



THE CARIBBEAN *meets* THE MEDITERRANEAN

AN EVIDENCED-BASED GUIDE TO HEALTHY EATING



National Centre for
Integrative Medicine
Inspiring health and wellbeing



THE EAT WELL GUIDE

The National Centre for Integrative Medicine (NCIM) and Bristol Black Carers (BBC) bring you a combination of evidence-based Mediterranean dietary guidelines with Caribbean and European inspired recipes to help improve your health and wellbeing.

We share key food groups to include in your diet every-day, simple swaps and recipes to help inspire the transition with some helpful 'How to...' tips and tricks.



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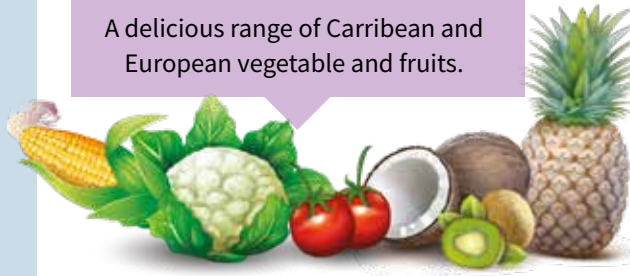
“ EAT LIKE YOUR LIFE DEPENDS ON IT...
BECAUSE IT DOES ”

THE FOUNDATIONS OF HEALTHY EATING

The quality of our diet has a huge impact on our long-term health. The evidence is now clear that food can prevent, control, and minimise some of our medical conditions and symptoms. These include health conditions like heart disease, high blood pressure, type 2 diabetes, dementia, cancer, arthritis, low mood, and our mental health. If we nourish our body properly with healthy food, we can support our health and wellbeing for life.

Although we are all different, coming from different cultures, with different diets, foods and tastes, the scientific evidence is showing us that eating more whole, unprocessed plant foods and reducing the amount of dairy, meat, and processed food we eat, can help. Plant-foods are more than just vegetables. See how many different types there are from the Caribbean and Europe to choose from...

A delicious range of Caribbean and European vegetable and fruits.



Combine the best of our cultures' beans, nuts, seeds and wholegrains.

Pick the best wholegrain breads, pasta, noodles and your favourite herbs and spices.



Experiment with mushrooms, try olives and use extra virgin olive oil and enjoy your tea (but try with lemon instead of milk and no sugar).



SO, WHAT TYPE OF FOOD SHOULD I INCLUDE IN MY DIET EVERYDAY?

Caribbean foods are divided into six groups, and they are

1. STAPLE FOODS

Cereals: Bread (from whole grain or enriched flour), wheat flour, corn (maize), cornmeal, dried cereals.

Flour & Oats: macaroni, spaghetti, rice, cereal, porridges.

Starchy fruits, roots, tubers/ground provisions: Banana, plantain, breadfruit, yam, potato, dasheen, coco/ eddoes, cassava.

Recommended number of servings per day: 4 or more.

2. FOOD FROM ANIMALS (PROTEIN)

meat, fish,
dairy products, eggs

3. LEGUMES (PROTEIN):

beans, peas, nuts,
and seeds

4. Fruits:

the whole variety of
fruits to choose from

5. Vegetables:

all the non-starchy types
from callaloo to bell peppers

6. FATS AND OILS:

from refined cooking oils, foods like coconut
as well as dairy products, meat, and fish

Portions for the six food groups are the same as in the healthy plate guide. Underneath that is the latest NCIM Healthy Food Plate infographic to help you include the foods that you love, but in the right portion sizes for your health.

FATS

Polyunsaturated: vegetable oils (except coconut oil).

Saturated: butter, margarine, bacon, salt pork, coconut oil, fat on meat, fat in whole milk.

Nutrient-rich in: fat, vitamin E, butter and fortified margarine provide vitamins A and E. Most oils do not contain vitamin A.

Recommended number of servings per day: 3 or more.

FOODS FROM ANIMALS

Lean meat, fish, poultry, eggs, cheese, ham, sausages, sardines, liver, heart, kidney, tripe, etc.

