

## **Nutritional Recommendations - Introduction**

Much Hadham Health Centre



### **Confused by the myriads of dietary recommendations?**

Look no further! We believe that we have found the most concise formula, which takes in the available evidence and condenses it into digestible chunks!

### **The Government's recommendations:**

5 portions of fruit and veg a day for a healthy lifestyle now revised to 10 portions a day.

**An analysis of over 60 scientific reports has shown** that a significant amount of illness could be prevented or eased by dietary means.

### **Part of the problem is long-standing myths:**

- \* Many people genuinely believe that they are already having a "balanced diet" i.e. meat and 2 veg which includes potatoes.
- \* That there are specific foods (and "superfoods") for specific diseases.
- \* That "superfoods" and supplements can counteract the damage caused by unhealthy eating.
- \* Failure to recognise the benefits of the so-called Mediterranean diet

**We are therefore offering a comprehensive guide** on what you should eat more of, and less of. This advice is based on nutritional books, relevant articles and personal experience. We are hoping to show you the best way to make the transition as pleasant as possible, including recipes and cookery demonstrations (these have already started). We believe that all this can be achieved without supplements and "super-foods", so cost is not an issue.

**We believe that the best source of vitamins is food**, and that additional vitamins are only indicated in special circumstances e.g. Vit C with zinc at the start of a cold or a flu.

**We also believe that once the toxic elements are eliminated** the body will be in a better position to marshal its own defences against chronic, degenerative and other diseases.

Please be aware that this document represents the opinions and experiences of one member of the Patient Participation Group. While he has done his own research, his views have not been critically appraised by any professional body such as the British Dietetic Association or Association of Nutrition.

September 2018

(We thank Mrs Janice Hyde for this introduction)

## ***NUTRITIONAL PRESENTATION***

September 2018

**A**t a recent meeting of the PPG (Patient Participation Group) of MHHC, one of its members, a retired Haematologist, gave a talk on recent developments in the relationship between nutrition and disease. This was timely, since the NHS is now recommending 10 (not 7) portions of fruit and veg for optimum health, but without telling us how the 10 portions should be put assembled, or how such meals could be prepared.

Meanwhile there have been numerous reports about the effect of certain foods on diseases especially over the last 3 years. The most dramatic report showed a clear association between meat consumption and bowel cancer. The PPG studied these reports and believes that a change of diet could benefit those with chronic diseases, or as a means of prevention.

The old adage that prevention is better than cure is never more pertinent than now when the NHS is struggling to maintain services.

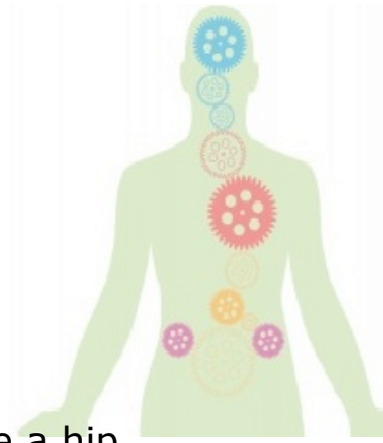
The PPG agreed that we should offer a series of talks and cooking demonstrations to those who are interested, especially where there are such problems as cardiovascular disease, hypertension, diabetes, arthritis, obesity, stroke or high cholesterol.

If you are interested please contact Val Sargent on [val.sargent@btinternet.com](mailto:val.sargent@btinternet.com). giving your name, e-mail address, phone number and some idea of availability, e.g. midday or 7pm, weekdays or weekends.

The full report by Dr Mihály Saáry follows.

### **C**ONTENTS:

- pp. 1.....Nutritional Recommendation
- pp. 2.....Nutritional Presentation
- pp. 3-4.....Introduction
- pp. 5-9..... Food advice
- pp. 10-18..... Review of literature
- pp. 19-20.....Index of Recipes



## **I**NTRO

One of the PPG members has been following this regime for 19 years and he reports as follows:

“My interest in nutrition began 19 years ago when I developed Osteoarthritis of my hip. I had to have a hip replacement but the symptoms in other joints were greatly helped when I decided to follow my two daughter’s example and adopted a plant-based diet, giving up meat, dairies and eggs, but continued eating fish and seafood. I also started eating more nuts and seeds. I take no vitamins, supplements or superfoods whatsoever. Over the ensuing years I noticed the disappearance of such viral illnesses as colds and flu (without the flu-jab) and symptoms like headaches, indigestion, arthritis, backache, insomnia and undue tiredness. My blood pressure, weight, cholesterol and vitamin B12 are all plum normal.

