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COOKING

from the
heart

2

A JOINT INITIATIVE BY



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA

pharma  *dynamics*
EFFECTIVE AFFORDABLE HEALTHCARE

Affordable, tasty recipes for
breakfast, lunch and snacks
– good for the whole family

Cooking from the heart 2 is a joint collaboration between **Pharma Dynamics** and the **Heart and Stroke Foundation South Africa**.

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Paul Anley
Founder & CEO, Pharma Dynamics

Foreword

As the leading supplier of generic cardiovascular medicine in South Africa (IMS, June 2014), Pharma Dynamics has for the last few years been at the forefront of developing and implementing preventative strategies to curb the growing incidence of chronic diseases of lifestyle, specifically in relation to heart disease and stroke – claiming an alarming 225 lives a day in our country.

To build on the success of the first edition of the *Cooking from the heart* recipe book, we have yet again partnered with the Heart and Stroke Foundation SA to launch the second edition of *Cooking from the heart*. This edition is jam-packed with more scrumptious, heart-friendly recipes to help South Africans make better dietary choices.

In line with local and global movements to reduce our daily salt intake and to address its harmful effect on especially blood pressure, *Cooking from the heart 2* also provides advice on how to reduce your salt intake without compromising on taste.

Cooking from the heart 2 is a user-friendly guide to complement any eating plan you choose to follow. To keep your health in check, it is important to monitor your weight, blood pressure, glucose and cholesterol levels at least annually, regardless of which diet you are on and to adapt your eating plan accordingly if necessary.

Happy cooking!

Yours in heart-health,

A handwritten signature in black ink, appearing to read 'PA', followed by a long, sweeping horizontal line that curves upwards at the end.

pharma  *dynamics*

EFFECTIVE AFFORDABLE HEALTHCARE

www.pharmadynamics.co.za


Contents

Foreword	i
Conversion tables	1
In your Cooking from the heart kitchen	2
Guidelines for healthy eating	4
Why should I use salt sparingly?	6
Why should I limit sugar?	9
Stay fuller for longer	10
Know what you eat	12
Breakfast, is it really that important?	14
Healthy snacks	15
Packing a lunch	16
Do you know how much salt is in your food?	18
Breakfast recipes – ‘A break from box cereals’	20
Lunch recipes – ‘More than just a sarmie’	34
Lunch box tips	51
Snack recipes – ‘The inbetweeners’	52
iChange4Health	64
More about Pharma Dynamics	65
Salt and your health	66
Index	67

Conversion tables

1 tsp stands for 1 teaspoon
= 5 ml


1 tbsp stands for 1 tablespoon
= 15 ml



¼ tsp	=	1,2 ml
½ tsp	=	2,5 ml
1 tsp	=	5 ml
½ tbsp	=	7,5 ml
1 tbsp	=	15 ml
¼ cup	=	60 ml
⅓ cup	=	80 ml
½ cup	=	125 ml
¾ cup	=	190 ml
1 cup	=	250 ml
1½ cup	=	375 ml
2 cups	=	500 ml
4 cups	=	1 litre

Ingredient measurements in **grams and millilitres** are not the same. This useful table will help you with some conversions.

The following amount in grams = **250 ml (1 cup)**



almonds	=	150 g
cake flour	=	140 g
castor sugar	=	210 g
cheddar & mozzarella cheese	=	100 g
cocoa	=	100 g
coconut	=	80 g
corn flour	=	120 g
feta	=	150 g
lentils: red or brown	=	200 g
mayonnaise	=	250 g
mealie meal	=	120 g
oats	=	90 g
pecan nuts	=	100 g
polenta	=	170 g
raisins & sultanas	=	150 g
rice	=	200 g
seeds: lin-, sesame- & poppy	=	150 g
sugar: brown & white	=	200 g
sunflower seeds	=	150 g
wholewheat flour	=	150 g

In your **COOKING** from the heart **KITCHEN**

A lot of what we need to do to live healthier, starts in the kitchen.

Choosing a healthy cooking method is an important part of a healthy lifestyle. If you pan-fry in very little oil or grill rather than deep-fry, you already have a healthier meal on your plate. What you cook and how you cook it is as important as healthy eating. Healthy food is definitely not bland, boiled or boring. Choose a cooking method that will enhance the flavour of the ingredient, like roasting, and season with herbs and spices, ginger, garlic and lemon, instead of salty processed ingredients. Not overcooking your food also retains more flavour.



Top Tip

Keep a measuring spoon in your salt dish, instead of using a salt shaker – this way you always remember to measure the salt.



Make sure you check the food labels to buy the best quality with the lowest amount of salt, sugar and fat, where applicable. And remember that seasoning with natural and fresh ingredients is the *Cooking from the heart* way.

With fresh ingredients, you will achieve the best results. The same goes for kitchen tools – your life will be much easier with a sharp kitchen knife, than with a blunt knife. Invest in a reliable set of measuring cups and spoons so all your recipes will come out tops!

Equipment

With a few basic kitchen tools – you too can cook up a *Cooking from the heart* storm!

- | | |
|---------------------------|-----------------------------------|
| Baking trays | Sharp knife |
| Frying pan with a lid | Sharp vegetable peeler |
| Hand blender | Tin opener |
| Large pot with a lid | Whisk |
| Measuring cups and spoons | Wooden or plastic chopping boards |
| Mixing bowls | Wooden spoons and lifters |
| Saucepan with a lid | |
| Sharp kitchen scissors | |

These are must-haves in your *Cooking from the heart* pantry. With the following ingredients at hand, you are well on your way to having a kitchen from the heart.

DRY



Baked beans	Oats	Tinned beans or legumes, like chickpeas, butter beans, lentils
Bay leaves	Paprika	Tinned fish, like tuna in brine or pilchards
Black pepper	Peanut butter	Tinned tomatoes
Cake flour	Pitted dates	Tomato sauce
Cayenne pepper	Popcorn kernels	Vanilla essence
Chutney	Polenta or mealie meal	Vinegar, like balsamic, red or white wine
Cream style sweetcorn	Prepared mild mustard	Whole spices, like cloves or cinnamon sticks
Curry powder	Raisins	Wholewheat flour
Dried herbs, like mixed herbs, oreganum, thyme	Raw unsalted nuts, like almonds, peanuts, pecan nuts	
Dried lentils	Rooibos tea	
Ground cinnamon	Sunflower, canola or olive oil	
Ground coriander	Sunflower seeds	
Ground cumin		
Honey		

FRESH AND FROZEN

Avocados (when in season)	Frozen peas
Baby marrows	Frozen whole kernel corn
Broccoli	Green beans
Carrots	Lemons
Celery	Mushrooms
Eggs	Onions
Fresh seasonal fruit, like apples, pears, citrus, bananas	Peppers
Fresh garlic	Salad ingredients, like lettuce, tomato, cucumber
Fresh ginger	Spinach
Fresh herbs, like parsley, coriander, mint, thyme	Sweet potato

DAIRY

Cheese, like cheddar, feta or mozzarella cheese – preferably reduced fat
Low-fat milk
Maas or buttermilk
Plain low-fat cottage cheese
Plain low-fat unsweetened yoghurt

Guidelines for healthy eating

Eating healthily is one of the most important things you can do for yourself and your family. A healthy lifestyle helps to prevent and control chronic diseases such as high blood pressure, diabetes, heart disease, stroke and cancer. Remember to keep an eye on your portion sizes, keep physically active and avoid smoking.

The following **guidelines** explain what a healthy diet is all about:

1 Enjoy a variety of foods.
Eating different types of food gives your body all the nutrients it needs. The more colourful your plate of food is, the wider the variety.

2 Eat dry beans, split peas, lentils or soya regularly.
They are a good source of protein, low in fat and high in fibre. You can replace meat in some meals with these ingredients.

3 Make starchy foods part of most meals.
These foods can help you feel fuller for longer and lower your risk of developing obesity, heart disease and cancer. Good examples are wholewheat bread, coarse maize (mealie) meal, oats and brown rice.

4 Eat plenty of vegetables and fruit every day.
Remember to eat vegetables and fruit from the different colour groups (red, green, yellow and orange). The vitamins, minerals and fibre in these foods help to protect you against chronic diseases. Aim for five portions of vegetables and fruit every day.



5**Fish, chicken, lean meat or eggs can be eaten daily.**

Choose lean or lower fat options with less bad (saturated) fats. Bad fats can increase your cholesterol and block your blood vessels, which can lead to a stroke or heart attack. Try to include tinned or fresh fish as part of your diet at least twice a week. Good examples are pilchards, snoek, sardines or tuna.

6**Have milk, maas or yoghurt every day.**

Dairy products are an excellent source of calcium. This can help protect your bones and help prevent high blood pressure, diabetes, osteoporosis and heart disease. Good options are low-fat or fat-free dairy products and reduced-fat cheeses.

7**Use salt and foods high in salt sparingly.**

Eating too much salt can raise your blood pressure and increase your risk of stroke, heart attack and cancer. Some salt in your diet comes from salt added at the table during cooking, but more than half of the salt that you eat comes from processed foods. Examples are stock cubes, soup powders, crisps and processed meats like polony. Gradually cut down on adding salt to your food and soon you won't notice the difference. See page 6 and 18 for more on salt.

8**Use sugar and foods and drinks high in sugar sparingly.**

Too much sugar can make you gain weight, which increases your risk of chronic diseases. Sugar in your diet comes from sugar added to hot drinks, cereals and cooking. High amounts of sugar are also found in cakes, biscuits, doughnuts, sweets, chocolates and sweetened cold drinks. See page 9 for more on sugar.

9**Use fats sparingly. Choose vegetable oils, rather than hard fats.**

Eating too much fat and fried food can make you gain weight and raise your cholesterol. Limit the amount of fatty red meat, butter, hard margarine, cream, lard and ghee that you use. Rather use good (unsaturated) fats like oils (canola, olive or sunflower oil) and soft tub margarine in small amounts. Nuts, seeds, peanut butter and avocados are also sources of good fats.

10**Drink lots of clean, safe water.**

You need about 6 – 8 glasses of water a day. Most of this should come from tap water, but can include drinks like tea, coffee or diluted 100 % fruit juice. If you drink alcohol, drink in moderation.

Why should I use salt sparingly?

IS SALT BAD FOR US?

Your body only needs a small amount of salt to be healthy. Eating more salt than you need can be unhealthy as it can **increase your blood pressure**, which could increase your chance of having heart disease or stroke. You can keep your body healthy by starting to use less salt today.

HOW MUCH SALT IS TOO MUCH?

You shouldn't eat more than **5 grams of salt per day**. This is the same as 1 teaspoon (5 ml) of salt. This 5 g includes the salt that you add when cooking, at the table, as well as salt already found in foods that you buy. Often foods don't look or taste salty

DO WE EAT TOO MUCH SALT?

Many South Africans do eat too much salt and often we eat twice the amount of salt that we should. It can be very easy to eat too much salt when eating normal everyday foods. More than half of the salt we eat is the salt added by manufacturers during the processing of foods. The other half of the salt we eat comes from salt we add during cooking and at the table.

A purple ceramic bowl with a white spoon resting inside. The spoon is filled with a mound of white, crystalline salt. The bowl is placed on a light-colored, textured surface.

A teaspoon of salt
5 g salt = 2000 mg sodium

WHAT IS SODIUM?

Salt is made up of **two parts** – **sodium and chloride**. **Sodium** is the part of salt that can increase your blood pressure when you eat too much of it. Although we use salt at home, nutritional information on food packages often only displays the amount of sodium in foods. A teaspoon or 5 g (5 ml) of salt will contain 2 000 mg of sodium.

HOW TO ADD LESS SALT TO OUR FOOD?

Start with **one step at a time** and reduce your salt intake gradually. Gradual changes are easier to sustain and remember that you can teach your taste buds to enjoy food with less salt.

If you add salt at the table, change this habit first by **not putting the salt shaker on the table**. If you added salt during cooking you don't need to add more at the table.

Try to **use less salt** when you are **cooking**. Taste your food during cooking before you add salt, as it may not need it. If you have already added salty spices or a stock cube, you don't need to add salt as well. **Remember that `lemon is the new salt`** – it brings out the natural flavour of your food. Instead of adding more salt, rather add a squeeze of lemon juice.