Nutrient-rich in: protein, iron, B complex and fat-soluble vitamins and fat. Red meats and organ meats are excellent sources of heme iron.

Milk (fresh, evaporated, skimmed) yoghurt, cheese.

Nutrients contributed: calcium, protein, vitamins A and D, thiamine, riboflavin, carbohydrate and fat.

Recommended number of servings per day: 2 or more.

FRUITS

Mango, guava, citrus (orange, grapefruit, lime, tangerines), pineapple, West Indian cherry, pawpaw/papaya, sweet sop/sugar apple, golden apple/Jew/June plum.

Nutrient-rich in: carbohydrates, vitamin C, vitamin A (yellow fruits), B complex vitamins, minerals and fibre.

Recommended number of servings per day: 2 or more.

CARIBBEAN FOOD GROUPS GUIDE

Remember this is a guide, not a prescription. If you don't like or tolerate certain foods listed here, include those that you do.

Aim to eat well 80-90% of the time, and enjoy good quality desserts, alcohol and treats 10-20% of the time.



STAPLE FOODS

Cereals: Bread (from wholegrain or enriched flour), flour, cornmeal, cooked and ready-to-eat cereals, macaroni, spaghetti, rice, porridges.

Starchy fruits, roots, tubers and their products: banana, plantain, breadfruit, yam, Irish potato, sweet potato, dasheen, coco/cassava.

Nutrient-rich in: carbohydrates, vitamins, minerals and fibre.

Recommended number of servings per day: 4 or more.

LEGUMES/NUTS

Red peas, gungo/pigeon peas, black-eye peas, cow peas, split peas, peanuts, other dried peas, beans, nuts (cashews, walnuts) and also sesame seeds and pumpkin seeds.

Nutrient-rich in: protein, carbohydrate, the minerals calcium and iron, fibre.

Try to combine foods rich in protein, like dried peas, dried beans and nuts with cereals like rice or protein from an animal source, to allow the body to use it more effectively.

Recommended number of servings per day: 1 or more.

DARK GREEN LEAFY, YELLOW, AND OTHER NON-STARCHY VEGETABLES

Callaloo, spinach, watercress, dasheen leaves, pak choi, string beans, pumpkin, carrot, string beans and other vegetables such as squash, cho-cho, cucumber, tomato, aubergine.

Nutrient-rich in: vitamins A, and C, B complex vitamins, minerals and fibre.

Recommended number of servings per day: 2 or more.



Double/two-mix: two food groups

These are the most affordable meal plans with a mix of groups that ensures meals contain all the essential amino acids in the right proportions.

1: CEREAL (STAPLE)	2: LEGUMES
Rice	Peas/Toast + Bakes Beans
1: CEREAL (STAPLE)	2: FOOD FROM ANIMALS
Macaroni + Cheese/Rice	Baked Fish
1: PROVISION (STAPLE)	2: FOOD FROM ANIMALS
Green Banana	Mackerel Rundown

Triple/three-mix: three food groups

1: CEREAL (STAPLE)	2: LEGUMES	3: VEGETABLES
Rice	Peas	Glazed Carrots
1: PROVISION (STAPLE)	2: FOOD FROM ANIMALS	3: VEGETABLES
Ripe Plantain	Salt Fish	Callaloo
1: (STAPLE)	2: FOOD FROM ANIMALS	3: LEGUMES
Rice	Stewed Beef	Pigeon Peas

Quadri/four-mix: all four foundation food groups

These meals are of the highest nutrient value as it includes all four foundation groups.

1: CEREAL (STAPLE)	2: LEGUMES	3: FOOD FROM ANIMALS	4: VEGETABLES
Boiled Dumplings	Broad Beans	Stewed Beef	Carrots
1: GROUND PROVISION (STAPLE)	2: LEGUMES	3: FOOD FROM ANIMALS	4: VEGETABLES
Pigeon Peas	Stewed	Oxtail	Pumpkin

Getting the Most out of Your Food Groups by Combining Groups 1 - 4

Multi-mix principle: The idea is to use your four foundation groups together, and that by combining complementary food groups you are covering a wide range of essential nutrients.

