26 |
| Bilberries | 100 gr | 0,2 | 50 | 50 | Tr | 0,0 | 6,9 | | 6,9 | 0,6 | 0,0 | 1,8 | C | Mn | 30 |
| Blackberries | 100 gr | 0,2 | 50 | 50 | Tr | 0,0 | 5,1 | | 5,1 | 0,9 | 0,0 | 3,1 | C, folates, E | Mn | 25 |
| Pears | 1 | 0,2 | Tr | Tr | Tr | 0,0 | 16 | | 16 | 0,5 | 0,0 | 3,5 | C | K | 64 |
| Peaches | 1 | 0,1 | Tr | Tr | Tr | 0,0 | 8,2 | | 8,2 | 1,1 | 0,0 | 1,6 | C | | 36 |
| Nectarines | 1 | 0,2 | Tr | Tr | Tr | 0,0 | 14 | | 14 | 2,1 | 0,0 | 1,8 | C | K | 60 |
| Grapefruit | 1/2 | 0,1 | Tr | Tr | Tr | 0,0 | 5,4 | | 5,4 | 0,6 | 0,0 | 1 | C | | 24 |
| Plums | 2 | 0,2 | Tr | Tr | Tr | 0,0 | 8,3 | | 8,3 | 0,5 | 0,0 | 1,5 | β-carotene | K | 34 |
| Prunes | 50 gr | 0,2 | Tr | 50 | 50 | 0,0 | 17 | | 17 | 1,3 | 0,0 | 2,8 | | K, Fe | 71 |
| Blackcurrants | 100 gr | Tr | Tr | Tr | 0,4 | 0,0 | 6,6 | | 6,6 | 0,9 | 0,0 | 3,6 | C, β-carotene | K | 28 |
| Grapes | 100 gr | 0,1 | Tr | Tr | Tr | 0,0 | 15 | | 15 | 0,4 | 0,0 | 0,7 | | K | 60 |
| Sultanas | 50 gr | 0,2 | - | - | - | 0,0 | 35 | | 35 | 1 | 0,0 | 1 | | K, Fe | 136 |
| NUTS, SEEDS AND SALTY SNACKS | | | | | | | | | | | | | | | |
| Peanuts | 50 gr | 23 | 31 | 46 | 18 | 0,0 | 6,3 | | 3,1 | 13 | 3,2 | 3,1 | B1, B6, folates, E | Mg, K, P, Cu, Mn | 282 |
| Chestnuts | 50 gr | 14 | 41 | 37 | 19 | 0,0 | 18 | | 3,5 | 1 | 15 | 2 | | K | 85 |
| Dried fruits | 50 gr | 27 | 27 | 52 | 16 | 0,0 | 4 | | 2 | 11 | 2 | 3 | E | Mg, K, P, Cu, Mn | 304 |
| Almonds | 50 gr | 28 | 25 | 62 | 8 | 0,0 | 3,5 | | 2,1 | 11 | 1,4 | 3,7 | B2, E | Ca, Mg, K, P, Cu, Mn | 306 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|--------------------|--------------------------|----------|
| Hazel nuts | 50 gr | 32 | 10 | 79 | 7,5 | 0,0 | 3 | | 2 | 7,1 | 1 | 3,3 | B1, B6, folates, E | K, P, Cu, Mg, Mn | 325 |
| Walnuts | 50 gr | 34 | 69 | 18 | 8 | 0,0 | 1,6 | | 1,3 | 7,3 | 0,3 | 1,8 | B1, B6, E | Mg, K, P, Cu, Mn | 344 |
| Crisps | 30 gr | 10 | 15 | 40 | 41 | 0,0 | 16 | | 0,2 | 1,7 | 16 | 1,6 | E | K | 159 |
| Pine seeds | 50 gr | 34 | 60 | 20 | 7 | 0,0 | 2 | | 2 | 7 | 0,1 | 0,9 | E | Mg, K, P, Fe, Zn, Cu, Mn | 344 |
| Pistachios | 50 gr | 28 | 32 | 50 | 13 | 0,0 | 4,1 | | 2,8 | 8,9 | 1,3 | 3 | B1, E | K, Mg, P, Cu, Mn | 301 |
| Sunflower seeds | 15 gr | 7,6 | 65 | 21 | 10 | 0,0 | 3 | | 0,3 | 3,2 | 2,6 | 1 | B1, E | Mg, Fe, Cu, Mn | 93 |
| Pumpkin seeds | 15 gr | 7,3 | 40 | 25 | 15 | 0,0 | 2,4 | | 0,2 | 3,9 | 2,3 | 0,8 | | K, P, Mg, Fe, Zn, Cu | 91 |
| Tortillas | 30 gr | 6,9 | 30 | 47 | 18 | 0,0 | 18 | | 0,3 | 2,3 | 17,7 | 1,8 | E | K, Mn | 138 |
| CONDIMENTS AND SAUCES | | | | | | | | | | | | | | | |
| Vinegar | 15 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,1 | | 0,1 | 0,1 | 0,0 | 0,0 | | | 3 |
| Desiccated coconut | 25 gr | 17 | 2 | 6 | 86 | 0,0 | 5 | | 5 | 1,3 | 0,0 | - | | Mn | 171 |
| Tomato paste | 20 gr | 0,1 | Tr | Tr | Tr | 0,0 | 2,8 | | 2,8 | 1 | 0,0 | 0,6 | β-carotene, E | K, Cu | 15 |
