

29.05.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and nutritionist

possible, than better farmed fish than canned.

DINNER

Dinner:

- Choose some starchy foods; potatoes (boiled, mashed or roasted), pasta, noodles, rice, couscous, bulgur, wheat all wholegrain.
- Add beans or lentils to salads, stews, casseroles, oven dishes etc.
- She could use and I could show her how to use oats & oat bran to cook fish or chicken
- Fill up by adding plenty of salad and/or vegetables (raw, steamed, boiled, stir-fried or roasted).
- Protein: lean meat, poultry, oily fish, white fish, eggs or peas, beans, lentils, seeds or nuts.

As Miranda can't cook, these dishes(53) can easily be adjusted to her not having to cook much herself, I have chosen them anyway as they are simple and healthy and it would be easy to teach her few cooking skills to make these herself.

Dinner	1 st idea	2 nd idea	3 rd idea
Name of dish	Turkey & pepper stir-fry	Salmon with spring onion mash	Tasty tuna & sweetcorn pasta
Serves how many*	4 adults	4 adults	4 adults
Preparation time	15 minutes	20 minutes	10 minutes
Cooking time	30 minutes	25 minutes	20 minutes
Ingredients	200g wholegrain brown rice 1 tbsp unsalted butter** 300g skinless turkey breast sliced into strips 2 garlic cloves crushed 2 red peppers deseeded and sliced 2 peppers, any colour deseeded and sliced 6 spring onions sliced 2 tbsp reduced salt soy sauce	1kg potato peeled and cut into chunks – these can be bought already prepared in chunks 6 spring onions finely sliced – these can be bought already sliced 1 tsp vegetable oil** 4 salmon fillets – these can be bought already prepared*** 4 tbsp full fat milk**** 2 tbsp fresh parsley chopped 250g broccoli broken into florets 1 pinch ground black pepper	300g wholemeal pasta shapes 1 tsp olive oil** 1 medium red onion chopped – can be bought like this 1 garlic clove crushed or finely chopped 400g chopped tomatoes***** 1 tsp tomato puree***** 150g sweetcorn drained 2 tsp dried mixed herbs 2 cans tuna in water drained and flaked*****

29.05.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and nutritionist

	4 tbsp orange juice 1 tsp ground ginger (optional)		
How to prepare	1. Put the rice on to cook in plenty of boiling water for 25-30 minutes, until tender. 2. When the rice has been cooking for 20 minutes, heat the butter in a wok or large frying pan and stir-fry the turkey over a medium-high heat for 5 minutes. 3. Add the garlic, peppers and spring onions and fry for another 2-3 minutes. 4. Next, add the soy sauce, orange juice and ground ginger (if using) to the turkey and cook for a further 2-3 minutes over a medium heat. 5. Drain the rice and serve with the turkey stir-fry.	1. Cook the potatoes in boiling water for 20 minutes, cooked until tender, adding the spring onions to the saucepan 5 minutes before the end of cooking time. This description would need to be altered for Miranda as the potatoes are already prepared when bought. 2. When the potatoes have been cooking for 10 minutes, start to prepare the salmon. Heat the vegetable oil in a non-stick frying pan, brushing it over the surface. Add the salmon, skin side down. Cook over a high heat for 2-3 minutes, without moving the fillets. Turn the salmon over, reduce the heat and cook for a further 3-4 minutes. This section here also needs to be changed a bit as the salmon is already prepared. 3. At this point, put the broccoli on to cook in a little boiling water - it will take about 5-6 minutes. Let the salmon rest for a few minutes while making the mash. 4. Drain the potatoes and spring onions and mash thoroughly. Beat in the milk and parsley. Reheat on the hob for 1	1. Cook the pasta following the instructions on the packet (buy prepared pasta) 2. While the pasta is cooking, heat the olive oil (butter instead) in a large non-stick frying pan. Add the onion and garlic and cook gently until soft, about 4-5 minutes. 3. Add the tomatoes, tomato puree, sweetcorn, mixed herbs and cook for 5 minutes. Just before serving, add the tuna and stir through gently. 4. When the pasta is cooked, drain well and serve with the tuna and sweetcorn sauce.

29.05.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and nutritionist

		minute, beating well. 5. Share the mash between four warmed plates and arrange the salmon fillets on top. Serve with the broccoli.	
Tips	1. For a vegetarian stir-fry, substitute the turkey with tofu or lentils. 2. You could serve the stir-fry with egg noodles instead of rice. 3. Use the turkey stir-fry as a filling for wholemeal pittas or tortilla wraps.	1. Use raddock, coley or cod fillets instead of salmon, or try using trout fillets. 2. Try using chopped chives or dill instead of parsley, or use a pinch of mixed dried herbs.	1. This recipe can be served cold as a salad, making it perfect for packed lunches. 2. Fresh herbs add a delicious flavour, she can add a few torn-up basil leaves or some chopped fresh parsley.
Nutritional information per portion	Per portion (i.e. ¼ recipe) 1431 kJ / 342kcal 24g protein 53g carbohydrate of which 11g sugars 5g fat of which 1g saturates 4g fibre 51mg sodium equivalent to 0.1g salt	Per portion (i.e. ¼ recipe) 1904kJ / 445kcal 33g protein 46g carbohydrate of which 4g sugars 16g fat of which 3g saturates 7g fibre 110mg sodium equivalent to 0.3g salt	Per portion (i.e. ¼ recipe) 1774kJ / 406kcal 31g protein 3.6g fat of which 0.75g saturates 64g carbohydrate of which 10g sugars 9g dietary fibre 227mg sodium 0.5g salt