Always include the Staples group (rice, corn, wheat, and oats and ground provisions - starchy fruits, roots, and tubers).



FERMENTS AND PROBIOTICS

Adding kefir, kombucha, unpasteurised miso, natto, kimchi, sauerkrauts and brine pickles can support a healthy microbiome. For example: ½ cup of kefir or a tablespoon of natto or unpasteurised brine pickles, 1-2 teaspoons of miso or a small glass of kombucha. Watch for the salt content of miso and pickles if you have high blood pressure. Probiotic supplements may be supportive seasonally and for certain conditions: seek professional advice.



VEGETABLES, LEAFY GREENS AND SALADS

About ½ your plate to include a rainbow of non-starchy vegetables, leafy greens and salads. These contain a range of vitamins, minerals, polyphenols and antioxidants as well as fibre and prebiotics. Go for organic when you can.



FRUIT

Eat 2-3 portions per day. Apples, pears, berries, kiwis, citrus, figs, plums, pomegranates have a lower glycaemic index. Enjoy more exotic, higher glycaemic fruits in smaller portions.



DAIRY PRODUCTS

If tolerated and enjoyed, include organic dairy and focus on fermented foods such as unsweetened yoghurt, kefir and cheese. **Daily portion sizes** include a small glass of milk, a **small matchbox** of cheese, a few tablespoons of yoghurt or kefir, a tablespoon of butter.



A HEALTHY PLATE GUIDE

Remember, this is a guide, not a prescription. If you don't like or tolerate certain foods listed here, include those that you do. Aim to eat well 80-90% of the time, and enjoy good quality desserts, alcohol and treats 10-20% of the time.

HYDRATION

Maintain optimal hydration levels by drinking water, green and herbal teas and hydrating foods such as vegetables, fruit, beans, lentils + soups, stews and salads. Adequate water intake varies depending on your gender, size, dietary patterns, exercise levels and the season and can be anywhere between 1 and 3 litres. Reduce caffeine, coffee, fruit juices, soft drinks, barista-style drinks, alcohol and energy drinks. They may contribute to dehydration, disrupt blood glucose balance, increase stress hormones and reduce sleep quality.



ROOT/STARCHY VEGETABLES AND WHOLEGRAINS

About ¼ plate to include wholegrains and/or root vegetables. Full of fibre, prebiotics, complex carbohydrates, vitamins and minerals. Consume root vegetables like swede, carrots, beetroot and turnips and wholegrains like coloured rices, quinoa, farro, barley and buckwheat.



HEALTHY OILS & FATS

Cook with good quality extra virgin olive oil and use in salad dressings. Avoid margarines, hydrogenated and trans fats and if including butter and coconut oil eat in small amounts. **A helpful tip: if a baked good has a longer shelf life than 3 days, it's likely to contain trans fats or rancid oils.** Avoid and make your own! Healthy fats are also found in avocados, coconuts, olives, nuts and seeds. Aim for 25-40g per day of a variety of nuts. Include 1-2 tablespoons of a variety of seeds each day.



PROTEIN

About ¼ plate to include protein dense foods. **If you eat meat:** include organic fish, white meat and eggs, reducing red meat and avoiding factory-farmed produce, processed and smoked meats. **For omnivores, vegetarians and vegans:** include a variety of beans, pulses, tempeh, tofu and edamame. Nuts, seeds and some plant milks also contain protein. Small amounts of seaweed increase iodine and minerals in a vegan diet: nori, wakame, dulse, arame. Vegans should supplement with vitamin B12. To check you're eating a nutrient dense vegan diet visit Viva! The Vegan charity website or go to www.nutritionfacts.org. Alternatively, see a registered Nutritional Therapist.



VEGETABLES

SO MANY TO CHOOSE FROM IN THE UK!