Herbs and salt-free spices are great sources of flavour. Try dried mixed herbs, parsley or rosemary or spices like curry powder, paprika and pepper. **Ingredients** like **garlic, onion, ginger and chilli** also add lots of flavour – without the need for more salt.

HOW DO I CHOOSE LESS SALTY FOOD?

Look at the section on page 12 on how to read food labels. See page 18 to help you identify foods lower in salt.



Lemon juice is the new salt

Fresh, unprocessed foods have less salt than processed foods, so try to include more fresh foods in your diet. This table can be used to help you make **good food choices**.



Foods low in salt
Eat more often

- Foods prepared at home from fresh ingredients
- Fruits and vegetables (fresh, frozen, dried)
- Unsalted nuts and seeds
- Beans, lentils and peas
- Mealie meal
- Pasta and rice
- Plain popcorn
- Oats
- Fresh fish, chicken and meat
- Eggs
- Plain cottage cheese, yoghurt and maas
- Vinegar or lemon juice
- Spices and herbs (dried and fresh)



Foods moderate in salt
Eat sometimes

- Salted nuts
- Cakes, pastries and biscuits
- Table sauces (tomato sauce, chutney and mustard)
- Salad dressings
- Mayonnaise
- Convenience meals
- Soft tub margarine
- Pâté and hummus

Look for lower salt options for these foods:

- Bread and bread products
- Breakfast cereals
- Baked beans
- Peanut butter
- Tinned foods



Foods high in salt
Eat less often

- All types of salt
- Seasoning salts, like barbeque or chicken spice
- Stock cubes, gravy and soup powders
- Take-away foods, pizza and crumbed meat or chicken
- Crisps
- Salty spreads
- Worcestershire and soya sauce
- Processed meats, like polonies, viennas, salami, ham, sausages and boerewors
- Cured meat and fish, like bacon, biltong, bikkoms, anchovies, corned beef and pickled tongue
- Cheese, butter and hard margarine
- Flavoured instant noodles
- Olives and pickles

Why should I limit sugar?

WHY ARE SUGARY FOODS BAD FOR ME?

Sugar is found **naturally** in some foods like **fruits and dairy**. However, during manufacturing extra sugar is added to many foods like sweetened cold drinks, sweets, biscuits and cakes, chocolates, some dairy products, and also many breakfast cereals. Our bodies don't need sugar to function properly.

Many people enjoy sweet foods and sugary treats, but **too much sugar is not good for you**. When we eat too many sugary foods and drinks, it adds **unnecessary kilojoules** (energy) to our diet, which can lead to **weight gain**. This could cause you to become overweight or obese. Obesity can **lead** to diseases like **diabetes, heart disease and stroke**.

CAN I STILL EAT SOME SUGARY FOODS?

Sugary foods should be eaten as treats in **small amounts** and not regularly. If someone is already overweight or has diabetes, they should avoid the intake of sugar as much as possible. **Sugary foods and drinks should not replace the other nutritious foods that we should eat often like fruits, veggies, nuts and unsweetened dairy.**



HOW DO I REDUCE MY INTAKE OF SUGAR?

Remember that many prepared foods contain hidden sugar. In order to reduce your sugar intake it is important to be aware of these foods when you shop and to check your food labels regularly. See page 12 for more on reading food labels.

Gradually try to add less sugar to your tea and coffee, breakfast cereals and when cooking. Rather add natural sweetness to food by using fresh or dried fruit and herbs or salt-free spices, like cinnamon. Set aside sugary treats for special occasions and serve small portions. Enjoy desserts with plain low-fat yoghurt instead of ice cream or custard. Try to replace your craving for sweets and chocolates with healthier options like dried or fresh fruit and nuts. Don't deprive yourself completely – treat yourself once in a while.

Stay fuller for longer

Our body uses **carbohydrates** and **fats** as **fuel** every day. We eat carbohydrates in the form of **sugars** (like sweets, chocolates and sugary drinks) and **starches** (like bread, pasta and potatoes). Starches are broken down into sugars in the body, but how quickly this happens is not the same for all starchy foods.

While most of us know that too much sugar is bad for us, we also have to be careful about the type of starchy foods we eat. Some of the **everyday foods** we eat have been **refined and processed**. Often some of the goodness of the starch, like fibre, has been removed. As a result some of the starches in foods are easily and quickly broken down by the body into sugar when eaten. **These foods** can cause a **quick release of energy** into the body, which unfortunately does not last very long, resulting in a slump of energy soon after. When this happens you may feel tired or hungry.



healthy breakfast

See page 22 for Creamy oats with cinnamon and banana.

An easy way to understand this is to **compare white bread** with **wholewheat** bread. Wholewheat bread provides the **same amount of energy** as the white bread, **but over a longer period of time**. The higher fibre content in wholewheat bread helps to slowly release energy into the body. Some breakfast cereals have a lot of sugar added to them and we should limit eating these. Other cereals don't have that much added sugar, but because the starch is so refined, the body turns the starch into sugar very quickly. Rather **choose** more **unrefined breakfast options** like **oats** and **eggs** – this has no sugar or salt added and because it has not been highly refined, the energy release is slower. See pages 22-33 for healthy breakfast recipes.

HOW CAN I STAY FULLER FOR LONGER?

Here are practical ways to keep your energy levels stable and to stay fuller for longer. This approach is a healthy way of eating for all of us.

1. **Choose starchy foods that are less refined**, such as wholewheat or high-fibre that contain less sugar. This causes a slower release of energy from the foods. For example, **choose brown rice, wholewheat flour, wholewheat pasta** and **coarse mealie meal** instead of the more refined choices.

2. **Combine different food groups** at most meals and when snacking. For example, a **peanut butter sandwich** will keep your energy levels more constant than a jam sandwich. This is because the peanut butter **contains healthy fats** and **some protein**, which slows the release of energy into the body. **Legumes** like beans, chickpeas and lentils are also great foods to add to dishes to keep you fuller for longer.



3. **Add more vegetables** to a meal, to make the fibre content of the meal higher. If you have a mid-day snack, eating unsweetened yoghurt together with a piece of fruit will give you energy over a longer time than just fruit on its own.

Know what you eat

Reading food labels when we shop can help us **make better food choices** to stay healthier. This takes a little time to get used to, but once you start it, it becomes second nature and so much easier.

One problem is that not all foods have nutritional information on their labels. But if there's a **list of ingredients** on a food item, this can already tell us a lot about the food. The ingredients are normally **listed in order of highest quantity to lowest quantity**. Often the **first three ingredients** listed on a label make up the **largest portion of the food**. Foods high in sugar, salt or fat will have these listed as one of the first three ingredients. So if sugar is the second ingredient on the ingredient list, the food is very likely high in sugar.

LOOK OUT FOR THE FOLLOWING WORDS ON LABELS FOR FOODS HIGH IN SUGAR, FAT OR SALT:

Sugar

sugar, sucrose, glucose, honey, maltose, isomaltose, maltodextrin, dextrose, cane sugar, corn syrup or fructose

Fat

hydrogenated oil, vegetable fat, butter, palm oil, cream, lard, animal fat

Salt

salt, baking soda, MSG (monosodium glutamate) and any word that contains the term 'sodium'

In the fertile Franschoek valley, you will find the home of Rhodes, a company committed to producing delicious, quality foods since 1896.

Tomato & Onion Mix / Tomates and Oignons / Mistura de Tomates e Cebola

INGREDIENTS: Tomatoes, Onions, Tomato Paste, Water, Modified Starch (Maize), Salt, Citric Acid, Firming Agent. INGREDIENTS: Tomates, Oignons, Concentré de Tomates, Eau, Amidon Modifié (Maïs), Sel, Acide Citrique, Agent affermissant. INGREDIENTES: Tomate, Cebola, Pasta de Tomate, Água, Maiseira Modificada (Milho), Sal, Ácido Cítrico, Agente de Solidificação. **Not suitable for people with Egg, Milk, Wheat and Soya allergies.**

Typical Nutritional Information / Informations Nutritionnelles Typiques / Valor Nutritivo Geral	Per 100 g (Per 100g)	Per 125 g (Per 125g)
Energy / Energie / Energia (kJ)	110	138
Protein / Protéine / Proteína (g)	1.8	2.3
Glycaemic Carbohydrate / Glucides Glycémiques / Carbohidrato Glicémico (g)	4	5
of which total sugar / dont des sucres / dos quais açúcares (g)	3.4	4.3
Total Fat / Matières Grasses / Gordura Total (g)	0.1	0.1
of which saturated fat / dont graisses saturées / do qual gorduras saturadas (g)	<0.1	<0.1
**Dietary Fibre / Fibres Alimentaires / Fibra Alimentar (g)	1.1	1.4
Total Sodium / Sódio (mg)	77	96

* Analyzed using AOAC 985.29 method.

Customer Careline: 0800RHODES or +27 (0)21 870 4000
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BEST BEFORE 11/1/2022

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Many pre-packed foods have a **nutritional information table on the back** or side of the packaging. This table lists the amount of **energy, protein, fat, carbohydrate, sugar and salt** in the food. Often the table will have **two columns**. One column will **list values per 100 g of the food, and the other column will list values per one serving of the food**. Usually the serving size will be different for different foods. Because of this, it is much easier to look at the 'per 100 g' column.

You can use the nutritional information table to compare two similar products. For example, you can decide which breakfast

cereal to buy once you know which one is lower in fat, salt and sugar, simply by **comparing** these **amounts per 100 g** in each product.

You can also use the handy table below to **compare** against the nutritional information table on a label. This helps you to **choose better alternatives** and know which foods you should limit.

Nutrient Per 100 g of food	Fat	Saturated fat	Sugar	Sodium (salt)
Low Eat more often	< 3g	< 1.5g	< 5g	< 120mg
Medium Eat seldom	3-20g	1.5-5g	5-15g	120-600mg
High Avoid	> 20g	> 5g	> 15g	> 600mg

Look out for foods that have the **Heart Mark logo**. All foods with the Heart Mark are **healthier choices** that contain less sugar, unhealthy fats and salt than other similar products, and may be higher in fibre, where applicable.



Per 100 g
(As Packed)

290
5.1
9
4.4
0.3
0.1
4.2
246

Top Tip

It is much easier to look at the **'per 100 g'** column to determine the **nutritional information** of pre-packed food.



APPROVED AS PART OF THE HEART AND STROKE FOUNDATION EATING PLAN

Breakfast, is it really that important?

Many people skip breakfast because they are not hungry, pressed for time, are trying to eat less, or simply don't like breakfast food. However, there are many good reasons why breakfast is often called the most important **meal of the day**. Whether we are talking about kids or adults, eating a regular breakfast has many advantages.

A healthy breakfast helps to **kick-start your energy levels**, both for your body and your mind. It will help you **stay alert** and keep your concentration levels up until lunchtime and can even help to improve your memory. When you start eating a breakfast regularly, you may find that you eat less during the rest of the day so your **energy levels** are more **constant**. People who eat a regular breakfast are **less likely** to become **overweight** or to develop diseases such as heart disease or diabetes compared to people who often skip breakfast. Even children who have breakfast every day are less likely to be overweight and are more physically active than children who skip breakfast most days.

MAKE BREAKFAST A HEALTHY HABIT

Set the table the night before to make breakfast easier and faster in the morning.

If you are in a hurry, grab something to have **breakfast on-the-go** or at work. (See muesli and yoghurt page 23)

Breakfast does not have to be a big meal. **Start with something simple** and small if you are not that hungry. (See the **smoothie** on page 27)

Make breakfast interesting. You don't always have to eat the same boring cereal. Mix things up and keep it exciting. See page 22-33 for recipes.