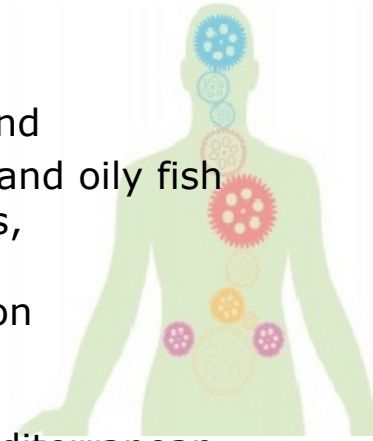
Now you might well ask: what has it got to do with me?  
I eat a balanced diet of meat and two veg! I am in good health!  
In any case you’ve got to die sometime, why not enjoy what’s left of life! And all this health advice is confusing us: you never know what the next “flavour of the month” is going to be!

Well, of course you have got to die sometime! But it is a reasonable assumption that a high percentage of us will have a major illness which will see us crippled with ill health, disability and heavy medication for years, with the associated burden on our families and the NHS.

Well, help was on the way when the NHS recommended 5 portions of fruit and veg a day, later revised to 7 and even 10 portions, but without telling us of how such meals can be assembled and made tasty and presentable.

My daughters and I were ahead of the game by researching or inventing such delicious meals as roast vegetables and roast fennel, rice and bean salad etc (see recipes).

*I*n addition we must pay attention to the Nutritionists' and Dietitians' advice of eating more fibre, antioxidants, oils and oily fish (with limits; see later) etc on board, while avoiding foods, for example those with a high glycaemic index, such as refined carbohydrates which lead to a too rapid absorption of glucose.



We must also remember the benefits of the so-called Mediterranean diet, as well as the Japanese who have a low incidence of cancer but within a generation of moving to the USA this incidence rises to match that of their hosts. I thus want to debunk the old-fashioned idea of a balanced diet being meat and two veg, one of which is spuds, to which I say that it needs RE-BALANCING in favour of more vegetables (and certainly more brown rice!). I am also a believer in a Holistic approach and warn people against cherry-picking!

So what is a healthy diet? If you assemble all the advice you have seen in the papers and read in all the books, you'll probably arrive at a very healthy mix, but not easy to follow. What I have done is to put together a consensus of opinions and advice, without targeting any particular disease. My approach is thus holistic, i.e. aims to bring the body's internal environment to a new, stronger state, enabling it to combat most diseases and disease/treatment complications.

It is very important to refrain from cherry-picking; try to embrace as many of these recommendations as you can.

Unfortunately many national newspapers recommend regimes like "What to eat to be happy" presenting **nine** food items that lead to happiness! They are all healthy foods, but why not take a broader view and flag up the several dozen items that you should avoid?

I have come across over 60 reports over the last 4 years mostly from scientific institutions, published in the daily press, which support the concepts listed here. I have not come across a single report that represented an opposite view! A summary of these publications is given at the end of this paper; please let me know if you want to see the original reports.

A brief summary of food advice will now follow.



## Foods for and against

### **INCREASE (or start eating):**

- 1. Antioxidants** – foods rich in anti-oxidants, especially vitamins A, C, E, beta-carotene, zinc and selenium.
- 2. Fruit**, especially European, red and in season. Blueberries, blackberries, loganberries, raspberries, mulberries, gogi berries; also plums, prunes, watermelon, peaches, apricots, damson, nectarines, apples, pears and red grapes. Make sure you eat the skin of all fruit which contains up to 90% of the nutrients.
- 3. Vegetables**, especially those with a lot of fibre and green leaves, eg broccoli, brussels, savoy cabbage, red cabbage, spinach, tomatoes, beetroot, sweet potato, bean sprouts, alfalfa, runner beans, broad beans, turnips, watercress, peppers (esp.red), mushrooms (esp. shiitake), onions (esp. red), garlic and leafy tops of root vegetables wherever possible. Raw vegetables e.g. kohlrabi (ethnic shops), carrots, celery, salads, spinach. Eat the skin of vegetables wherever possible. Keep a jar of Krakus Mixed Vegetables Salad for a rainy day (Polish shops).
- 4. Pulses** - a good source of protein: lentils, soya beans, beans (not just baked beans), chick peas (soak beans and chick peas overnight before boiling, then cool and use in soups and salads). Consider 10-bean mix, available in some supermarkets e.g. Waitrose.
- 5. Fibre** e.g. bran, salads, brown rice, porridge, barley, fruit, vegetables, beans, lentils. High bran breakfast cereals e.g. All Bran, porridge (made with water and eaten with honey).
- 6. Nuts and seeds**: walnuts, almonds (whole), hazelnuts, brazils, pumpkin seeds (most days), sunflower seeds, safflower seeds. Can add these to salads. Raw cashews can be toasted to light brown in a 170°C oven. Eat a handful of mixed seeds containing pumpkin seeds, sunflower seeds, linseed and sesame seeds every day (e.g. Oh My Omega Megamix) and chew them up on their own to get the maximum benefit. These are ideal for a mid-morning snack. Beware of nut and seed allergies!