TARGETS ►

- ✓ Aim for 5 – 7 portions everyday (half your plate).
- ✓ Aim for 1 portion of starchy vegetables per meal.
- ✓ Choose a RAINBOW - a variety of colours.
- ✓ Aim for 30+ varieties every week – good for your gut health.
- ✓ Introduce more vegetables slowly to help your body adapt to the additional fibre.

PORTION SIZE:

A clenched fist, approx. 70-80g raw, about ½ cup.



Look how many you could choose from local Caribbean shops and supermarkets:





EAT MORE

All salad leaves, mizuna, mustard, edible flowers, sprouted seeds like alfalfa and kale, baby kale, spinach, callaloo, broccoli: purple spouting and tenderstem, cauliflower, white, green, savoy, sweetheart, hispi and purple cabbage, Brussel sprouts, courgettes, peppers, aubergines, runner beans, peas, parsnips, jicama, swede, carrots, beetroot, turnip, red + white + purple + orange potatoes, yams, plantain, all varieties of squash and pumpkin, all types of onions, spring onions, leeks, chives, garlic, tomatoes, cucumber, radishes, fennel, avocado, coconut, button, chestnut, portobello, oyster, king, enoki, shiitake, black, maitake, lion's mane mushrooms.

WHOLEGRAINS

IN-TACT WHOLEGRAINS AND WHOLEGRAIN BREAD, PASTA, NOODLES AND USE WHOLEGRAIN FLOURS

BREADS AND FLOURS: Wholegrain wheat, spelt, rye, oat and gluten free breads and flours (like buckwheat and quinoa). Best to make your own at home – enjoy learning how.



Gluten Free Bread



Wholemeal Pasta

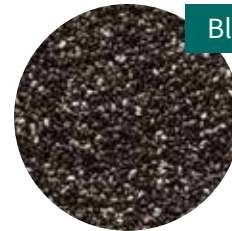
INTACT WHOLEGRAINS include:



Buckwheat



Rice



Black Rice



Quinoa

CONTAINS GLUTEN: farro, kamut, green wheat, whole and rolled oat flakes, whole and rolled rye, whole and rolled barley, cracked bulgur wheat, wheat berries.



Wheat Berries



Oats

PASTAS AND NOODLES

Choose brown versions like wholewheat spaghetti or penne or rice noodles or try the newer bean or lentil varieties.

TARGETS ▶

✓ Aim for 2 – 5 portions per day.

PORTION SIZE:

- 1 slice of wholegrain bread.
- 40g or 4-5 tablespoons of rolled oats.
- 75g of uncooked rice or grain or pasta or noodles.
- 1-2 wholegrain pancakes (depending on whether they are thin or thick).



START SWITCHING!

SWAP THIS	▶	FOR THAT
		
WHITE RICE	▶	BROWN RICE
		
CEREAL	▶	PORRIDGE WITH NUTS & FRUIT
		
PACKAGED SANDWICH	▶	RYE SANDWICH (HOMEMADE)
		
WHITE ROLL	▶	QUINOA SIDE DISH

EAT MORE... BEANS, PEAS, AND LENTILS



TARGETS ►

- ✓ Aim to eat a portion between 5 and 21 times per week depending on your diet and gut health! Vegans and vegetarians will eat the most as these are their main protein source.
- ✓ You can buy them in tins in water – without added salt and sugar.
- ✓ You can cook them from dried – all beans need to be soaked overnight, throwing away the soak water. Some lentils can be cooked from dried. Pressure cookers make light work of cooking beans.

PORTION SIZE:

½ cup of cooked beans, peas, lentils (can include tofu, tempeh, unsweetened soya milk).

CAUTION: go gently – not everyone can tolerate all types of beans, lentils, and peas.

If you can eat them but don't very often, introduce them slowly. For example: one extra portion every fortnight.

Look how many you could choose from local Caribbean shops and supermarkets: Fresh, dried and in tins.