29.05.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and nutritionist

- 34.** J Venn B, J Green T. Glycemic index and glycemic load: measurement issues and their effect on diet–disease relationships. *European Journal of Clinical Nutrition* (2007) 61 (Suppl 1), S122–S131; doi:10.1038/sj.ejcn.1602942. Available From: <http://www.nature.com/ejcn/journal/v61/n1s/full/1602942a.html>
- 35.** USDA. Food database and calorie counter. Calories in 1 medium apple. Available From: <http://www.fatsecret.com/calories-nutrition/usda/apples?portionid=32915>
- 36.** USDA. Food database and calorie counter. Calories in 4 oz of Peanuts. Available From: <http://www.fatsecret.com/calories-nutrition/usda/peanut?portionid=37648&portionamount=4.0>
- 37.** Health Alicious Ness. Nutrition Facts Comparison Tool. Compare Peanuts all types oil-roasted with salt, 1 oz shelled (32 nuts) compared with peanuts all types, dry roasted without salt, 1 oz. Available From: <https://www.healthaliciousness.com/nutritionfacts/nutrition-facts-compare.php>
- 38.** BRITISH NUTRITION FOUNDATION – DIETARY FIBRE. Revised February 2016. Available From: <https://www.nutrition.org.uk/healthyliving/basics/fibre.html>
- 39.** D. EHRLICH S. UNIVERSITY OF MARYLAND MEDICAL CENTRE. CONSTIPATION. Reviewed on 12/19/2015. Available From: <http://umm.edu/health/medical/altmed/condition/constipation>
- 40.** Gillaspay R. Rectum, Functions of the large Intestine and Water Absorption. [Lecture] Study.com.
- 41.** NHS Choices - Laxatives. Reviewed: 30/06/2014. Available From: <http://www.nhs.uk/conditions/laxatives/Pages/Introduction.aspx>
- 42.** Tal A, Wansink B. Fattening Fasting: Hungry Grocery Shoppers Buy More Calories, Not More Food. June 24, 2013, Vol 173, No.12. *JAMA Intern Med.* 2013;173(12):1146-1148. doi:10.1001/jamainternmed.2013.650. Available From: <http://archinte.jamanetwork.com/article.aspx?articleid=1685889>
- 43.** Turkay S. Harvard University. Setting Goals: Who, Why, How? 2014. Manuscript. PDF file. Available From: <https://hilt.harvard.edu/files/hilt/files/settinggoals.pdf>

29.05.2016

by Annemette Jepsen, MCSP

Chartered Physiotherapist and nutritionist

44. Hongu N, P. Kataura M, M. Block L. Behavior Change Strategies for Successful Long-Term Weight Loss: Focusing on Dietary and Physical Activity Adherence, Not Weight Loss. Journal of extension. February 2011, Volume 49, Number 1, Tools of the Trade, 1TOT5. Available From: <http://www.joe.org/joe/2011february/tt5.php>
45. Goyal M, Singh S, M. S. Sibinga E, F. Gould N, Rowland-Seymour A, Sharma R, Berger Z, Sleicher D, D. Maron D, M. Shihab H, D. Ranasinghe, P, Linn S, Saha S, B. Bass E, A. Haythornthwaite J. Meditation Programs for Psychological Stress and Well-being A Systematic Review and Meta-analysis. JAMA Intern Med. March 2014;174(3):357-368. doi:10.1001/jamainternmed.2013.13018. Available From: <http://archinte.jamanetwork.com/article.aspx?articleid=1809754>
46. Fluxus Inc, Flook L, PhD. Brief Summary of Mindfulness Research. PDF File. Available From: <http://marc.ucla.edu/workfiles/pdfs/marc-mindfulness-research-summary.pdf>
47. R. Goldin P, J. Gross J. Effects of Mindfulness-Based Stress Reduction (MBSR) on Emotion Regulation in Social Anxiety Disorder. Emotion. Author manuscript; available in PMC 2014 Oct 21. Emotion. 2010 Feb; 10(1): 83-91. doi: 10.1037/a0018441. PMCID: PMC4203918. NIHMSID: NIHMS631396. Available From: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4203918/>
48. Messinger L. The guardian - Could low-fat be worse for you than whole milk? 9 October 2015. Available From: <http://www.theguardian.com/lifeandstyle/2015/oct/09/low-fat-whole-milk-usda-dietary-guidelines>
49. Boulton A. The telegraph news. Full-fat milk 'may drastically reduce risk of diabetes' – study. 7 April 2016. Available From: <http://www.telegraph.co.uk/news/2016/04/07/full-fat-milk-may-drastically-reduce-risk-of-diabetes---study/>
50. Brophy Marcus M. CBSNews. Are full-fat dairy foods better for you after all? April 6, 2016. Available From: <http://www.cbsnews.com/news/full-fat-dairy-foods-diabetes-obesity-risk/>
51. Martha Rosenberg M. from Organic consumers association. What's Really in the Nation's Non-Organic Milk? February 26, 2013. Available From: <https://www.organicconsumers.org/news/whats-really-nations-non-organic-milk>
52. The dairy council. Varieties of milk - whole fat. Available From: <http://www.milk.co.uk/page.aspx?intPageID=43>