**7. Extra Virgin olive oil** (esp. Greek Kalamata) for cooking, and extra virgin olive oil, rapeseed oil, safflower oil, hemp oil or walnut oil for salads. Make sure oil is not heated to the point of smoking.

**8. Oily fish** for Omega 3 content: sardines, herrings, kippers, salmon, mackerel and trout. Tinned mackerel and herrings are OK as an alternative. Eat oily fish at least twice a week but not exceeding four times a week. Note that girls, pregnant and breast-feeding women, and those trying to conceive should not exceed once a week, owing to mercury and other pollutants that some fish contain.

**9. Dark chocolate** (75-85% cocoa).

**10. Low GI** (glycaemic index), foods incl. brown basmati rice (not easy-cook!)

**11. Olives**, esp. black ones, esp. Greek (e.g. Kalamata).

**12. Low-carb energy bars** e.g. Trek or Nak'd. Flapjacks are OK if you have not got a weight problem.

**13. Multigrain bread** (not just seeds on top) e.g. Vogel, rye bread or spelt bread.

**14. Dark Ryvita**, or the likes of McNairn's Super Seeded Organic Oatcakes

**15. Houmous, Guacamole, Taramasalata, Salsa** (e.g. with celery sticks).

**16. Herbal teas**, esp. Camomile, Fennel, peppermint or Roibos (contains anti-oxidants; benefits from addition of soya milk).

**17. Almond milk, rice milk or oat milk** with your cereal. Aim for those products which contain added calcium and magnesium. If you have osteoporosis you will need Vitamin D3 as well, from other sources e.g. Osteocare tablets.

**18. Quinoa**, hot or cold with salads.



## **REDUCE or avoid**

**1. Meat**, especially red, cured, processed, smoked meat e.g. sausages, bacon, ham, burgers, salami, pies, hot dogs. (see notes). A high meat intake is associated with bowel cancer (see first reference).

**2. Fried food.**

**3. Saturated and trans-fats.**

**4. Milk and dairy products.** Leaving ethical issues to one side, cows' milk is a poor source of calcium as it contains no magnesium, without which calcium is ineffective for bone health. Milk can be replaced by rice milk, almond milk or oat milk. Eating plenty of salads and vegetables provides all the calcium and magnesium you need! Should you wish to rely on supplements, Osteocare contains sufficient calcium and magnesium, as well as vitamin D and Zinc. Incidentally yoghurt carries no significant amounts of Lactobacillus (the "friendly bacteria") and in any case, it is of no particular benefit to healthy people.

**5. High Glycaemic index (GI) foods**, including sugar, sugary foods and drinks, cakes, sweets, ice cream, white flour, white bread. Oddly enough even potatoes came under attack in a recent Today programme, when it was said to be linked to Pregnancy-related Diabetes! (Gestational Diabetes). This was later confirmed in The Times.

**6. Convenience foods** (except Indian, Chinese or Thai takeaways).

**7. Eggs.** Regarded as a good source of nutrients; however all these nutrients can be obtained from plant sources with the added benefit of vitamins and minerals.

**8. Caffeine!** Try chicory coffee and herbal teas.



## **ADDITIONAL NOTES**

- 1.** Steam vegetables, and for the shortest possible time.
- 2.** Breakfast is the most important meal of the day; it should start with a bowl of fresh mixed fruit.
- 3.** Don't be afraid to miss the odd meal!
- 4.** Alcohol, especially red wine, is OK in moderation.
- 5.** Fruit juices are usually too sugary – dilute with water.
- 6.** Drink mostly in between meals. And you probably don't all need 2 litres a day, day in day out! Your body usually tells you how much to drink and when (see reference No.66).