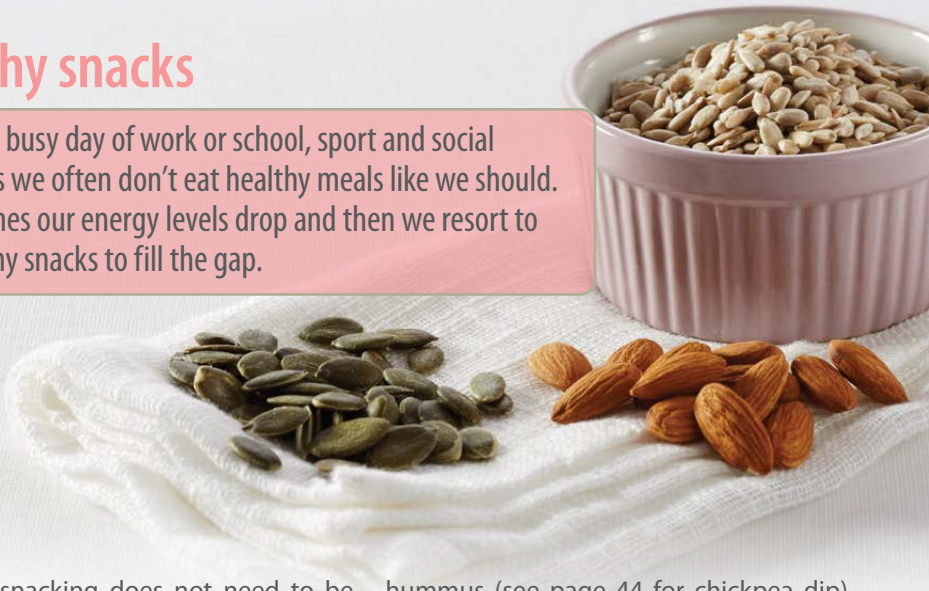
Try to **include two food groups** in your breakfast to keep you fuller for longer.

- wholegrain **cereal** with low-fat or fat-free **milk or yoghurt**
- wholewheat **bread** with avocado or **peanut butter**
- a **piece of fruit** with unsweetened **yoghurt**
- an **egg** (boiled/poached/scrambled) on wholewheat **toast**

Breakfast can become **less healthy** if we add **too much sugar, salt** or **unhealthy fats**. Try to avoid too much sugar from jams or sugar added at the table, salt added to meals or unhealthy fats like butter, hard margarine or fat from bacon.

Healthy snacks

During a busy day of work or school, sport and social activities we often don't eat healthy meals like we should. Sometimes our energy levels drop and then we resort to unhealthy snacks to fill the gap.



However, snacking does not need to be bad for us. Healthy snacks can give you fuel to keep you going and keep your energy levels constant. Having healthy snacks available can tide you over to the next meal and avoid the temptation of unhealthy foods. **Snacking on fresh fruit or veggies** can be a great way to enjoy the recommended **five portions a day** and help you get all the vitamins and minerals your body needs.

We have to be careful as the wrong snacks can do more harm than good. **A healthy snack should be low in unhealthy fats, sugar and salt and high in fibre.** Knowing how to **read food labels** can be a help when choosing healthier snacks. (See page 12.)

Healthy snacking requires a little planning to make sure you have them with you when you need them. Good ideas include unsalted nuts or a trail mix (see page 54), low-fat yoghurts, vegetable sticks and


hummus (see page 44 for chickpea dip), or homemade popcorn (see page 61). We can include healthier treats occasionally, such as homemade muffins (see page 60). And don't forget that the easiest snacks are fruit! They don't need any preparation or effort.



healthy treat

Homemade apple and banana muffins on page 60

Packing a lunch



Taking a lunch box to school or work can be much healthier than buying meals and unhealthy snacks every day. And the added bonus is that it's great for the budget too. Having a healthy lunch at hand helps to keep your concentration and energy levels up, enabling you and your children to tackle the demanding tasks we all face each day.

Try to include the following for a balanced, healthy lunch box:

Reduced-fat dairy – such as low-fat milk, unsweetened yoghurt or reduced-fat cheese.

A lean, protein rich food – anything from tinned fish, a boiled egg, beans or lentils to lean meats, such as skinless chicken or trimmed beef.

Healthier nibbles – include healthy snacks in your lunch box so you are ready for the whole day. Try to include at least **two different colours of fruits or fresh vegetables** in your lunch box. **Nuts and seeds** are also healthy options.

An unrefined starch – choose high-fibre or wholegrain starches, such as seed breads or wholewheat bread, wholewheat pitas or wraps, wholewheat crackers or wholewheat pasta.



Water is still the best drink to include in a lunch box for children and adults alike. **Add some fresh lemon slices or mint** leaves. Freeze the bottle overnight as this makes for a refreshing drink, especially on hot summer days. Or see the **ice tea** recipe on page 59.



Here are some tips for tasty lunch boxes when you're working against the clock.



Try **cooking in bulk** on the weekend. Make a big pot of soup, curry or bolognese and freeze into individual portions that are ready to take to work. See the soup recipes on page 45 and 46.

Prepare your lunch box **the night before** and keep it in the fridge. This way you can simply grab it on your way out in the morning.

When cooking dinner, make a bit extra and **pack the left-overs** into your lunch box for the next day. Pasta or rice dishes are great reheated or can be turned into a pasta or rice salad for the next day. Left-over chicken, beef or fish can be added to a sandwich or wholewheat wrap with grated carrot, lettuce, tomato and a slice of avocado. Also see the sandwich recipes on page 47 and 48.

Keep your kitchen stocked with convenient lunch box snacks like plain, unsalted nuts, dried fruit or small tubs of **unsweetened yogurt**. Fresh fruit is easy to transport, takes no preparation and is packed full of vitamins, minerals and fibre.

Pack a few **carrot sticks** and some low-fat or fat-free **cottage cheese** for dipping.

Make a **lunch box list** for your **grocery shopping trip** – it will help you avoid reaching for tempting, less healthy foods, and it could save you time and money too.

Do you know how much salt is in your food?

Your **daily salt intake** shouldn't be more than

5 g = 1 teaspoon of salt

Compare the amount of **salt** in the foods below with your daily intake and make a good choice.



2 slices brown bread

= 1,2 g



1 large slice of pizza

= 1,5 g



1 boerewors roll with
tomato sauce

= 2,2 g



2 Vienna sausages

= 2,6 g



½ cup cooked oats
(in water, no salt)

= 0,01 g



bowl of cornflakes
with milk

= 1 g



1 teaspoon barbeque spice

= 2 g



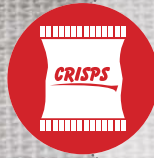
1 heaped tablespoon
hard margarine

= 0,5 g



an average piece of fruit

= 0,007 g



small bag of crisps

= 1,1 g



1 beef stock cube
= 6 g



take-away burger
= 3,5 g



small tub plain yoghurt
(175 ml)
= 0,28 g



matchbox size piece of
biltong
= 2,1 g



handful unsalted peanuts
= 0,005 g



handful salted peanuts
= 0,55 g



1 packet flavoured instant
noodles
= 2,5 g



1/2 cup cooked pasta
(no salt)
= 0,002 g



3 sweet biscuits
= 0,3 g






5 salted crackers
= 0,82 g



1/2 cup frozen peas
= 0,01 g



1/2 cup tinned peas
(in brine)
= 0,5 g

Low eat more often 	Medium eat sometimes 	High avoid or limit 
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breakfast

'A break from box cereals'

Weekday breakfasts don't have to be the same bowl of cereal every day. Not only can it become boring, but boxed cereals are often refined, processed and include added salt and sugar. There are so many healthy breakfast ingredients and, with a little bit of planning, you can start your day with a tasty nutritious meal.

Although time is often an issue in the morning, try to make time to eat a healthy breakfast that keeps you going until lunchtime. There are some quick fixes, like a smoothie or a boiled egg. Pre-make things like your own muesli and add different fruit, nuts, seeds and dairy of your choice. Make sure you combine more than one food group in your meal to add variety and keep you fuller for longer.

This section includes ideas for the whole family, ideal for weekdays and something more special for a weekend or brunch with friends.

- Creamy oats with cinnamon and banana **22**
- Homemade muesli **23**
- Baked beans on toast **24**
- Eggs and toast soldiers **25**
- Fresh fruit salad **26**
- Super smoothie **27**
- Weekend oven-roasted veggies **28**
- Omelette with broccoli and cheese **29**
- Egg-in-a-cup **30**
- Eggy toast **31**
- Spicy pan breakfast **32**
- Versatile scrambled eggs **33**

Serves

4

Ready in

15 mins

CREAMY OATS WITH CINNAMON AND BANANA

Oats remain a healthy breakfast as it is high in fibre and is known to reduce cholesterol. Compared to boxed cereal, you can control the amount of salt and sugar when cooking oats. Serve it in different ways to keep it interesting. Try other spices like nutmeg or mixed spice with any seasonal fruit.

1 cup (250 ml) uncooked oats

1½ cups (375 ml) water

1½ cups (375 ml) low-fat milk

¼ tsp (1,2 ml) salt

1-2 bananas, sliced

1 tsp (5 ml) ground cinnamon

1. Place oats, water, milk and salt in a saucepan and bring to the boil over a medium heat. Once it starts to simmer, stir constantly to prevent lumps. Simmer for 5-10 minutes or until cooked.

2. Serve oats with banana and cinnamon.

Tips

- 1.** Oats for one: ¼ cup (60 ml) uncooked oats with ¾ cup (180 ml) water (or half water and half low-fat milk) and a small pinch of salt. Prepare as explained, or mix in a big enough glass bowl and microwave for 3-5 minutes, depending on your microwave. Stir often and make sure it does not boil over.
- 2.** Pumpkin or sunflower seeds are delicious with oats and fruit. Try chopped raw, unsalted almonds – use 30 ml (2 tbsp) per portion of oats.
- 3.** If you are used to sugar on your oats, try this version – the fruit adds a natural sweetness and you won't miss the sugar. If you struggle at first, gradually reduce the sugar until you don't need it at all anymore.



HOMEMADE MUESLI

Making your own muesli is really easy and much more affordable than buying ready-made muesli. You can also control how much sugar, salt and oil is added.

- 1 kg (1 box) uncooked oats**
- ½ cup (125 ml) raw almonds, chopped (optional)**
- ½ cup (125 ml) sunflower seeds (optional)**
- 5 tbsp (75 ml) sunflower oil**
- ¼ cup (60 ml) honey or sugar**
- 2 tsp (10 ml) vanilla essence**

- 1.** Preheat oven to 180 °C and line a baking tray with baking paper.
- 2.** Place oats, nuts and seeds in a large mixing bowl. Place oil and honey or sugar in a separate bowl and melt in the microwave or a small saucepan over low heat for a few minutes. Stir in the vanilla.
- 3.** Mix oil mixture well into oats mixture.
- 4.** Spread oats in a single layer on the baking paper. Roast for 10 minutes. Stir through and roast for another 8-10 minutes or until golden brown and crispy.
- 5.** Remove from the oven and allow to cool completely. Store in an airtight container for up to 4 weeks.
- 6.** Serve ½ cup (125 ml) muesli per person with ¼ cup (60 ml) plain low-fat yoghurt and ½ cup (125 ml) of any fresh fruit. Add a pinch of cinnamon for more flavour.

Tip

- 1.** Use seasonal fruit like peaches, mangoes, grapes or berries in summer and pawpaw, banana, grapefruit, kiwi or naartjies in winter. Remember that ½ cup (125 ml) fruit is 1 portion.



BAKED BEANS ON TOAST

Baked beans and bread both contain salt already, so there is no need to add more to this dish. The lemon juice, black pepper, herbs and chutney adds a delicious flavour to this quick breakfast.

1 x 410 g tin baked beans in tomato sauce
2 tsp (10 ml) dried mixed herbs
2 tbsp (30 ml) chutney
lemon juice and black pepper to taste
4 slices wholewheat or brown bread, toasted
1 avocado, cubed (when in season)
fresh origanum leaves (optional)

1. Place beans, dried herbs and chutney in a saucepan. Bring to the boil over a medium heat. Reduce the heat and simmer until warmed through.
2. Season with lemon juice and pepper. Serve hot on toast with avocado and origanum.

Tips

1. To add more flavour, season with paprika, any fresh herbs or even 2 tsp (10 ml) pesto. Fresh basil or thyme is delicious with beans. Stir in ½ tsp (2,5 ml) curry powder and 2 tsp (10 ml) chopped coriander for a spicier version.
2. For an even more filling breakfast, fry an egg in a little oil and serve on the beans or enjoy with a boiled egg. If preferred, serve beans only with the avocado.
3. Rye bread is also delicious with baked beans.
4. This is ideal as a light lunch or supper as well.
5. Try to choose a good quality chutney that is lower in added salt and sugar. Check your food labels and see page 12 for more help on this.