| Ketchup | 15 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 4,3 | | 4,1 | 0,2 | 0,2 | 0,1 | | | 17 |
| Coconut milk | 100 ml | 0,3 | Tr | Tr | 67 | 0,0 | 4,9 | | 4,9 | 0,3 | 0,0 | Tr | | Mn | 22 |
| Mayonnaise | 100 ml | 70 | 60 | 23 | 15 | 70 | 31 | | 1,4 | 1,4 | 0,7 | 0,0 | E | | 704 |
| Light mayonnaise | 100 ml | 29 | - | - | 16 | 23 | 8,0 | | 4,9 | 1,4 | 2,9 | 0,0 | E | | 300 |
| Tomato purée | 15 ml | 0,2 | 50 | 0,0 | 0,0 | 0,0 | 1 | | 0,9 | 0,3 | 0,2 | - | | | 7 |
| Pesto | 15 ml | 7,1 | 21 | 47 | 27 | 6 | 0,3 | | 0,2 | 3,1 | 0,1 | - | | | 78 |
| Soy sauce | 15 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 1,2 | | - | 1,3 | - | 0,0 | | | 10 |
| Worcester sauce | 15 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 2,3 | | 2,2 | 0,2 | 0,1 | 0,0 | | | 10 |
| FATS AND OILS | | | | | | | | | | | | | | | |
| Butter | 25 gr | 20 | 3,4 | 25 | 67 | 58 | Tr | | Tr | 0,1 | 0,0 | 0,0 | A, D | | 184 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|-------------------------------------|--------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|-----------------------------|---------------------|----------|
| Vegetable fat | 25 gr | 24 | 34 | 30 | 30 | 0,0 | 0,0 | | 0,0 | 0,0 | 0,0 | 0,0 | | | 221 |
| Lard | 25 gr | 25 | 10 | 44 | 41 | 23 | 0,,0 | | 0,0 | Tr | 0,0 | 0,0 | | | 233 |
| Margarine | 25 gr | 20 | 11 | 41 | 44 | 4 | 0,3 | | 0,3 | 0,1 | 0,0 | 0,0 | A, D, E | | 185 |
| Margarine with 40% fat | 25 gr | 9,7 | 41 | 3,7 | 15 | 0,0 | Tr | | Tr | Tr | Tr | 0,0 | A, D, E | | 86 |
| Margarine with 60% fat | 25 gr | 15 | 12 | 64 | 20 | 0,0 | 0,0 | | 0,0 | Tr | 0,0 | 0,0 | A, D, E | | 135 |
| Olive oil margarine | 25 gr | 15 | 18 | 54 | 21 | Tr | 0,3 | | 0,3 | 0,1 | 0,0 | 0,0 | A, D, E | | 137 |
| Sunflower seed oil margarine | 25 gr | 20 | 44 | 32 | 21 | 1 | 0,2 | | 0,2 | Tr | 0,0 | 0,0 | A, D, E | | 180 |
| Corn oil | 25 gr | 25 | 51 | 30 | 14 | 0,0 | 0,0 | | 0,0 | Tr | 0,0 | 0,0 | E | | 225 |
| Olive oil | 25 gr | 25 | 10 | 73 | 14 | 0,0 | 0,0 | | 0,0 | Tr | 0,0 | 0,0 | E | | 225 |
| Sunflower seed oil | 25 gr | 25 | 63 | 20 | 12 | 0,0 | 0,0 | | 0,0 | Tr | 0,0 | 0,0 | E | | 225 |
| Sesame seed oil | 25 gr | 25 | 44 | 38 | 15 | 0,0 | 0,0 | | 0,0 | 0,1 | 0,0 | 0,0 | E | | 225 |
| BREAKFAST CEREALS | | | | | | | | | | | | | | | |
| Bran sticks | 30 gr | 1,0 | 40 | 10 | 20 | 0,0 | 14 | | 5,7 | 4,2 | 8,3 | 7,3 | B1, B2, B6, B12, folates, D | Mg, K, P, I, Fe, Ca | 78 |
| Cornflakes | 30 gr | 0,2 | 50 | 0,0 | 0,0 | 0,0 | 26 | | 2,5 | 2,4 | 23 | 0,3 | B1, B2, B6, B12, folates, D | Fe | 108 |
| Bran flakes | 30 gr | 0,6 | 50 | 17 | 17 | 0,0 | 21 | | 5,6 | 3,1 | 15 | 3,9 | B1, B2, B6, B12, folates, D | Fe | 95 |
| Muesli | 50 gr | 3,9 | 31 | 46 | 21 | Tr | 34 | | 7,8 | 5,3 | 26 | 3,8 | E | Mn, Cu | 183 |
| Puffed rice | 30 gr | 0,3 | 33 | 33 | 33 | 6 | 27 | | 3,2 | 1,8 | 24 | 0,2 | B1, B2, B6, B12, folates, D | Fe | 121 |
| SWEETENERS AND SWEETS | | | | | | | | | | | | | | | |