I would also call your attention to a book by Ella Woodward titled **Deliciously Ella** which was No. 1 best-seller for 2-3 weeks in 2015, it's follow-on **Deliciously Ella Every Day** best-seller in 2016, and **Deliciously Ella with Friends** this time under her married name Ella Mills, again a best seller!  
**Hugh Fearnley-Whittingstall's** latest River Cottage volume **"Much More Veg"** is teeming with plant-based recipes.

Also consider

**"Keep it Real"** by Calgary Avansino

Reviewed in The Times 22 Feb 2016,

**"How Not to Die"** by Dr Michael Greger and Gene Stone, reviewed in The Times 2 on 19.4.16, available from The Times bookshop on 0845 271 2134.

For detailed info on the science of food:

**The Optimum Nutrition Bible** by Patrick Holford.



## Addendum



Interestingly, **The Arthritis Foundation** ([arthritis.org/living-with-arthritis/arthritis-diet/bestfoods](http://arthritis.org/living-with-arthritis/arthritis-diet/bestfoods)) recommends the following “best foods”:

- Oily fish
- Soya beans
- Extra virgin olive oil (oleocanthal)
- Cherries
- Broccoli (Vitamins C and K)
- Walnut and walnut oil
- Safflower oil
- Green tea (polyphenols – an antioxidant)
- Grains e.g. oatmeal, brown rice, whole-grain cereals,
- Barley, buck wheat, bulgur wheat, millet, quinoa, rye, oat.
- Beans (esp. red, kidney, pinto) for fibre, Folic acid, Magnesium, Iron, Potassium, Zinc.
- Onion, garlic
- Nuts and seeds (esp. flax seeds and chia seeds) for protein, Ca, Mg, Zn, alpha-linolenic acid, polyunsaturated and monounsaturated fats, antioxidants vitamins and minerals)
- Spices: garlic (diallyl disulphide), turmeric, ginger,
- Cinnamon, cayenne pepper.
- Oils (monounsaturated fats) rapeseed, walnut oil, avocado oil, canola oil
- Apples (significant lowering of LDL and C-reactive protein)

Sadly, there is no mention of food we should **avoid**.



## Review of some of the reports from scientific institutions around the World

Nearly all of these were reported in the national press. Originals kept in most cases.

**1.** In October 2015 22 scientists from 10 countries met at the International Agency for research on Cancer and, based on 800 studies, concluded that processed, cured and smoked meat definitely increases the risk of bowel cancer, while red meat is a probable cause. This is thought to be due to the presence of nitroso-compounds which are formed during processing and which are carcinogenic. Apparently a third of us eat 100g of meat a day and this is 30g above the average, increasing our chance of bowel cancer by 18%. By extrapolation it is tempting to assume that those who eat 30 grams **less** than the average could benefit by a further 18%. The Times leader of last January commented by saying that a 30% reduction in meat consumption could prevent 18,000 premature deaths. It points out that growing vegetables would yield 60 times more food than grazing cattle in a comparable area. See also: "Processed meat is blamed for thousands of cancer deaths"

The Times 27.10.15.

**2.** Review of a new book called Proteinaholic by Dr Garth Davis, claiming that meat can cause diabetes, strokes and obesity. "Previously a hamburger-guzzling fiend, now a vegan."

The Times, 31.10.15

**3.** Breast cancer: Regular consumption of full-fat dairy products could worsen your prognosis of breast cancer by up to 50%. This is a Californian study reported in The Week magazine.

**4.** Prostate cancer linked to diets high in processed meat, adding that Bangladesh, with its low consumption of processed meat and saturated fats, but a high consumption of fruit and veg, has one of the lowest incidence of prostate cancer. Guys and St Thomas' Hospital report,

The Times, 28.12.13.

**5.** Double your five-a-day fruit and veg to live longer. This was a 12 year study done by University College in London, finding that people who eat lots of fruit and veg are 42% less likely to die from any cause.

Daily Telegraph, 1.4.14.

**6.** Double your beans and lentil intake to cut heart disease risk.

St Michael's Hospital, Toronto.

The Times 8.4.14.

**7.** Eat less for a longer, healthier life. Newcastle University.

The Times 13.5.14.