- Chickpeas
- Split red lentils
- Black eyed peas
- Kidney beans
- Gungo/Pigeon peas
- Aduki beans
- Split peas
- Puy lentils
- Lima beans
- Channa





USE MORE HERBS & SPICES

TARGETS ▶

- ✓ Caribbean herbs and spices: ginger, garlic, turmeric, thyme, scotch bonnet, onions, peppers.
- ✓ Experiment with lemon or lime juice, apple cider or balsamic vinegars and a dash of good quality stock or soya sauce also adds depth of flavour.
- ✓ You could also choose from: a variety of peppers, cloves, dried garlic, and fresh white and black

PORTION SIZE:

Use between ½ - 1 teaspoon of your dried herb or spice of choice.

garlic, cardamon, fennel, all spice, star anise, bay leaf, coriander, Nigella seeds (black cumin seeds) cumin, oregano, mint, sage, rosemary, paprika, parsley, basil, cinnamon.

- ✓ You can use unlimited amounts every week.

INCREASE THE VARIETY OF FRUITS THAT YOU EAT

PORTION SIZE:

Approx 1 'cupped hand' of fruit which looks like:

- 1 small apple or half a large apple or pear.
- 1 small unripe banana or ½ large unripe banana.
- 2-3 tablespoons of berries.
- 1 large or 2 small apricots.
- ½ papaya.
- 1-2 figs.
- 1 passion fruit.
- 1 kiwi.
- 2-3 tablespoons of pomegranate seeds.
- 1 nectarine or plum.
- slice of melon.

TARGETS ►

- ✓ Aim for 2-3 portions of lower-sugar fresh or frozen fruits each day.
- ✓ Choose lower sugar fruit everyday: all citrus, kiwi, plums, apples, pears, figs, apricots, satsumas, all berries and fresh currants, guava, papaya, peaches, nectarines, bitter melon, watermelon, pomegranate, green or unripe bananas and coconut.
- ✓ Include higher sugar fruits as a treat – less often. These include exotic fruits like ripe bananas, pineapple, mango, grapes.
- ✓ Be cautious with dried fruit and tinned fruit if you have type 2 diabetes.
- ✓ A piece of fruit a few nuts and seeds is a good choice for a snack.





NUTS & SEEDS



TARGETS ▶

- ✓ Aim for a flat 'palm-size' portion, about 20-30g of raw, unsalted nuts from several times a week to every-day.
- ✓ Nuts include walnuts, pecans, almonds, cashews, Brazil, pine, macadamia, hazelnuts. Walnuts, almonds, and pecans are the most nutritious, but add in a variety without added oils and salt.
- ✓ You can include a tablespoon of nut butter instead of the raw nut.
- ✓ Aim for 1-2 tablespoons of raw seeds every-day. Breakfast is a good time to add them on top of your porridge.
- ✓ Seeds include flax (linseeds), chia, sesame (tahini), pumpkin, sunflower seeds. Grinding flax (linseeds) releases their omega-3 oils.



FISH, MEAT AND DAIRY

(unless you are vegetarian or vegan)

TARGETS ▶

- ✓ Whole cuts from lamb, beef, chicken, turkey, goat and their offal – forming no more than $\frac{1}{4}$ of your plate.
- ✓ Whole small fish or cuts of oily and white fish and seafood such as salmon, mackerel, red snapper, sardines, herrings, anchovies, sea bass, pollack, plaice, prawns, mussels, crab (same portion size as meat).
- ✓ Make home-made versions of chicken nuggets and fish fingers, batch cooking them and freezing them to avoid factory-made meat and fish products.
- ✓ Experiment with 1 or 2 animal-product free days a week exploring more plant-based dishes.

PORTION SIZE:

Approx 100g, roughly the size of your palm.

TRY SOME PROBIOTICS



EGGS AND DAIRY



TARGETS ►

- ✓ Free-range eggs, organic if possible: 5-10 per week with lots of herbs and vegetables.
- ✓ Unsweetened yoghurt or kefir, organic if possible: 3-5 tablespoons per portion (approx. ½ cup).
- ✓ Cheese: 20-30g per portion (a small matchbox).
- ✓ Butter, ghee: 1 teaspoon per portion, 2-3 portions per day if eating dairy products. No need to add in if you are not eating them.