| Milk chocolate | 25 gr | 7,7 | 4,0 | 32 | 60 | 6,0 | 14 | | 14 | 1,9 | 0,0 | 0,2 | | | 130 |
| Powdered fructose | 25 gr | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 25 | | 25 | 0,0 | 0,0 | 0,0 | | | 96 |
| Liquorice | 25 gr | 0,3 | - | - | - | 0,0 | 16 | | 10 | 1,4 | 5,1 | 0,5 | | K, Ca, Mg, Fe, Mn | 70 |
| Jam | 25 gr | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 7,8 | | 7,8 | 0,2 | 0,2 | - | | | 30 |



| | Amount | Total fats (g) | % Polyunsaturates | % Monounsaturates | Saturated fats | Cholesterol (mg) | Carbohydrates (g) | | Sugars (g) | Proteins (g) | Starch (g) | Fibre (g) | Vitamins | Minerals | Calories |
|-----------------------------|---------|----------------|-------------------|-------------------|----------------|------------------|-------------------|--|------------|--------------|------------|-----------|----------|----------|----------|
| Honey | 25 gr | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 19 | | 19 | 0,1 | 0,0 | 0,0 | | | 72 |
| Brown sugar | 25 gr | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 25 | | 25 | 0,0 | 0,0 | 0,0 | | | 91 |
| White sugar | 25 gr | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 26 | | 26 | 0,0 | 0,0 | 0,0 | | | 99 |
| ALCOHOLIC DRINKS | | | | | | | | | | | | | | | |
| Beer | 175 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 10 | | - | 0,8 | - | 0,0 | | | 112 |
| Light beer | 275 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 3,5 | | - | 0,6 | - | 0,0 | | | 77 |
| Guinness | 275 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 4,1 | | 4,1 | 1,1 | 0,0 | 0,0 | | | 83 |
| Port | 50 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 6,0 | | 6,0 | 0,1 | 0,0 | 0,0 | 0 | | 79 |
| Sherry | 50 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 3,0 | | 3,0 | 0,1 | 0,0 | 0,0 | | | 58 |
| Spirits | 25 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Tr | | Tr | Tr | 0,0 | 0,0 | | | 48 |
| Sweet white wine | 140 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 8,3 | | 8,3 | 0,3 | 0,0 | 0,0 | | | 132 |
| Dry white wine | 140 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,8 | | 0,8 | 0,1 | 0,0 | 0,0 | | | 92 |
| Red wine | 140 ml | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,3 | | 0,3 | 0,1 | 0,0 | 0,0 | | Fe | 95 |
| NON-ALCOHOLIC DRINKS | | | | | | | | | | | | | | | |
| Instant coffee | 1 tazza | Tr | Tr | Tr | Tr | 0,0 | 0,1 | | 0,0 | 0,3 | 0,1 | 0,0 | | | 2 |
| Coffee (freshly ground) | 1 tazza | Tr | Tr | Tr | Tr | 0,0 | 0,4 | | 0,0 | 0,4 | 0,0 | 0,0 | | | 4 |
| Tea | 1 tazza | Tr | Tr | Tr | Tr | 0,0 | Tr | | Tr | 0,2 | 0,0 | 0,0 | | | 1 |

ALPHABETICAL SUMMARY OF RECIPES

| | | | |
|--|-----|--|-----|
| Almond biscuits | 281 | Crudités with olive oil | 212 |
| Amar-eddine | 199 | Cucumber pickles | 180 |
| Anchovy pie | 190 | Curd pudding with blackberries and raspberries | 111 |
| Apple oatmeal crumble | 147 | Curry chicken | 288 |