**8.** Losing 7lb can save your life, breast cancer patients told after a 20-year study in the USA. There was a 25% reduction in the recurrence of the cancer. Risk of dying fell by 69% at 10 years and by 54% at up to 20 years. In more aggressive forms of cancer the reduction was 60%. Data presented at the San Antonio Breast Cancer Symposium.

The Times 13.12.14.

**9.** Avocados can help to fight LDL (bad cholesterol).

The Times 8.1.15.

**10.** Diabetes crisis "is as serious as bird flu or Sars" – The number of Diabetics has topped 4 million and is costing the NHS £10 bn a year.

The Times 5.1.16.

**11.** Dementia: Cardiff study: a healthy life-style can reduce Alzheimer's disease by 60%. In individual studies the following foods have been recommended: berries, dark chocolate, apples, pears, and in addition the Perth School of Psychiatry and Exercise recommends turmeric which increases the levels of Dopamine and Serotonin.

The Times.

**12.** Potatoes, cauliflower and cabbage help cut risk of stomach cancer. Zhejiang University, China.  
The Times 28.11.15.

**13.** Too much protein in middle age is as bad for you as smoking. Daily intake should be limited to 45g, which is equivalent to 2 pork chops. (University of South California).  
The Daily Mail 5.3.14.

**14.** Biggest ever study proves berries and grapes help weight loss. Only a third of adults eat the recommended 5 daily portions of fruit and vegetable. Prof Cassidy in the British Medical Journal.  
The Times 28.1.16. (front page).

**15.** Kidney cancer link to red meat and barbecued chicken. University of Texas, reported in Cancer.  
The Times 9.11.15.

**16.** Full fat dairy products including milk, cheese and ice cream can lead to a 50% worse prognosis of dying from breast cancer (California). Reported in  
The Week 30.3.13.

**17.** "Why diet is key to beating Arthritis". A British study on relationship between intestinal bacteria, arthritis and diet (Kennedy Institute of Rheumatology, Oxford). Previous studies apparently showed benefits of fish, nuts, vegetables and spices. "Tinned sardines, brazil nuts, mushrooms, cherries, turmeric, ginger, broccoli, kale and garlic all possess potent properties that keep the condition at bay"  
Daily Express 25.1.16. (front page).

**18.** Walking for just 30 minutes a day cuts women's risk of breast cancer.  
The Times 11.8.14.

**19.** How to eat your way to happiness? Lists benefits of oily fish, turmeric, turkey, berries, nuts, seeds, dark chocolate and oats.  
The Times 11.12.14.

**20.** "Eat Less Meat" (40% less, to be precise). Doing so could prevent 18,000 premature deaths in Britain a year.  
The Times leader, 28.1.15.

**21.** Sensible diet cuts heart attack risk within weeks. Kings College, London and American Journal of Clinical Nutrition.  
The Times 19.3.15.

**22.** Avoiding Alzheimer's disease; a Mediterranean diet is possibly the "best strategy currently available" for defusing a mounting health crisis, reports  
The Times, according to The Week 21.12.13.

**23.** Western diet increases death risk from prostate cancer (Harvard TH Chan School of Public Health, Boston)  
The Times 1.6.15.

**24.** The secret of long life: "eat raw fish and drink green tea".  
The Times 25.4.14.

**25.** Can broccoli slow Osteoarthritis? University of East Anglia.  
The Week 7.9.13.

**26.** "Eat even less red meat". Cutting the amount of red meat in most people's diets to 42g a day (equivalent to 1 large steak a week) would prevent almost one in 10 early deaths in men and 1:13 in women. Archives in Internal Medicine, reported in  
The Week 24.3.12.

**27.** Eating summer fruit all the year round cut heart attack rate by a third (Harvard School of Public Health).  
The Week 26.1.13.

**28.** Families give up meat over health fears. Nearly a third of Britons are cutting meat from their diet among fears over processed meat, especially over the past year.  
The Times 18.2.16. (front page).

**29.** Sugar in red meat is blamed for increasing risk of cancer. A specific sugar found in animal flesh but lacking in humans triggers an immune response. From the University of California.  
The Times 30.12.14.

**30.** Switch to vegetable-based diet for a longer life. Massachusetts General Hospital, reported in JAMA.  
The Times 2.8.16.