Fermented foods can help support a healthy gut as they contain a range of healthy microbes and bacteria. They can be high in salt so be cautious if managing high blood pressure.

TARGETS ►

- ✓ Include one portion a day.
- ✓ Start with one portion every few days and then increase.
- ✓ Go slowly if you are not eating these regularly.

PORTION SIZE:

- 1/2 cup of kefir.
- A tablespoon of natto or brine pickles.
- A teaspoon of miso (diluted).
- A small glass of kombucha.
- A tablespoon of sauerkraut, kimchi or brine pickled vegetables.
- A small glass of herbal and water-based kefir drinks.

INCLUDE SOME HEALTHY OILS AND FATS



FAT: There are different types of fat contained in different types of food like: like avocado, nuts, seeds, meat, fish, dairy, eggs, olives, coconut. Including a variety of fats in the right amount is key to good health. These include monounsaturated and polyunsaturated fats (found in plants: including the omega 3 fats in walnuts, seeds and fish) and saturated fat from eggs, meat, dairy, coconut.

PORTION SIZE:

- ½ avocado per serving.
- 1-2 tablespoons of olives or coconut.
- plus see sections on dairy, meat, nuts & seeds.

ADDED OILS: Extra virgin olive oil is the most nutritious and heat stable cooking oil and is used widely in Mediterranean style cooking. Cooking oils like sunflower, grapeseed, corn oil are easily damaged when heated causing unhealthy ‘free radical’ compounds in our body.

TARGETS ►

- ✓ Keep to 1-2 teaspoons of added oil per mealtime.
- ✓ Cook with Extra Virgin Olive Oil – buy in a dark glass and store away from light and heat.
- ✓ Raw Coconut Oil – can add flavour and heat stable.
- ✓ Avoid deep frying with any oil – look for healthier cooking styles.

INCLUDE SOME HEALTHY DESSERTS, SWEETS AND TREATS



If you are eating well 80% of the time you can enjoy desserts as part of a healthy diet.

Keep sweeter foods as a treat on 2 or 3 designated days per week.

Homemade is best.

You can freeze portion sizes of homemade cakes to avoid overeating or share them with family and friends.

Avoid factory-made, processed sweet desserts and treats in supermarkets/ corner shops.

TOP TIPS ►

- ✓ Adding dried fruit to some nuts and seeds.
- ✓ Dark chocolate (25g) with nuts or fruit (pears and berries go well with dark chocolate).
- ✓ Home-made banana and fruit sorbets.
- ✓ Home-made fruit-based cakes, muffins and brownies with wholegrains or beans and low or no refined sugar – avoid lots of frosting and fillings.
- ✓ Home-made healthy flapjacks with rolled oats and fruit or try carrot or courgette cakes.
- ✓ Crisps can also spike our blood sugar so enjoy wholegrain crackers with nut-butters and dips or thinly slice a range of colourful potatoes and bake with a drizzle of olive oil and enjoy with a bean and spinach dip.

DRINK SOME HOME-MADE FRUIT JUICES AND TEAS



TOP TIPS ►

- ✓ Avoid fizzy drinks, including no-sugar options: too many sweeteners are bad for our gut health.
- ✓ Avoid concentrated fruit juices and squashes.
- ✓ Add fresh fruit like citrus or berries to your still or sparkling water.
- ✓ Aim to drink several glasses of water throughout the day to keep yourself hydrated.
- ✓ Make your own juices and cordials instead.
- ✓ Drinking tea and coffee in moderation (1-3 cups a day) without added sugar can have health benefits.

HEALTHY COOKING STYLES



Include:

- ✓ Raw salads.
- ✓ Steaming.
- ✓ Boiling.
- ✓ Grilling – to golden yellow not dark brown/black.
- ✓ Baking and oven roasting – to golden yellow not dark brown/black.
- ✓ Toasting – to golden yellow not dark brown/black.
- ✓ Start soups and stews with less oil and use a vegetable stock or reduced salt soya sauce to deglaze the pan.
- ✓ Avoid shallow or deep frying in lots of oil at high temperatures.