EGGS AND TOAST SOLDIERS

Sometimes a few simple ingredients can become a very healthy breakfast. Enjoy eggs with fresh ingredients and a slice of toast.

4 eggs

1 avocado, cut in slices (when in season)

2 tomatoes, cut in wedges

½ tsp (2,5 ml) salt

lemon juice and black pepper to taste

**4 slices wholewheat or brown bread,
toasted**

1. Place eggs with 1 cup (250 ml) water in a small saucepan and bring to a gentle simmer over a medium heat. Cover with a lid and simmer for 5-8 minutes, depending on how hard or soft you prefer the yolk to be. Cook for 5-7 minutes for soft yolks and 8-10 minutes for firm yolks.
2. Place eggs in egg cups and serve with slices of avocado and tomato. Lightly season avocado, tomato and egg with the salt and pepper. Add a squeeze of lemon juice to the avocado, if preferred.
3. Cut toast into thick strips to dunk into the egg or to spread with avocado.

Tips

1. The avocado makes this dish more filling, which means you won't need more than one slice of toast. If you prefer, you can leave out the toast and just enjoy the fresh ingredients with the egg.
2. If you don't have time for eggs, spread toast with a thin layer of low-fat cottage cheese and serve with avocado and tomatoes.
3. This could also be served as a light meal with a salad.



FRESH FRUIT SALAD

It is important to eat seasonal fruit, as it will be more affordable and has much more flavour when in season. See what is available and choose a variety of colours to add lots of vitamins and minerals to your breakfast.

Winter fruit salad

1 medium apple or pear

1 medium banana

½ medium pineapple

1 small grapefruit, orange or large naartjie

½ medium papaya

Summer fruit salad

1 medium apple

1 medium banana

½ medium pineapple

1 medium peach or large apricot or plum

200 g berries, strawberries or grapes

1 small mango

To serve

300 ml plain low-fat yoghurt

150 ml sunflower seeds or
chopped almonds

1. Prepare fruit by peeling, coring, slicing and chopping according to your choice of fruit. Mix together gently.

2. Serve 1 cup (250 ml) of fruit salad per person and add ¼ cup (60 ml) plain low-fat yoghurt and 2 tbsp (30 ml) sunflower seeds or almonds for a filling breakfast.

Tips

1. Sprinkle with cinnamon or mint for a different flavour. Try to avoid adding honey, as the fruit is naturally sweet. Any nuts or seeds of your choice are delicious with this breakfast.
2. If preferred, serve fruit salad with ¼ cup (60 ml) homemade oats on page 22 for a more filling breakfast.
3. Enjoy ½ cup (125 ml) fruit salad as a snack portion between meals.
4. Did you know? One portion of whole fruit, the size of your fist = 1 portion of fruit; 1 cup (250 ml) of peeled and cut fruit for breakfast = 2 portions of fruit for the day.
5. Remember that lemon juice is a great seasoning when serving fruit. Add a few drops to 1 cup (250 ml) sliced fruit for extra flavour. This can also prevent the fruit from browning too quickly.



SUPER SMOOTHIE

A smoothie can be an interesting way to incorporate a variety of fruit into your breakfast. It's also quick and easy to enjoy – even on your way to work or school. By adding nuts or uncooked oats, you make the smoothie a bit more filling, which will keep you fuller for longer. Remember that a smoothie has to be nutritious otherwise it digests too fast – leaving you hungry sooner. A smoothie can also be part of a breakfast with a small portion of eggs or muesli and yoghurt.

**½ medium papaya or 1 large mango,
peeled and cubed**

1 small banana, sliced

**2 pears, plums, peaches or nectarines,
cubed with the skin on**

½ small pineapple, peeled and cubed

**¼ cup (60 ml) uncooked oats or ground
almonds (optional)**

ice cubes to serve

1. Place fruit in a blender or food processor and blend until smooth. Add oats or almonds, if preferred and blend for a few more minutes.
2. Place ice in tall glasses and pour smoothie into each glass. Thin down with a little water, yoghurt, rooibos tea or low-fat milk if too thick to your preference.

Tips

1. When in season strawberries, grapes, mango and berries are delicious. Apples also work well.
2. A small glass of smoothie can also be enjoyed as a snack.
3. Add mint and a small piece of ginger to the fruit before blending for extra flavour.
4. Overripe fruit can be peeled, cut and frozen in freezer bags. Add this fruit to smoothies before blending for an ice cold treat.

WEEKEND OVEN-ROASTED VEGGIES

This is a delicious, warm, vegetarian breakfast and the veggies are very versatile. See the tips below.

- 2 tbsp (30 ml) canola or olive oil**
- 2 tbsp (30 ml) red wine or balsamic vinegar**
- 1 tbsp (15 ml) dried mixed herbs**
- ½ tsp (2,5 ml) salt**
- lemon juice and black pepper to taste**
- 2 onions, cut in thin wedges**
- 3 baby marrows, cut in thick slices**
- 3 large tomatoes, cut in wedges**
- 1 green or red pepper, cut in slices**
- 3 large spinach leaves, shredded**
- 4-8 eggs**
- 4 slices wholewheat bread, toasted**
- large handful of fresh basil or parsley leaves (optional)**
- 1 avocado, sliced (when in season)**

- 1.** Preheat oven to 200 °C. Mix oil, vinegar and dried herbs in a large bowl. Season with half the salt, lemon juice and pepper.
- 2.** Add all the veggies, except the spinach and mix well to coat with the oil. Place in a single layer on a large baking tray.
- 3.** Roast for 20 minutes or until the veggies are golden brown and cooked. Stir in spinach and roast for another 5 minutes to heat through.
- 4.** Meanwhile, heat a very thin layer of oil in a frying pan. Fry eggs over a medium heat until cooked to your preference. Season with the remaining ¼ tsp (1,2 ml) salt.
- 5.** Serve spoonfuls of veggies on toast. Place an egg (or 2 for a more filling breakfast or brunch) on top and season with pepper. Garnish with herbs and serve immediately with slices of avocado.

Tips

- 1.** Serve these veggies as a side dish with meat, fish or sausage or stir in a tin of chickpeas for a vegetarian meal. Left-overs are perfect for a lunch box.
- 2.** If you enjoy an egg with a runny yolk, the yolk will be extra 'sauce' on the veggies.
- 3.** Make a double batch of the veggies and use some for supper, tossed into pasta.
- 4.** If you don't want to serve the veggies with eggs, heat a tin of pilchards in tomato sauce and serve on the veggies.





Serves
4

Ready in
30 mins

OMELETTE WITH BROCCOLI AND CHEESE

2 tbsp (30 ml) sunflower or canola oil
1 onion, sliced
100 g broccoli, cut in florets
1 tbsp (15 ml) dried mixed herbs
lemon juice and black pepper to taste
6 eggs, beaten
½ tsp (2,5 ml) salt
⅓ cup (80 ml) grated cheddar or mozzarella cheese

1. Heat half the oil in a frying pan over a medium heat and fry onion until soft.
2. Add broccoli and herbs and fry for a few more minutes until broccoli is just cooked, but still crunchy.
3. Season broccoli with a few drops of lemon juice and pepper.
4. Beat eggs and salt together. Add remaining oil to the veggies in the pan and stir through.
5. Pour eggs evenly over veggies, but don't stir. Reduce heat slightly.

6. Allow egg to set and lift cooked egg around the edges with an egg lifter, to allow raw egg to run in underneath. Continue this process until most of the egg has set, but don't stir the eggs. Sprinkle with cheese and allow to melt slightly.
7. Cover with a lid for a few minutes or until the egg is just set on top.
8. Serve with salad, slices of tomato or a slice of wholewheat toast. A dollop of chutney or sweet chilli sauce will also be delicious.

Tips

1. Any veggies of your choice can be used for this omelette. If the veggies have lots of liquid, like mushrooms or tomatoes, first sauté them for a few minutes, like the broccoli in step 2, otherwise it could draw water once the egg is added.
2. Rocket leaves or spinach is also delicious with this omelette.
3. Substitute cheddar or mozzarella cheese with a slice of feta, if preferred.

EGG-IN-A-CUP

This is a quick, yet interesting way to serve eggs for breakfast or brunch. You can prepare the veggie filling or use left-over veggies. This recipe uses no salt, as the feta adds enough of a salty flavour.

- 2 tsp (10 ml) sunflower or olive oil**
- 1 onion, chopped**
- 2 baby marrows, thinly sliced**
- 3 spinach leaves, shredded or sliced**
- 1 tbs (15 ml) dried origanum or 2 tbs (30 ml) chopped fresh origanum**
- 1 slice feta, crumbled**
- lemon juice and black pepper to taste**
- 6 eggs**

- 1.** Heat oil over a medium heat in a small frying pan and fry onion and baby marrows until just soft.
- 2.** Stir in spinach and herbs and fry until spinach has just wilted. Remove from the heat, stir in half of the feta and season to taste with lemon juice and pepper.
- 3.** Divide mixture between 6 lightly greased, ovenproof cups or ramekins (ceramic bowls). Choose cups or bowls that will fit into a saucepan or frying pan, so that it can be covered with a lid.
- 4.** Bring 2-3 cm of water in the saucepan to a gentle simmer over medium heat.
- 5.** Crack an egg into each cup, over veggies and sprinkle with remaining feta.
- 6.** Carefully place cups in water in the saucepan or frying pan and fill with more boiling water if necessary, so that the cups stand halfway in water.
- 7.** Cover with the lid and reduce the heat. Simmer gently for 8-10 minutes or until the egg yolks are cooked to your preference.

- 8.** Serve with black pepper and salad ingredients or a slice of wholewheat toast per person. A small portion of fruit can also be served instead of the salad ingredients.

Tips

- 1.** Any left-over veggies, meat or chicken can be spooned into the bottom of the cups or bowls. Use about 80-100 ml of filling per cup.
- 2.** Substitute the baby marrow for small broccoli florets or use 125 g mushrooms, sliced.
- 3.** Left-over or tinned fish will also be delicious. Try tuna with the baby marrows or just spoon pilchards in tomato sauce into the bottom of the cups.
- 4.** Prepare a light meal by using slightly bigger bowls and adding two eggs to each container.



EGGY TOAST

Eggy toast is an easy way to get kids to enjoy eggs if they don't like scrambled or fried eggs. Different toppings can be added for an interesting weekend breakfast or brunch idea.

4 eggs

¼ cup (60 ml) water

¼ tsp (1,2 ml) salt

black pepper to taste

**1 tbsp (15 ml) sunflower or canola oil
for frying**

4 slices brown or wholewheat bread

To serve

2 pears, bananas or other fresh fruit, sliced

1 tsp (5 ml) honey per person

ground cinnamon

OR

1 tomato, sliced

**½ cup (125 ml) grated cheddar or
mozzarella cheese**

**1 tbsp (15 ml) chopped fresh herbs
of your choice**

1. Whisk eggs with water and season with salt and black pepper. Place in a shallow bowl.
2. Heat half of the oil over a medium heat in a frying pan.
3. Dip a slice of bread in the egg mixture and turn over with two forks to cover the bread completely with the egg mixture.
4. Fry 1–2 slices of bread on both sides until golden brown and repeat with the remaining bread and eggs. If the pan is big enough, all the slices can be fried together. If the pan is too small, don't dip the bread in the egg mixture too long in advance as it could become too soggy to handle and fry.
5. Remove bread from pan and keep warm, while frying the rest.
6. Serve with slices of fruit, drizzle with honey and sprinkle with cinnamon. Or serve with tomato and cheese and sprinkle with herbs.

Tips

1. Serve a small portion of tinned fish on the toast for an even more filling breakfast.
2. If you are serving eggy toast with a savoury topping, add 1 tsp (5 ml) dried herbs of your choice to the egg mixture, before dipping the bread into it.
3. Slice 1 avocado to serve with the savoury options.