| Apple tart | 237 | Cuttlefish casserole | 142 |
| Apricot pudding | 293 | Cyprus salad | 130 |
| Arabic coffee | 261 | Deep blue sea | 209 |
| Arctic char with mushrooms and parsnip purée | 146 | Escalivada | 276 |
| Arroz doce à Portuguesa | 241 | Fish baked with tomato sauce | 258 |
| Artichoke hearts | 292 | Fish dumplings | 232 |
| Aubergine crème | 245 | Fish in paprika sauce | 173 |
| Aubergines with walnuts | 156 | Fish saffron with onions | 227 |
| Austrian Pancake soup | 106 | Fish salad | 130 |
| Avocado smoothies | 182 | Fisherman's plate | 198 |
| Bachelor's sataráš | 114 | Flounder with vegetables | 194 |
| Baked Fish with onions and tomatoes | 102 | Flower tea | 285 |
| Baked peaches with walnuts | 273 | Forester's salad | 172 |
| Baked peppers stuffed with cabbage | 122 | Fresh salad with potatoes and avocado | 176 |
| Bavarian beef and cabbage | 208 | Freshwater perch ceviche | 146 |
| Bean crème | 244 | Garlic soup with salted codfish | 240 |
| Beetroot and carrot juice | 213 | Ghatma | 292 |
| Boiled fish or trout with nut sauce | 158 | Green rice | 220 |
| Borsch Moskovsky | 250 | Grilled chicken with chilli sauce | 181 |
| Bosnian hotpot | 114 | Grilled fish with tangy dip | 208 |
| Bouillabaisse | 150 | Grilled fish with tomato and basil sambal | 181 |
| Bourdaloue pear tart | 153 | Grilled peppers | 244 |
| Bresaola round dried figs | 212 | Ground meat kebab | 292 |
| Broiled chicken in Tkemali sauce | 158 | Halvas | 168 |
| Buckwheat porridge with Boletus Edulis | 272 | Hare with blackcurrant and chanterelle sauce | 280 |
| Bučnica | 126 | Heart friendly chocolate pancakes | 173 |
| Bundevara | 265 | Ice cream with raspberries and blackcurrants | 280 |
| Carp stuffed with mushrooms and Romanian "turtă" | 245 | Kaçamak | 264 |
| Cashew nuts, vegetables and mixed grain rice | 288 | Kefta tagine | 228 |
| Cauliflower in tomato sauce | 284 | Kiev roast | 296 |
| Cheese balls | 208 | Leek pie | 102 |
| Cheese mousse | 103 | Lemon and mint tea | 217 |
| Chekchouka | 226 | Lemon sorbet | 187 |
| Chermoula | 228 | Lemon soufflé | 139 |
| Cherry clafoutis | 233 | Lentil zaalouk | 226 |
| Chicken in a pot | 151 | Lisbon style cod | 240 |
| Chicken with oven-baked vegetables | 233 | Mămăligă | 244 |
| Chickpea salad | 236 | Mar y Montaña | 276 |
| Chickpeas with spinach | 130 | Marinated anchovies | 272 |
| Cold sorrel soup | 110 | Marinated fish | 250 |
| Courgette croquettes with chanterelle mushrooms | 194 | Marinated sun dried black olives | 212 |
| Cranberry mousse | 204 | Mexican flag rice | 220 |

| | | | |
|---|-----|---|-----|
| Mexican style bacalao | 223 | Shorbet ads asfar | 142 |
| Mint tea | 200 | Shrimp broth | 220 |
| Mixed Vegetable Pickles | 180 | Soybean and sweetcorn delight | 208 |
| Mushroom soup with dumplings | 268 | Spaghetti with swordfish | 190 |
| Oat and vegetable soup | 258 | Spiced rice cream | 143 |
| Okra with chicken | 102 | Spinach rice | 166 |
