

Nutrition Tips - Irish Haemophilia Society May 2017

By Ellen Roche Registered Dietitian & Clinical Nutritionist www.nutrivive.ie

Lunch Ideas.... Variety is the key to consuming a balanced diet for optimal health.

- ✓ Wholegrain wrap filled with leftover chicken fajita filling and rocket
- ✓ Oat cakes with hummous and cherry tomatoes
- ✓ Wholemeal pitta filled with turkey, cheese & salad
- ✓ Home-made vegetable soup (include protein: beans / lentils / chicken / prawns) & brown roll
- ✓ Wholegrain bagel or soda bread filled with smoked salmon, cream cheese & cucumber
- ✓ Pasta salad (whole wheat pasta, tinned tuna, peppers, cherry tomatoes, onion, passata)
- ✓ Quinoa, leftover roast chicken, a little olive oil, mango cubes & grated carrot
- ✓ Couscous with spring onion, pepper, beetroot, pesto, feta cheese & pumpkin seeds
- ✓ Salad plate; lean roast beef slices with rainbow salad, olive oil, balsamic vinegar & rye crackers
- ✓ Baked potato with tuna, sweetcorn and melted cheese

Smart Snacking

- ✓ Popcorn
- ✓ Cereal bars; trec, 9 bar, nakd, Weetabix
- ✓ Handful unsalted nuts / trail mix / olives
- ✓ Pot natural yogurt with 2 tspns granola or chia seeds
- ✓ Celery or carrot sticks with hummus / guacamole
- ✓ Rice cake /oatcake with almond butter / peanut butter / tahini (sesame spread)
- ✓ Energising green smoothie: kiwi, apple, banana, cucumber, ginger, celery & spinach
- ✓ Home-made banana & blueberry muffins (recipe provided)



My Personal Nutrition Action Points:

- 1.
- 2.
- 3.

Interpreting Food Labels

What are the first few ingredients? - these are the key main ingredients

Agave nectar Agave syrup Barley malt **Beet sugar** Brown rice syrup
 Brown sugar Buttered syrup Cane sugar Cane juice Cane juice crystals
 Carob syrup Confectioner's sugar Corn syrup **High fructose corn syrup**
 Corn sugar Corn sweetener Corn syrup solids Crystalized fructose
 Date sugar **Dextran** Dextrose Diatase Diastatic malt Evaporated cane juice

WHERE'S ALL THAT SUGAR HIDING?

Fructose Fruit juice Fruit juice concentrate Glucose Glucose solids
 Golden sugar Golden syrup **Grape sugar** Grape juice concentrate Honey
 Invert sugar **Lactose** Malt Maltodextrin Maltose **Maple syrup** Molasses
 Raw sugar Refiner's syrup Sorghum syrup Sucanat Sucrose **Sugar**
 Turbinado sugar Yellow sugar

Interpreting Food Labels

Per 100g	A little	A lot
Sugar	<5g	> 15g exclude lactose,
Fat	<3g	> 20g type: saturated, poly, mono
Saturates	<1.5g	> 5g
Fibre	<0.5g	> 6g
Sodium	< 0.1g (0.3g salt)	> 0.5g 6g / day = max healthy (1.5g salt)

Omega Energy Bounty Bars



Ingredients:

Base:

2 cups figs - soaked in 400ml water for two hours / overnight to soften them

2 cups ground almonds 2 cups coconut chips or desiccated coconut

3 tablespoons chia seed 1/2 cup Shelled hemp seeds / any mixed seeds 1/2 Teaspoon Cinnamon

Chocolate Topping: 125g 75% Dark Chocolate melted

1. Blend soaked figs in food processor until sticky paste is formed.
2. Remove from processor and place in a large bowl. Add to the dry ingredients and mix with a fork or knead in with your hands until well incorporated.
3. Spoon into a tray, smooth mixture into tray with the back of a spoon. No baking required. Refrigerate while you prepare the chocolate topping.
4. Melt chocolate in a bowl over a saucepan of hot water.
5. Pour over the bounty mixture and refrigerate for several hours. Store in fridge, covered with tinfoil. Consume within 5 days.

Banana & Blueberry Muffins

Pre-heat your oven to 180°C (350°F). Mix together 125g normal porridge oats & 125g oat flour with 2 tsp baking powder, 1 tsp cinnamon & a pinch of salt. Oat flour is made by placing the oats in a blender or food processor and blitz for 20 seconds. Add 2 mashed ripe bananas & stir with a fork. Whisk together 3 tbsp (50ml) honey, 3 tbsp (50ml) rapeseed oil, an egg, 185ml milk & 1 tsp vanilla extract before folding into the mixture until all of the dry mixture is coated. Stir in 125g blueberries gently.

Divide into **12** silicone muffin cases (to prevent sticking 1 cal spray oil works for this) or greased paper muffin cases. Bake for 25-30 mins until nicely browned; you may need to turn the tray around in oven after 20 mins baking to ensure even cooking.

These muffins freeze very well. Best to freeze them in freezer bags 1-2 hrs after they have fully cooled and lasts for at least one month in freezer



Ellen Roche Registered Dietitian INDI BSc. Nutr Sci, Dip Dietetics

No 49 John St, Kilkenny www.nutrivive.ie Contact: (087) 680 22 48