SPICY PAN BREAKFAST

- 5 tsp (25 ml) sunflower or canola oil
- 2 onions, halved and thinly sliced
- 1 clove of garlic, crushed
- 1 tbsp (15 ml) finely grated fresh ginger
- 1 carrot, grated
- 1 baby marrow, grated
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) paprika or a pinch of cayenne pepper
- 1 chilli, seeded and chopped (optional)
- 1 x 410 g tin chopped tomatoes
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste
- 6 eggs
- 3 tbsp (45 ml) chopped fresh coriander or parsley

1. Heat half of the oil over a medium heat in a large frying pan. Fry onions, garlic and ginger until soft. Add carrot and baby marrow and fry for a few minutes.

2. Stir in the spices and chilli and fry until aromatic. Add tomatoes, reduce heat and simmer for 5 minutes. Season with salt, lemon juice and pepper.

3. Make 6 openings in the sauce and divide the rest of the oil between these openings.

4. Crack an egg into each opening and simmer with a lid for 4-5 minutes or until the yolks are cooked to your preference.

5. Sprinkle with fresh herbs and serve on toast or with slices of avocado.

Tips

- 1. Other veggies like brinjals, baby marrows or mushrooms can be fried with the onions.
- 2. Add a tin of beans to the sauce, before adding the eggs, to make this an even more filling breakfast or light meal.



VERSATILE SCRAMBLED EGGS

8 eggs

½ cup (125 ml) water

½ tsp (2,5 ml) salt

black pepper to taste

2 tsp (10 ml) sunflower or olive oil

3 tbsp (45 ml) fresh herbs of your choice,
like origanum, parsley, dill or thyme

You can add 1 of any of the following:

½ cup (125 ml) grated cheddar or
mozzarella cheese

1 slice feta, crumbled

1 x 170 g tuna in water, drained

½ cup (125 ml) frozen peas or whole
kernel corn, rinsed and patted dry

125 g mushrooms, sliced and pan-fried in
a very small amount of oil

1. Beat eggs with water, salt and pepper in a bowl.
2. Heat oil in a frying pan over medium heat and add the egg mixture.
3. Allow egg to start setting before stirring too much. Then gently stir egg with an egg lifter, to ensure that all the raw egg is cooked. Don't over-mix the eggs and don't make the pan too hot, otherwise the eggs can separate quite easily. Reduce heat if necessary.
4. If you want to add another ingredient from the list above, add this after stirring the eggs for the first time.
5. Gently stir scrambled eggs until just cooked and serve immediately. Sprinkle with herbs and black pepper and serve with a slice of wholewheat or brown toast per person and tomato slices, if preferred.

Tip

1. For a delicious, yet easy seasoning, stir the chopped herbs into the egg mixture, before adding it to the pan.





lunch

'More than just a sarmie'

Lunch boxes are not only something for the kids, but important for adults too and gone are the days of a boring or soggy sarmie. There are so many other things you can pack for work (or school) – whether you have kitchen facilities at hand or not.

When planning your lunch box or the lunch you eat at home, consider what you ate for breakfast as well as what you will be having for supper. Make sure that the meals for the day have lots of variety and are well balanced. Choose a lunch that will keep you satisfied until suppertime, so that you don't end up nibbling on unhealthy snacks and treats throughout the afternoon.

Fresh ingredients like veggies and fruit are easy to pack as they need very little preparation. They also add nutrients and fibre to your meal. Add a tasty, healthy dip like guacamole, roasted chickpea dip or even low-fat cottage cheese. Left-over cooked veggies should not be forgotten. Cold baby potatoes, corn on the cob, butternut and even sweet potato are delicious the next day.

Salads are not only for sunny holidays, but perfect lunches for kids and adults. With a little planning – you can also be ready with meat balls, chicken strips and fish cakes to add that all-important lean protein. These are ideal for kids as they are packed with flavour, delicious at room temperature and kids can eat them with their hands. Sandwiches can still be a practical lunch – see the tips on page 51.

Mini meat balls **36**

Spicy butter bean bites **37**

Tuna and corn cakes **38**

Creamy fish spread **39**

Vegetarian chickpea salad **40**

Green salad with chicken **41**

Crispy chicken strips **42**

Crunchy lentil salad **43**

Roasted chickpea dip **44**

Quick veggie soup **45**

Easy tomato soup **46**

Sandwich with spicy tuna **47**

Salad sandwich **48**

Guacamole **49**

Spinach and corn bakes **50**

MINI MEAT BALLS

- 500 g lean beef mince
- 2 tbsp (30 ml) chutney
- 2 tbsp (30 ml) tomato sauce
- 2 baby marrows, grated
- ¼ cup (60 ml) uncooked oats
- 1 egg, beaten
- 2 tsp (10 ml) dried mixed herbs
- 1 tbsp (15 ml) ground coriander
- 3 tbsp (45 ml) chopped fresh parsley
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste
- 2 tbsp (30 ml) sunflower or canola oil for frying

1. Place all the ingredients, except the oil, in a mixing bowl and mix with your hands until well combined. Season with lemon juice and pepper.
2. Shape the mince mixture into small balls using about 2 tbsp (30 ml) of mince per ball.
3. Heat half of the oil in a large frying pan over a medium heat. Fry half of the meat balls until golden brown on both sides.
4. Reduce the heat, cover with a lid and simmer for a few minutes or until cooked. Spoon out and repeat with remaining meat balls and oil.
5. Allow meat balls to cool and pack in a lunch box with a dipping sauce of your choice, such as sweet chilli sauce, tomato sauce or plain low-fat yoghurt. Alternatively serve warm with salad ingredients as a light lunch.

Tips

1. When buying sauces like chutney and tomato sauce, make sure you choose a good quality option that is lower in sugar and salt. Check the food labels and see page 12 for more on reading food labels.
2. The meat balls can also be served with fresh fruit or left-over cooked veggies like sweet potato, butternut or even corn on the cob. Baby potatoes in the skin also work well. The meatballs are delicious as a filling for pitas with salad ingredients.
3. This recipe makes about 12-15 small meat balls.



Tips

1. If the curry flavour is too strong for your kids, substitute the curry powder with dried mixed herbs.
2. Make a double batch of this recipe and keep for lunch boxes or as snacks for up to 3 days.
3. This recipe makes 15 bites.

SPICY BUTTER BEAN BITES

These vegetarian bites are packed with flavour and delicious on their own or as part of a lunch box. See the serving ideas below and assemble at work when you are ready to eat it.

- 1 x 410 g tin butter beans, drained and rinsed**
- 1 small onion, grated**
- 2 tsp (10 ml) grated lemon rind**
- 2 tbsp (30 ml) lemon juice**
- 2 tsp (10 ml) ground cumin**
- 2 tsp (10 ml) ground coriander**
- ½-1 tsp (2,5-5 ml) mild curry powder**
- 3 tbsp (45 ml) chopped fresh parsley or coriander**
- 1 tbsp (15 ml) dried oregano**
- 2 tbsp (30 ml) wholewheat flour**
- 1 egg, beaten**
- ¼ tsp (1,2 ml) salt**
- black pepper to taste**
- 2 tbsp (30 ml) sunflower or olive oil for frying**

1. Place all the ingredients, except the oil, in a mixing bowl. Mash with a fork or a potato masher until smoother. Season with pepper and more lemon juice if preferred.
2. Heat half of the oil in a large frying pan over a medium heat. Drop spoonfuls of the mixture into the pan and fry until golden. Don't press down on the mixture so that they keep their shape.
3. Turn over as the mixture starts to set and fry for a few more minutes. Reduce heat and cover with a lid to allow to cook through for a 1-2 minutes. Spoon out and repeat with remaining mixture and oil.
4. Serve bites as part of a lunch box with lemon wedges and fresh fruit or veggies. They are delicious in a wholewheat pita or wrap with low-fat yoghurt and a salsa made with cucumber, tomato and red and yellow peppers. They are equally yummy hot or at room temperature.

TUNA AND CORN CAKES

These easy and tasty little fish cakes are perfect to get kids to eat more veggies – especially at lunchtime. You could add different flavours or spices to the mixture, such as paprika or dried mixed herbs. For a spicier flavour add a pinch of cayenne pepper.

- 1 x 170 g tin tuna in water, drained**
- 1 x 410 g tin cream style sweetcorn**
- ½ cup (80 ml) frozen peas, rinsed**
- 1 cup (250 ml) wholewheat flour**
- ½ tsp (2,5 ml) baking powder**
- 2 eggs, beaten**
- 2 tbsp (30 ml) chopped fresh parsley**
- ¼ tsp (1,2 ml) salt**
- 1 tbsp (15 ml) lemon juice**
- black pepper to taste**
- 2 tbsp (30 ml) sunflower or canola oil for frying**

- 1.** Place all the ingredients, except the oil, in a large mixing bowl. Mix until well combined.
- 2.** Heat half of the oil in a large frying pan over a medium heat. Fry small spoonfuls of the mixture on both sides until golden brown and cooked.
- 3.** Spoon out and drain on paper towel. Repeat with the rest of the mixture and a little extra oil if necessary.
- 4.** Serve as part of a lunch box with lemon wedges, sweet chilli sauce, tomato sauce or chutney. Carrot sticks, blanched broccoli florets and wedges of fruit like apple and pear will make for a more filling lunch.

Tips

- 1.** If preferred, use pilchards in tomato sauce instead of the tuna. Drain the tomato sauce and freeze to add as a liquid to fish soup or stew. Left-over cooked fish also works well.
- 2.** If your kids enjoy frozen veggies, add any other frozen veggie, like more corn or carrots to the mixture.



CREAMY FISH SPREAD

A versatile spread to enjoy with veggies, on bread or in a sandwich.

1 x 420 g tin pilchards in tomato sauce, drained, but keep the sauce
125 g plain low-fat cottage cheese
pinch of cayenne pepper
2 tbsp (30 ml) dried oregano
2 tbsp (30 ml) lemon juice
black pepper to taste

1. Place fish in a large bowl and mash with a fork until fine. Stir in the remaining ingredients and season to taste with

pepper. Add some of the drained tomato sauce to taste, but take care not to add too much as it may become too runny.

2. Spread on 2 slices of wholewheat or brown bread. Add avocado when in season or tomato and lettuce for a tasty sandwich. Serve with fresh fruit, if preferred. It is also great as a dip with veggies.

Tips

- 1.** Place the spread in an airtight container and store in the fridge for up to 3 days.
- 2.** If preferred, blend the mixture with a stick blender for a smoother spread.
- 3.** If there is any left-over tomato sauce from the tin, it can be frozen and added to any tomato and fish dish, such as a pasta sauce, for extra flavour.



VEGETARIAN CHICKPEA SALAD

- 2 medium tomatoes, cubed
- ¼ cucumber, cubed
- 2 medium carrots, quartered and sliced
- 1 slice feta, cubed
- 2 x 410 g tin chickpeas or beans of your choice, drained and rinsed
- 1 avocado, cubed (when in season)

Salad dressing

- 1 tbsp (15 ml) red or white grape vinegar
- 2 tbsp (30 ml) canola or olive oil
- 1 tsp (5 ml) dried or 2 tsp (10 ml) fresh thyme leaves
- ½ tsp (2,5 ml) ground cumin
- ½ tsp (2,5 ml) sugar
- ¼ tsp (1,2 ml) salt
- lemon juice and black pepper to taste

1. Mix all the salad ingredients together.
2. **Salad dressing:** Mix all the ingredients together and season with lemon juice and pepper.
3. Toss dressing through the salad. Keep the avocado separate and cut just before eating. Enjoy as a light meal or as lunch at work. Pack a portion of fruit for a more filling lunch.

Tips

1. For a different flavour, use orange juice instead of the vinegar in the salad dressing. Leave out the sugar.
2. This salad will be delicious with herbs like mint and parsley. Add fresh leaves to the salad just before serving.
3. Beans like red kidney beans, butter beans and cannellini beans work well in this dish. Use a combination of beans and chickpeas or just beans, if preferred.

GREEN SALAD WITH CHICKEN

Chicken

1 tsp (5 ml) sunflower or olive oil

2 chicken breasts on the bone, skin removed

½ cup (80 ml) rooibos tea

1 bay leaf

Salad

½ tbsp (7,5 ml) prepared mild mustard

3 tbsp (45 ml) lemon juice or white grape vinegar

1 tsp (5 ml) sugar or honey

3 tbsp (45 ml) sunflower or olive oil

½ tsp (2,5 ml) dried origanum

black pepper to taste

100 g broccoli, cut in florets or thin green beans, halved

1 cup (250 ml) frozen peas, rinsed

¼ cucumber, halved and sliced

large handful mixed lettuce leaves

Tips

1. Although dried herbs are convenient, fresh herbs like origanum, rosemary and thyme will be delicious in this salad.
2. Use this method to cook chicken for any dish. It is easy and the chicken stays juicy.