**31.** Handful of walnuts each week is recipe for women's health. A study at Brigham and Women's Hospital in Boston, Mass, points to antioxidants leading to a better quality of life. "The study found that women who ate lots of nuts, fruits and vegetables, but avoided cakes, biscuits and takeaways were more physically independent as they aged". J. of Nutrition; 55,000 women analysed.  
The Times 24.6.16.

**32.** Lose weight and get active to beat cancer. Dozens of studies presented at the American Society of Clinical Oncology in Chicago showed that patients of a normal weight were twice as likely to survive than those who were obese. "A Mediterranean diet rich in vegetables, fish and olive oil could reduce the risk of breast cancer recurring".  
The Times 6.6.16.

**33.** A taste for potatoes raises the risk of high blood pressure. The team from Brigham and Women's Hospital and Harvard Medical School suggested that high Glycaemic Index (GI) meals had been associated with dysfunction of cells in the body, oxidative stress and inflammation, "all potentially important mechanisms in the development of hypertension".  
The Times 18.6.16.

**34.** Probiotic drinks dismissed as a waste of money for the healthy. \$33 billion was spent worldwide in 2015 on probiotic drinks but Yakult disputed the result of the research!  
The Times 10.5.16.

**35.** Nuts help prostate patients to live longer.  
The Times 17.6.16.

**36.** Artificial sweeteners can reduce fertility.  
The Times 17.10.16.

**37.** What you should really be eating to protect yourself against dementia. Prof Estep at Harvard linked longevity and low rates of cognitive decline to Japanese and Mediterranean diets, both of which feature low consumption of red meat and high consumption of olive oil and oily fish. High meat consumption causes a high influx of iron which causes oxidative stress. "You don't have to eat massive amounts of oily fish – a couple of pieces of herrings a day is sufficient". ("The Midspan Diet" by Preston W. Estep).  
The Daily Telegraph 7.11.16.

**38.** Mediterranean diet helps to slow shrinking of the brain  
The Times 5.1.17.

**39.** Food is my Medicine. Rachel Kelly describes how she beat depression with a plant-based diet.  
The Times 7.1.17.

**40.** What to eat to be happy. Ian Maber lists 9 foods that help to raise the mood: dried apricots, salmon, asparagus, sunflower seeds, pumpkin seeds, lentils, broccoli, oats and shiitake mushrooms. Foods to avoid are NOT mentioned.  
The Times 7.1.17.

**41.** Make your veg last longer: the tricks.  
The Times 14.1.17.

**42.** Age of flexitarian: millions now only eat meat at weekends.  
The Times 14.1.17.

**43.** The vegetarian revolution has arrived. Vegetable sales are up and the power of Instagram is hard to ignore.  
The Telegraph 21.1.17.

**44.** Veggie bloggers make mincemeat of TV chefs – a review of Ella Woodward’s books.  
The Times 7.2.15.

**45.** The good seed guide  
The Daily Telegraph 8.3.14.

**46.** Berries boost cancer treatment. Wild berries (chokeberry) may increase the effectiveness of chemotherapy. Kings Collage Hospital and Southampton University  
The Week 4.10.14.

**47.** Double your beans intake to cut heart disease risk.  
The Times 8.4.17.

**48.** Lactose Intolerance –  
20% of people are lactose intolerant, but only 4% shown to be lactase deficient. Mark Parker, BBC R4 Inside Health.

**49.** Multivitamins in pregnancy can “advance child’s brain by a year”.  
The Times 17.1.17.

**50.** Acrylamide in roast potatoes linked to cancer.  
The Times 24.1.17.

**51.** Eating oily fish could combat effects of air pollution.  
The Times 4.3.17.

**52.** Indulging your sweet tooth could raise risk of Alzheimer’s.  
The Telegraph 24.2.17.

**53.** Five a day? Half the week we don’t even manage one. Two thirds of Britons eat three or fewer portions of fruit & veg a day and almost half have at least three fruit-free days per week,  
The Times 12.6 17.

**54.** Sensible diet cuts heart attack risk within weeks.  
The Times 19.3.15.



**55.** Part-time vegetarians halve their obesity risk.

**56.** Halving meat and dairy consumptions could slash farming emissions. Adopting a “demiterian” diet would lead to a 25-40% reduction in Nitrogen emissions from agriculture in Europe – UN report.

The Guardian 25.4.14.