| Orange and cinnamon salad | 229 | Spinach with ground beef | 284 |
| Orange ice | 259 | Split pea soup | 284 |
| Orange terrine on strawberry sauce | 216 | Spring stew | 186 |
| Oven baked Salmon | 204 | Steamed broccoli | 215 |
| Pan-fried aubergines | 114 | Stifado | 130 |
| Palouze | 131 | Strawberries Bavarese | 254 |
| Parsnip purée | 146 | Strawberry rhubarb ice cream | 195 |
| Pea soup | 162 | Stuffed cabbage rolls | 110 |
| Pear and almond tart | 216 | Stuffed onions | 259 |
| Pear and mango lassi | 209 | Stuffed pineapple | 223 |
| Pear tart | 191 | Summer berry compote | 251 |
| Pears in red wine | 277 | Summer Pudding | 119 |
| Pickled beetroot with goat's milk cheese | 204 | Sweet bread pudding | 269 |
| Pickled shallots | 180 | Sweet yoghurt sundae with saffron and pomegranate | 159 |
| Pike egg salad | 245 | Sweetcorn rice | 180 |
| Potato and cucumber salad | 162 | Taboulé | 198 |
| Potato and leek soup | 176 | Tarator | 122 |
| Potato dumplings with cheese | 268 | Tbilisi style tarragon soup | 157 |
| Prebranac | 265 | Tea jelly with cantaloupe | 289 |
| Preserved lemons | 227 | Thick garlic sauce | 215 |
| Prunes stuffed with cottage cheese | 297 | Trout in oatmeal | 177 |
| Pudim de coco | 241 | Tuna pašticada | 126 |
| Pumpkin dessert | 122 | Turbot fillets with vegetables | 254 |
| Rabbit Loins with grapes and Tarragon | 134 | Turkish coffee | 293 |
| Raspberry jelly | 135 | Ukrainian salad | 296 |
| Red beans with tomatoes and sweet paprika | 166 | Valahian papanashi with sour cherries | 246 |
| Red fruit pudding | 162 | Veal schnitzels | 139 |
| Red rice | 222 | Vegetable Cake | 135 |
| Redfish rolls with spinach and prosciutto | 176 | Vegetable soup | 134 |
| Roast beetroot | 214 | Vegetarian garganelli | 254 |
| Roast chicken with herbs, potatoes and orange | 167 | Venison Steaks | 118 |
| Roast chicken with lemon | 186 | Vinaigrette | 251 |
| Roast deer chops | 272 | Walnut biscuits | 217 |
| Roast venison | 194 | Warm artichoke heart salad | 214 |
| Salmon with walnuts | 236 | Watermelon and orange salad | 285 |
| Salzburger nockerl | 107 | Watercress with tofu soup | 288 |
| Scallops with breadcrumbs and parsley | 118 | White fish roe on avocados | 280 |
| Shaved raw fillet of salmon | 138 | Wiener tafelspitz | 106 |
| Sea bass parcels | 215 | White rice | 222 |
| Sea bream with mashed celeriac | 167 | Wild boar croquettes | 195 |
| Sea fish soup | 250 | Yoghurt ice cream with basil sauce | 177 |
| Seaweed with cucumber | 288 | Yoghurt with amarena syrup | 168 |
| Shaky cake | 126 | | |

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**Belorussian
SCIENTIFIC SOCIETY
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British Cardiovascular Society

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HRVATSKO
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ČESKÁ
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