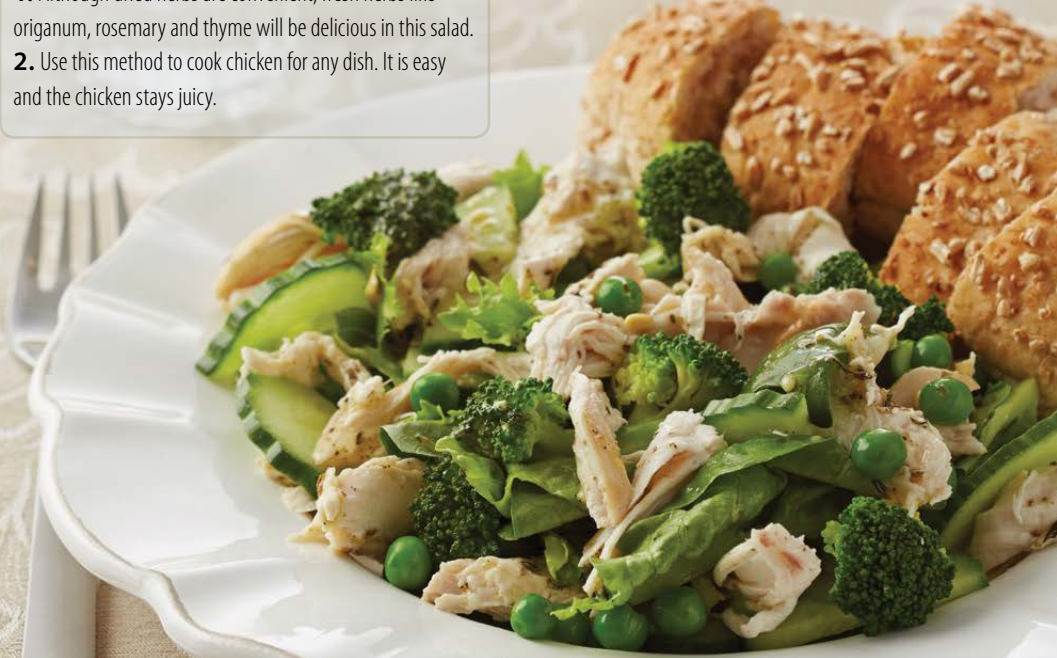
1. Chicken: Heat the oil in a large frying pan over a medium heat and fry chicken on both sides until golden brown.

2. Reduce heat, add tea and bay leaf. Cover with a lid. Simmer for 20-25 minutes or until just cooked. Spoon out and allow to cool. (Freeze the pan juices and use as a stock for another meal.) Remove the bones from the chicken and shred the meat.

3. Salad: Mix mustard, lemon juice, sugar, oil and origanum and season with pepper. Pour some of this mixture over the chicken to marinate the cooked meat.

4. Pour boiling water over the broccoli or beans and peas. Allow to stand for 7-10 minutes or until cooked. Drain and repeat if necessary. Rinse well to cool.

5. Toss the cooked veggies and chicken with cucumber and lettuce and serve with the remaining dressing. If you are packing into a lunch box, keep the lettuce and extra salad dressing separate until you are ready to eat. Enjoy with left-over cooked veggies such as butternut, sweet potato or corn or a slice of wholewheat bread.



CRISPY CHICKEN STRIPS

Chicken nuggets or crumbed chicken is a firm favourite, but unfortunately often unhealthy as it is deep-fried. These chicken strips are coated in polenta or mealie meal which adds an extra crunch and are fried in a small amount of oil.

- 1 cup (250 ml) uncooked fine polenta or mealie meal**
- 3 tbsp (45 ml) dried mixed herbs**
- ½ tsp (2,5 ml) salt**
- black pepper to taste**
- 4 chicken breast fillets, cut into thin strips**
- 1 cup (250 ml) buttermilk**
- 3 tbsp (45 ml) sunflower or olive oil for frying**

- 1.** Mix polenta or mealie meal, dried herbs and salt in a large, shallow dish and season to taste with pepper.
- 2.** Dip a few chicken strips at a time into the buttermilk and roll in the polenta mixture to coat each strip. (Work with two forks to stop your hands from getting too messy.)
- 3.** Heat 1 tbsp (15 ml) of the oil in a large frying pan over a medium heat. Fry chicken strips in batches, until just golden brown on both sides and cooked. The thin strips fry quickly, so don't overcook them, as the chicken will become dry. Repeat with the rest of the chicken and oil.
- 4.** Serve hot or at room temperature with lemon wedges and a sauce of your choice, such as a sweet chilli sauce. Enjoy chicken strips with salad ingredients, fresh fruit or left-over veggies like butternut.

Tips

- 1.** Omit the buttermilk and lightly brush each chicken strip with a little extra oil and then coat and fry as above.
- 2.** Try this recipe with any firm line fish.
- 3.** For a delicious sauce to serve with your chicken strips, season mayonnaise or plain low-fat yoghurt with a little lemon juice.



CRUNCHY LENTIL SALAD

- 1 cup (250 ml) uncooked brown lentils
- ½ tsp (2,5 ml) salt
- 2 tsp (10 ml) dried origanum
- 2 tbsp (30 ml) sunflower or olive oil
- 1 tbsp (15 ml) red wine vinegar
- ½ tsp (2,5 ml) sugar
- black pepper to taste
- 3 tbsp (45 ml) fresh chopped parsley
- 2 medium carrots, coarsely grated
- 2 tomatoes, halved and sliced
- 3 large spinach leaves, shredded

1. Place lentils, half the salt and half the origanum with 3 cups (750 ml) water in a pot. Bring to the boil over a medium heat. Reduce the heat and simmer for 20-30 minutes or until just cooked.

2. Drain lentils, rinse with cold water and drain well.

3. Meanwhile, make the salad dressing. Mix remaining salt and origanum with the oil, vinegar and sugar and season with pepper.

4. Add the rest of the ingredients to the cold lentils and mix well. Add the dressing just before serving. Pack with some extra fruit for a filling meal.

Tips

- 1.** This salad will also be perfect for a side dish at a braai.
- 2.** Avocado will be great in this salad. When in season, cut in cubes and add at the end.



ROASTED CHICKPEA DIP

A chickpea dip, also known as hummus, is traditionally made with tahini which is a sesame seed paste. Tahini however can be expensive or difficult to find. By roasting half of the chickpeas with cumin seeds before blending them, the hummus still has a nutty flavour.

2 x 410 g tins chickpeas, drained, but keep the liquid

2 large cloves of garlic, crushed

5 tbsp (75 ml) sunflower or olive oil

1 tsp (5 ml) cumin seeds

1 tsp (5 ml) ground cumin

100 ml lemon juice

¼ tsp (1,2 ml) salt

black pepper to taste

1. Preheat the oven to 180 °C and line a small baking tray with foil. Pat chickpeas dry with paper towel. Place 1 of the tins of chickpeas with the garlic, 30 ml (2 tbsp) of the oil and cumin seeds in a large bowl and mix to coat the chickpeas.

2. Place the oil-coated chickpeas with the seasonings on the baking tray and roast for 15-20 minutes or until lightly golden brown.

3. Place roasted chickpeas with the oil and seasonings from the tray, in a large bowl. Add the remaining chickpeas, oil, ground cumin and lemon juice. Add 50 ml of the reserved liquid from the tin. Blend to form a chunky mixture and season to taste. Add more water, if you prefer a smoother dip.

4. Serve as part of a lunch with fresh veggies like carrots, celery, cucumber and green beans. It is also delicious spread onto bread, any sandwich or as a dip for wholewheat pita wedges.

Tips

- 1.** Refrigerate dip in an airtight container for 4-5 days.
- 2.** If preferred, stir in a little plain low-fat yoghurt for a creamier dip.



QUICK VEGGIE SOUP

Make a big batch of this soup and freeze in lunch-sized portions for work. It is also perfect as a light supper – keep any left-overs for lunch.

- 1 tbsp (15 ml) sunflower or olive oil**
- 1 onion, finely chopped**
- 2 celery stalks, chopped**
- 2 baby marrows, chopped**
- 1 medium sweet potato with the skin, grated**
- 4 cups (1 litre) water**
- 1 x 410 g tin butter beans, drained and rinsed**
- ½ tsp (2,5 ml) salt**
- 1 tsp (5 ml) dried thyme**
- 100 g broccoli, cut in florets**
- 2 spinach leaves, shredded**
- 1 tsp (5 ml) prepared mild mustard**
- lemon juice and black pepper to taste**
- 2 tbsp (30 ml) chopped fresh parsley (optional)**

- 1.** Heat oil in a large pot over a medium heat. Fry onion until soft and add celery and baby marrows. Fry for a few more minutes and add sweet potato, water, beans, salt and thyme.
- 2.** Cover with a lid and simmer for 15-20 minutes or until the sweet potato is cooked.
- 3.** Add broccoli, spinach and mustard and season with lemon juice and pepper. Simmer for another 10 minutes or until the broccoli is just cooked. Blend until smooth or mash with a potato masher for a chunkier soup. Season with lemon juice and pepper.
- 4.** Stir in the parsley and serve hot. See tips for serving ideas.

Tips

- 1.** Serve soup with a dollop of plain low-fat yoghurt, more fresh herbs or a few drops of olive oil.
- 2.** Season the soup to your preference with spices like paprika, cumin, garam masala or curry powder.
- 3.** Left-over chicken or fish can be stirred into soup to make it more filling. Any other tinned or cooked beans can be added.



EASY TOMATO SOUP

Make this soup the night before and pack for a light lunch. Prepare it for supper, using the tips to add meat, fish or beans and pack left-overs for lunch.

- 2 tsp (10 ml) sunflower or canola oil
- 1 onion, finely chopped
- 2 carrots, cubed
- 2 tsp (10 ml) finely grated fresh ginger
- 4 celery stalks with the leaves, sliced
- 2 tbsp (30 ml) dried mixed herbs or origanum
- 2 bay leaves
- 2 x 410 g tins chopped tomatoes
- 4 cups (1 litre) water
- 1 tsp (5 ml) sugar
- ½ tsp (2,5 ml) salt
- lemon juice and black pepper to taste

1. Heat the oil in a large pot over a medium heat. Fry onion, carrots, ginger and celery until soft.
2. Add herbs and fry for a few more minutes. Add bay leaves, tomatoes, water and sugar and simmer over a low heat for 30 minutes or until the veggies are cooked to your preference.
3. Add the salt and season with lemon juice and pepper and serve hot. (See serving tips below.) The soup can be eaten with 2 slices of wholewheat bread or a handful of nuts and some fresh fruit.

Tips

1. Serve the soup with a dollop of plain low-fat yoghurt, fresh herbs like basil or origanum or slices of avocado.
2. Left-over meat like chicken strips or flaked fish can be added to the soup. For a vegetarian soup add a tin of baked beans and blend for a creamier texture.



SANDWICH WITH SPICY TUNA

1 x 170 g tin tuna in water, drained
2 tbsp (30 ml) mayonnaise
1 tbsp (15 ml) chutney
1 tbsp (15 ml) tomato sauce
½ tsp (2,5 ml) mild curry powder or to taste
8 slices wholewheat or brown bread

1. Mix tuna, mayonnaise, chutney and tomato sauce and season with curry powder. Divide mixture between 4 slices of bread.
2. Close the sandwiches with the remaining 4 slices of bread and toast in a toaster or serve as it is.

3. To pack in a lunch box, you can pack the tuna mixture separately and spread on toast or bread when you are ready to eat. Serve with salad ingredients like lettuce and cucumber or fresh fruit of your choice.