**57.** A handful of nuts a day cuts the risk of a wide range of diseases. Imperial college London. 5.12.16.

**58.** Feed your brains – what to eat to beat dementia & depression  
The Times 18.1.14.

**59.** We’re going to need a bigger bowl: it’s ten a day for fruit & veg.  
School of Public Health at Imperial College.  
The Times 23.2.17.

**60.** Half of us cut down on meat amid health worries  
The Times 9.8.17.

**61.** Knock ten years off with healthy eating. Southampton  
University, reported in  
The Times 19.10.17.

**62.** One portion of spinach a day can fend off dementia. Neurology  
reported in The Times 21.12.17

**63.** How eating salad can improve the memory. Eating a portion of  
salad every day improves the memory of older people by as much  
as 11 years. Rush University Medical Centre, Chicago.  
Reported in the Daily Telegraph 21.12.17

**64.** Why walnuts can help whip you into shape  
The Times 19.8.17

**65.** Zero booze or bacon if you want to avoid cancer. World Cancer  
Research Fund, based on 51 million people.

Daily Telegraph 24.5.18

**66.** Hydration overkill – In a letter to The Times Dr. D.B.A. Silk, professor of Clinical Nutrition, Imperial College London, responds positively to Helen Rumbelow’s balanced article “Why are we so obsessed about water?” and points out that the bombardment about the need for “hydration” is marketing inspired. “We only need to drink when we are thirsty”.

The Times 1.8.18

Dr Mihály Saáry  
Much Hadham  
September 2018  
[mihaly.saary@gmail.com](mailto:mihaly.saary@gmail.com)

# Recipes



## VS - Vegetable Starters/ Soups /Snacks

VS01 FRESH TOMATO AND CHILLI SALAD
VS02 TABBOULEH WITH FRESH PARSLEY
VS03 TOMATO, CAROM AND FRESH BEAN CURRY
VS04 SPICED PEPPERS AND SWEETCORN
VS05 THAI FRAGRANT RICE
VS06 AUBERGINE, GARLIC, AND RED PEPPER PATE
VS07 FRIED PATRÓN PEPPERS
VS08 MUTABAL
VS09 AUBERGINE SALAD
VS10 ROOT VEGETABLE TANGLE
VS11 BEETROOT SALAD WITH BASIL PESTO
VS12 FRITTERS AND COLOURFUL SALAD
VS13 SWEET POTATO AND WATERCRESS SALAD
VS14 HOUMOUS AND FALAFEL WRAP

## FM- Fish Mains

FM01 SEAFOOD PAELLA
FM02 PRAWN RISOTTO
FM03 VIETNAMESE SUMMER ROLLS
FM04 THAI SQUID WITH CHILIES AND BASIL
FM05 TOM YAM GOONG
FM06 BEETROOT, NEW POTATO AND SMOKED FISH SALAD
FM07 BREAM STUFFED WITH WALNUT AND POMEGRANATE

**VM- Vegetable Mains**

VM01 CHILLI-NON-CARNE
VM02 ROASTED TOMATO AND PUMPKIN PASTA
VM03 CHICKPEA AND AUBERGINE TAGINE
VM04 STUFFED VEGETABLES
VM05 STUFFED PEPPERS AND LENTILS
VM06 RICE AND BEAN SALAD
VM07 MOROCCAN CHICKPEA AND EGGPLANT
VM08 CAPONATA SICILIANA
VM09 ROASTED AUBERGINE, SWEET POTATO AND SPINACH CURRY
VM10 STUFFED CABBAGE LEAVES
VM11 SWEET POTATO AND CHICKPEA TAGINE
VM12 RISOTTO CON FUNGHI MISTI
VM13 PORCINI MUSHROOMS AND BUTTERNUT SQUASH RISOTTO
VM14 THAI CURRY
VM15 NUT ROAST
VM16 CURRIED NUT ROAST
VM17 BRAISED FENNEL
VM18 MUSHROOM AND NUT WELLINGTON
VM19 VEGETABLE RISOTTO
VM20 MOROCCAN SPICED PIE
VM21 BAKED COURGETTES
VM22 SPICY FRIED AUBERGINES
VM23 BLACK BEAN AND VEGETABLE STIR FRY
VM24 BUTTERNUT AND CHICKPEA CURRY
VM25(A) ROASTED VEGETABLES AND IT'S VARIATION
VM25(B) ROASTED VEGETABLES (LAYERED METHOD)
VM26 VEGGIE PASTA
VM27 AUBERGINES WITH GINGER, SPRING ONION AND RED CHILLI