Tips

1. Chopped fresh herbs, like parsley or coriander will be delicious in this tuna mixture.
2. If you are not toasting this sandwich, add lettuce or tomato for an added crunch.
3. Make your own chicken mayonnaise sandwich. Substitute tuna for 1 cup cooked chicken and use as above. See page 41 for a juicy chicken recipe.
4. Remember when buying mayonnaise, chutney and tomato sauce to choose the best quality possible that is lower in salt, sugar and fat. Check the food labels and see page 12 for more detail.



SALAD SANDWICH

- ¾ cup (160 ml) plain low-fat cottage cheese**
- black pepper to taste**
- ½ tbsp (7,5 ml) prepared mild mustard**
- ¼ cucumber, sliced**
- 1 tomato, sliced**
- 1 carrot, grated**
- handful of lettuce leaves**
- 8 slices wholewheat or brown bread**

1. Place the cottage cheese in a mixing bowl and season with pepper and mustard.
2. Divide cottage cheese mixture between 4 slices of bread and top with salad ingredients. Add the lettuce last.

3. Close the sandwiches with the remaining slices of bread and enjoy for lunch. If you are packing for a lunch box, wrap well with cling wrap or wax wrap to keep your sandwich fresh. Or pack the seasoned cottage cheese and salad ingredients separately and assemble just before eating.

Tips

1. Serve the same ingredients in a wholewheat wrap or roll.
2. The chickpea dip or guacamole on page 44 and 49 is also delicious on this sandwich.
3. If you have any left-over veggies from the recipe on page 28, use this on the sandwich.





GUACAMOLE

- 2 ripe avocados, mashed with a fork or cubed**
- 1 tbsp (15 ml) lemon juice**
- ½ tsp (2,5 ml) finely grated lemon rind**
- 5 ml (1 tsp) ground cumin**
- 3 tbsp (45 ml) chopped fresh parsley or coriander**
- 1 small ripe tomato, chopped**
- ¼ tsp (1,2 ml) salt**
- black pepper to taste**

1. Mix avocados, lemon juice, lemon rind, cumin, herbs and tomato. Add salt and season with pepper.
2. Serve as part of a light lunch as a dip with fresh veggies like cucumber, peppers or carrot sticks. Dip toasted wholewheat

pitats into the guacamole or spread onto any sandwich. Enjoy with fresh fruit and a handful of nuts or seeds.

Tips

1. Add paprika, cayenne pepper or chilli to the guacamole for a spicier flavour.
2. Grating lemon rind is easy, just use the small side of the grater and don't grate any of the bitter, white pith.
3. This guacamole is not only great as part of a lunch, but equally good with meat, fish or chicken. Serve it on wholewheat toast or a sandwich for a quick lunch.
4. Stir chopped onion or spring onions into the mixture for added flavour. Alternatively stir plain low-fat yoghurt into the guacamole to use as a dip.

SPINACH AND CORN BAKES

These bakes are so easy to make and a great idea to pack in a lunch box.

1 x 410 g tin cream style sweetcorn
4 eggs, beaten
3 spinach leaves, finely shredded
100 ml cake flour
1 tbsp (15 ml) sunflower or canola oil
1 tsp (5 ml) paprika
¼ tsp (1,2 ml) salt
lemon juice and black pepper to taste

1. Preheat the oven to 180° C and grease a muffin pan.
2. Place all the ingredients in a large mixing bowl and mix until well combined. Season with lemon juice and pepper.
3. Divide mixture into muffin pan and sprinkle extra paprika on top, if preferred. Bake for 20 minutes or until set. Remove from the pan and allow to cool.
4. Serve as part of a light lunch with lemon wedges and a bean or lentil salad. Add avocado when in season.



Tips

1. This is a delicious snack served hot or at room temperature.
2. Sprinkle sesame seeds on top of each bake before baking.
3. To make it a more filling lunch, serve with left-over cooked butternut, sweet potatoes or baby potatoes.
4. This recipe makes 12 small bakes.

Lunch box tips

Packing for kids

- Pack food that **looks appealing**, like kebabs with cucumber and tomato.
- Keep everything fresh in a **well-sealed** lunch box or small cooler bag.
- Food that is a **size that is easy to handle**, like mini meat balls or small pieces of veggies or fruit, are more likely to be eaten.
- Pack a **variety of textures and colours** to ensure that the lunch is eaten and not swapped at school.
- Keep **treats for special occasions**, rather than every day.
- Send kids to school with a **bunch of grapes or an apple** instead of tuck shop money.

PACKING DRINKS

- **Avoid fizzy or sugary cool drinks**, rather enjoy diluted 100 % fruit juice or homemade ice tea.
- **Water** is the best choice, add lemon slices for extra flavour.
- In summer, **freeze water bottles** overnight to have ice cold water throughout the day. This also keeps your lunch box cool.



PACKING A SALAD

- Keep delicate salad ingredients like lettuce **separate** to keep it fresh.
- Pack salad dressing in a **little container** and add before you eat the salad.
- Pack into a **small cooler bag** to keep everything fresh and crunchy.



PACKING SOUP

- Cook **bulk batches of soup** and freeze them in individual portions.
- If you don't have heating facilities – you can keep it **warm in a flask**.
- Pack **fruit and nuts or avocado** or wholewheat bread to enjoy with your soup.



PACKING SANDWICHES

- **Pack fresh ingredients** like lettuce, tomato and cucumber separately to add to your sandwiches – this prevents the sarmie from going soggy.
- **Wrap sandwiches** well in wax paper, cling wrap or foil to keep them fresh.
- Choose **wholewheat or high-fibre** bread, wraps, pitas or rolls.
- **Avoid too many processed, salty meats** like polony, Viennas or ham. Rather use chicken or fish, like tinned tuna.



snacks

'The inbetweeners'

Sometimes you just need a snack to get you through to the next meal. This isn't a bad thing, actually it is quite important to keep your blood sugar levels constant throughout the day. What you choose to snack on is the important thing.

Luckily there are lots of healthy snacks that you can have at hand to keep you going for longer. Nuts, seeds, fruit and veggies are all ready-to-go snacks. Some snacks do require a little more effort, however homemade is always best. Rather make your own muffins and cookies like the healthier alternatives in this section. By making your own you can control the amount of sugar, salt and fat that goes into these. Make sure that snacks are as unrefined as possible, with no unnecessary, unhealthy ingredients added.

Healthy eating doesn't mean depriving yourself. We all enjoy a treat, but it is important to make good choices and to keep your portions small.

- Lightly roasted nuts **54**
- Raisin cookies **55**
- Peanut butter slices **56**
- Date and chocolate balls **57**
- Baby marrow fritters **58**
- Homemade ice tea **59**
- Apple and banana muffins **60**
- Popcorn **61**
- Fresh fruit and peanut butter dip **62**

LIGHTLY ROASTED NUTS

These nuts are a great alternative to salty shop-bought versions.

200 g raw unsalted nuts, like almonds or peanuts

1 tbsp (15 ml) canola or olive oil

1 tsp (5 ml) paprika

½ tsp (2,5 ml) ground cumin

½ tsp (2,5 ml) ground cinnamon

black pepper to taste

1. Preheat the oven to 180 °C and line a baking tray with baking paper or foil.
2. Place all the ingredients in a mixing bowl and stir well to coat the nuts in the oil and spices. Season with pepper.
3. Place on the baking tray and bake for 10-15 minutes or until lightly golden. Toss the tray once or twice during the cooking time. Take care not to burn them.
4. Allow to cool and serve about ⅓ cup (80 ml) per person as a snack or sprinkle over a salad for extra crunch.

Tips

1. Choose a combination of nuts and seeds like sunflower seeds, pumpkin seeds, pecan nuts, peanuts and almonds.
2. Store these nuts in an airtight container for about 1 week.
3. Make a sweeter flavour combination. Substitute spices for 1 tsp (5 ml) ground cinnamon, ½ tsp (2,5 ml) ground mixed spice and a pinch of nutmeg. Omit the pepper. Enjoy as a snack or sprinkle over oats or fruit salad for breakfast.
4. Combine the nuts with dried fruit like raisins or cranberries or eat with fresh fruit for a healthy snack.
5. Make these nuts on the stove. Heat oil in the pan and add nuts. Fry until lightly golden brown. Add spices and fry for a few more minutes.



Makes
25-30

Ready in
45 mins

Tips

1. Use this cookie dough as a base for any cookie. Stir in chocolate chips for a special occasion.
2. Add ½ tsp (2,5 ml) ground ginger and 1 tsp (5 ml) ground mixed spice to the dough for a spiced cookie.

RAISIN COOKIES

Homemade cookies are much better than shop-bought cookies, because you can control what goes into them. These are lower in fat and sugar, making them a healthier alternative.

½ cup (80 ml) soft tub margarine
½ cup (80 ml) sugar
2 eggs, beaten
1 tsp (5 ml) vanilla essence
1 tsp (5 ml) finely grated lemon rind
1 cup (250 ml) wholewheat flour
1 cup (250 ml) cake flour
100 ml raisins

1. Preheat the oven to 180 °C and line a baking tray with baking paper.
2. Place margarine and sugar in a mixing bowl and beat until light and fluffy.
3. Add eggs one at a time, beating well after each addition.
4. Stir in the vanilla and lemon rind and fold in both of the flours and raisins. Stir to form a smooth dough. Roll into balls and place on the baking tray. Press down with a fork.
5. Bake for 15 minutes or until golden brown. Cool on a cooling rack and store in an airtight container. Serve 2-3 small cookies as a snack.

PEANUT BUTTER SLICES

Peanut butter is a wonderful baking ingredient. Here it helps to bind the mixture and adds flavour.

- 2 cups (500 ml) oats
- ⅓ cup (80 ml) honey
- ⅓ cup (80 ml) pitted dates, chopped
- 5 tbsp (75 ml) peanut butter
- 1 egg, beaten
- ¼ cup (60 ml) sunflower oil
- 1 tsp (5 ml) ground cinnamon or mixed spice
- 1 tsp (5 ml) vanilla essence

1. Preheat the oven to 180 °C and lightly grease an 18 x 30 cm baking tin.
2. Place all the ingredients in a mixing bowl and mix until well combined.
3. Press mixture into the baking tin in an even layer and bake for 10-15 minutes or until golden brown and crispy.
4. Cut into 20 slices while they are still slightly warm. Allow to cool on a cooling rack and remove from the tin. Store in an airtight container for 3-4 days.
5. Serve 2 slices per person as a snack.

Tips

1. If pitted dates aren't available, you can use raisins or dried cranberries.
2. Make sure you choose a good quality peanut butter that is lower in salt and sugar. Check the food labels and see page 12 for more detail on reading food labels.

DATE AND CHOCOLATE BALLS

We all love chocolate, but know that too much is not good for us. In this treat, we combine dark chocolate with dates to make a healthier alternative.

½ x 80 g slab dark chocolate, broken into pieces

1 tbsp (15 ml) cocoa

3 tbsp (45 ml) low-fat milk

1 tsp (5 ml) vanilla essence

250 g pitted dates, finely chopped

100 ml desiccated coconut

extra coconut and cocoa to decorate with

1. Place chocolate in a glass bowl and melt over gently simmering water. Make sure that the bowl does not touch the water.
2. Mix cocoa with some of the milk to form a paste and mix with remaining milk and vanilla. Stir some of the melted chocolate into the milk mixture until smooth. Mix into the warm chocolate.

3. Stir in dates and coconut. Place spoonfuls of the mixture onto baking paper and sprinkle with coconut or cocoa and allow to set. Alternatively allow to cool slightly and then roll into balls. Roll balls into extra coconut or cocoa, if preferred. Allow to cool in the fridge. Serve 1–2 balls as a treat.

Tips

1. Serve date balls as part of a dessert with fresh fruit or serve with coffee at the end of a meal.
2. If packing for a lunch box treat, make sure that it is kept in a cool place, as they may melt.
3. Choose a good quality chocolate and cocoa that is low in added sugar. Check your food labels to make better choices and see page 12 for more detail.



Makes
25

Ready in
45 mins



BABY MARROW FRITTERS

Baby marrows are very versatile and add extra fibre and flavour to this snack.

- 1½ cups (375 ml) wholewheat flour**
- 1 tsp (5 ml) baking powder**
- 1 cup (250 ml) buttermilk or maas**
- 2 eggs, beaten**
- 4 baby marrows, coarsely grated**
- 6 tbsp (90 ml) grated cheddar or mozzarella cheese**
- 2 tbsp (30 ml) sunflower or olive oil for frying**

1. Place dry ingredients in a large mixing bowl. Beat buttermilk and eggs together in a separate bowl. Stir buttermilk mixture into the dry mixture until well combined.

2. Stir in the baby marrows and cheese and mix to form a thick batter.

3. Heat half of the oil in a large frying pan and fry spoonfuls of the mixture until golden brown. Turn over and fry on the other side until golden brown and cooked. Drain on paper towel.

4. Repeat with remaining mixture and more oil if necessary. Serve 3 fritters per person as a snack.

Tips

- 1.** Add a pinch of paprika to the batter, if preferred.
- 2.** Add chopped fresh origanum, thyme or even parsley to the mixture.
- 3.** Serve these fritters as a snack before a braai instead of crisps.

HOMEMADE ICE TEA

This tea is very refreshing and a healthier alternative to fizzy, sugary cold drinks. Keep a jug of this ice tea in the fridge in summer.

8 rooibos tea bags

1 cinnamon stick

4 whole cloves

6 thin slices ginger

4 cups (1 litre) boiling water

**4 cups (1 litre) 100 % grape, apple or
berry juice, chilled**

lemon juice to taste

**ice cubes, mint leaves, fresh fruit
or lemon slices to serve**

1. Place tea bags, spices and ginger in a large glass jug and pour over boiling water. Stir well and allow to cool for about 2 hours. Remove tea bags, ginger and spices.

2. Add juice to the tea and season with lemon juice to taste.

3. Serve ice cold with ice and your choice of mint leaves, fruit and lemon.

Tips

1. When buying fruit juice, remember to read the label and only buy pure or 100 % fruit juice.

2. In summer when it's hot outside, freeze this ice tea in ice cube or ice lolly trays for the kids.

This is a good alternative to ice-cream.

*** Includes cooling time**

Makes
10–12

Ready in
1 hour 30 mins

APPLE AND BANANA MUFFINS

Baking is often associated with lots of sugar and a lower nutritional value. By preparing an apple purée and using a ripe banana, no sugar is needed. Grated apple adds flavour and texture to these delicious muffins.

Apple purée (makes 250 ml)

4 apples, peeled and cubed

¼ cup (60 ml) water

2 tsp (10 ml) lemon juice

Muffins

½ cup (125 ml) wholewheat flour

½ cup (125 ml) cake flour

½ tbsp (7,5 ml) baking powder

1 tsp (5 ml) ground cinnamon

1 cup (250 ml) coarsely grated apple

½ cup (125 ml) prepared apple purée

1 large ripe banana, mashed with a fork

2 eggs, beaten

6 tbsp (90 ml) sunflower or canola oil

1 tsp (5 ml) vanilla essence

1. Apple purée: Place apples, water and lemon juice in a small pot. Cover and bring to the boil over a medium heat. Simmer until soft. Drain liquid, but keep it. Purée with a stick blender until smooth and add some of the cooking liquid, if necessary.

2. Muffins: Preheat oven to 180 °C. Place muffin cups into a muffin pan or lightly grease the pan.

3. Mix all the dry ingredients together and stir in the grated apple. Mix the remaining ingredients together.

4. Stir the liquid ingredients into the dry ingredients to form a smooth batter. Take care not to over-mix it. Spoon into muffin cups and bake for 25–30 minutes or until a skewer comes out clean.

5. Cool on a cooling rack. Serve a muffin per person as a snack or in a lunch box.

Tips

1. Any left-over apple purée can be frozen and used for other baking, or used to sweeten savoury dishes. If preferred, the apple cubes can be simmered with a cinnamon stick – just remove it before puréeing the apples.

2. Add ½ cup (80 ml) dried cranberries or raisins to the muffins, if preferred.

POPCORN

Homemade popcorn is such a treat and the ideal lunch box filler. A healthier alternative to shop-bought salty snacks like crisps, at home you can control how much salt and oil is used.

- 1 tsp (5 ml) sunflower oil**
- ½ cup (125 ml) popcorn kernels**
- ¼ tsp (1,2 ml) salt**
- 2 tsp (10 ml) dried mixed herbs, oregano or paprika**

1. Place oil in a large pot with a lid and swirl to coat the base of the pot with the oil.
2. Sprinkle the kernels in an even layer on the base of the pot. Cover with a lid and heat over a medium heat.
3. When the popcorn kernels begin to pop, don't leave the pot unattended. When there is more than 2 seconds between each 'pop', remove the pot from the heat. Do not remove the lid until the popping stops.
4. Mix the salt and herbs or spices and sprinkle over the hot popcorn. Toss through and serve immediately.

Tip

1. Pack popcorn in your kids' lunch boxes. Keep in an airtight container or a sealable plastic bag.



FRESH FRUIT AND PEANUT BUTTER DIP

This peanut butter dip makes snacking on fruit even yummi-er! The peanut butter adds a slightly sweeter flavour to the yoghurt, making it ideal for those late afternoon munchies.

3 tbsp (45 ml) peanut butter
½ cup (125 ml) plain low-fat yoghurt
4 apples or pear, cut in wedges

1. Place peanut butter in a bowl and mix until slightly softened. Stir in the yoghurt and mix well until smooth.
2. Serve peanut butter dip with fruit wedges as a mid-afternoon snack. The peanut butter and fruit can help to curb your sweet tooth cravings.

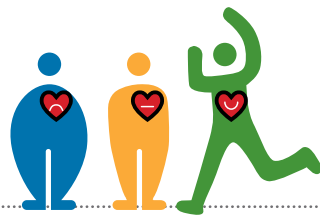
Tips

1. Make a savoury dip for veggie sticks: Mix ½ cup (125 ml) low-fat cottage cheese with ¼ cup (60 ml) plain low-fat yoghurt and season with lemon juice and black pepper. Add chopped fresh herbs, if preferred.
2. Use any seasonal fruit of your choice to dunk into the dip. This is also a great lunch box filler for kids.
3. Add a pinch of cinnamon or a drop of vanilla essence to the dip for a different flavour.
4. Make sure you use a good quality peanut butter that is lower in salt and sugar. See page 12 for more detail on food labels.





iCHANGE4HEALTH



Statistics from StatsSA and the WHO Global Status Report show that compared to Brazil, Russia, India and China, **South African women** have the **highest** incidence of **heart disease** and **diabetes**, and only Russian men rank higher than South African men for the same conditions.

Chronic **lifestyle related illnesses** are rapidly **increasing** because of **sedentary lifestyles**, **poor diet**, **physical inactivity** and other factors.

Research done by the Food and Agriculture Organisation also shows that:



Nearly **50 % of men** aged 25 to 34 and **60 % of women** in the same category can be described as **physically inactive**.



A **third of men** and more than **two-thirds of women** have a **BMI of over 25**, making them overweight or obese.



One in five men and **one in four women** suffer from **hypertension** at a relatively young age.

Many people want to live healthier lives and reduce their risk of developing chronic lifestyle diseases, but are unsure how to start. Others are unaware of the unhealthy behaviours in their lives. To address this problem, and to help South Africans change their bad habits and put new, healthier ones in their place, **Pharma Dynamics**, as the largest supplier of cardiovascular medication in SA, partnered with the Chronic Disease Initiative for Africa (CDIA) to launch **iChange4Health**.

iChange4Health has a series of helpful motivational booklets, including the successful **Cooking from the heart** recipe book launched in 2012, (available for download on www.ichange4health.co.za) that provide information, guidance and tips regarding lifestyle changes and also showcase other people who have broken their unhealthy habits.



The **iChange4Health** and **Cooking from the heart** Facebook pages further offer helpful information and advice to motivate South Africans to take the first step towards a healthy lifestyle to ultimately reduce the burden of chronic disease on South Africa.



More about Pharma Dynamics

Pharma Dynamics was founded in September 2001 by CEO, Paul Anley. Determined to take on the big players in the pharmaceutical industry, Anley and his team set about implementing the company's mission to become a world-class marketer and distributor of healthcare products in Southern Africa.

From the outset, the main focus was the provision of generic medicine, essential in a country such as South Africa where access to healthcare is often severely limited.

From humble beginnings and in the space of a mere thirteen years, the company is today not only the biggest supplier of medicine that work on the Cardiovascular System (CVS) in South Africa (IMS data, June 2014), but also the fastest growing pharmaceutical company in SA amongst the top 20 companies.

Pharma Dynamics has also successfully entered various other treatment categories, including medicine that work on the Central Nervous System (CNS), in the Female Healthcare categories, antimicrobial (antibiotics), pain and respiratory, and also supplies a range of Over the Counter (OTC) products.

During the course of 2013 its Hospital Division was launched with plans to add a further eight intravenous (IV) products to the existing range of three IV products during 2014.

The company's growth has not been confined to South Africa. During 2011, Pharma Dynamics launched into Africa with exports of its CVS, antibiotic, allergy and cold & flu medication to Zambia and Mozambique. Further launches in Nigeria and Angola are anticipated during the course of 2014.

While consistently striving to achieve and maintain world-class standards in the marketing and distribution of its products, Pharma Dynamics is equally committed to a caring approach that places a high priority on supporting the broader community with initiatives like **iChange4Health** and **Cooking from the heart**.



pharma  *dynamics*

EFFECTIVE AFFORDABLE HEALTHCARE



A high salt diet is a key contributor to high blood pressure which is one of the leading causes for **heart disease and stroke**



You should eat no more than **5 g of salt per day** – this is the same as one teaspoon and includes the salt that you add to your food as well as salt already found in foods



South Africans consume more than double the recommended amount of salt (**6 – 11 g per day**)



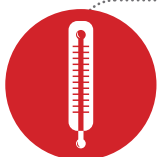
Half of the salt we eat is from salt added by manufacturers during the **processing of foods**



The other half of the salt we eat comes from salt we **add during cooking and salt sprinkled on at the table**



Bread is the single highest contributor to the total salt intake of South Africans

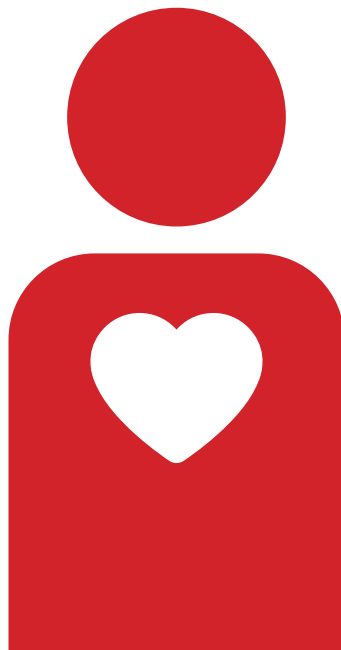


Salt is made up of two parts – sodium and chloride. Sodium is the part of salt that can **increase your blood pressure** when you eat too much of it

SALT

AND YOUR

HEALTH



SALT WATCH

For more information visit
www.saltwatch.co.za or call the
Healthline **0860 1HEART** (43278)

Index

Apple and banana muffins	60	Sandwich with spicy tuna	47
Baby marrow fritters	58	Spicy butter bean bites	37
Baked beans on toast	24	Spicy pan breakfast	32
Creamy fish spread	39	Spinach and corn bakes	50
Creamy oats with cinnamon and banana	22	Super smoothie	27
Crispy chicken strips	42	Tuna and corn cakes	38
Crunchy lentil salad	43	Vegetarian chickpea salad	40
Date and chocolate balls	57	Versatile scrambled eggs	33
Easy tomato soup	46	Weekend oven-roasted veggies	28
Eggs and toast soldiers	25		
Egg-in-a-cup	30		
Eggy toast	31		
Fresh fruit and peanut butter dip	62		
Fresh fruit salad	26		
Green salad with chicken	41		
Guacamole	49		
Homemade ice tea	59		
Homemade muesli	23		
Lightly roasted nuts	54		
Mini meat balls	36		
Omelette with broccoli and cheese	29		
Peanut butter slices	56		
Popcorn	61		
Quick veggie soup	45		
Raisin cookies	55		
Roasted chickpea dip	44		
Salad sandwich	48		



breakfast



lunch



snacks



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EFFECTIVE AFFORDABLE HEALTHCARE

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