Following the Caribbean way of “cleaning” meat/fish with lemon juice added to the water then season by adding herbs and spices. This can help reduce harmful compounds that form during cooking meat. You can also marinade in:

- ✓ Apple cider vinegar & herbs.
- ✓ Citrus or other fruit juice like pomegranate or cranberry.
- ✓ Balsamic vinegar.
- ✓ Red wine.
- ✓ Fresh and dried herbs and spices added before cooking.

A HEALTHY MINDSET: *WHERE DO I START?*

- ✓ Be kind and patient with yourself.
- ✓ Take one-small-step at a time and learn when to STOP.
- ✓ Think of food as your natural medicine.
- ✓ Nourishing your body can prevent diseases and help reduce the amount of medication you might need to take.
- ✓ Change can occur daily only when you continue to practise.
- ✓ Write down what you want to change, set a date to review then write what you did not change and why.
- ✓ Make a food diary and write down everything you eat over a few days. You can then look at what you can start to change.



DID YOU KNOW

THESE ACTIONS CAN HELP KEEP YOU HEALTHY TOO...

1: Eat a bigger breakfast and lunch and a smaller supper

2: Eat your last meal by 7pm (or earlier)

3: Eat your first meal 12-14 hours after your last meal (unless you have been told something different by your nurse, health visitor or GP)

4: Chew your food 20 times per mouthful. Slow down, eat your meal over 20 minutes

6: Avoid distraction when you're eating (phone, TV, working)

5: Reduce your portion sizes gradually

7: Always take your 30-minute lunch break

8: Avoid drinking fizzy drinks, fruit juice and lots of water during your meal

9: Eat your salad and vegetables first

10: Make a packed lunch to take to work





RECIPES SECTION



BREAKFASTS

- ▶ Swap packaged cereals for whole rolled oat porridge – adding in Mediterranean or Caribbean fruits and spices.
- ▶ Eggs, beans and roasted or steamed vegetables also make filling, tasty breakfasts.
- ▶ Why not experiment with vegetable soups on a winter morning to warm up and give you energy.

PERFECT PORRIDGE



SERVES: 1 | **PREPARATION TIME:** 5 mins | **COOKING TIME:** 3-15mins

Can make extra to reheat the next day

INGREDIENTS

- 50g or 3-4 tablespoons of the larger rolled oats per person
- Plant or your milk of choice to add as you go
- Enough water to cover the oats
- Optional: 1 teaspoon of maple syrup or raw honey

STOVE TOP METHOD

Put oats and water in a pan. Heat to bubbling.

Put heat on low and continue to stir.

Add milk and/or water as stirring to desired consistency.

Cook for approximately 10-15 minutes.

Choose your toppings and can add optional teaspoon of maple syrup or raw honey .

MICROWAVE

Put oats and water to cover in microwave proof dish and cook for 1 minute on high.

Stir oats and add additional milk or water to taste for another minute or two – watch that it doesn't bubble over the edge. Add the spices and fruit at the end, once cooked.

TOPPINGS

Caribbean-inspired: sprinkling of dried ginger and nutmeg with chopped persimmon or papaya/banana/raisins/mango.

Mediterranean-inspired: sprinkling of cinnamon and vanilla powder, 2 tablespoons of mixed berries (can be from frozen) or chopped apple or pear.

Palm size portion of walnuts or a heaped tablespoon of ground up seeds (sesame, sunflower, pumpkin and flaxseeds).

EASY RICE AND BEANS

WHICH ALSO MAKE A TASTY LUNCH OR SIDE DISH

SERVES: 4 | **PREPARATION TIME:** 10 mins | **COOKING TIME:** 30 mins

INGREDIENTS

- ½ tin kidney beans/red peas
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 spring onion
- 1 teaspoon cumin powder
- 1 clove garlic (finely chopped)
- ½ teaspoon all purpose seasoning
- 1 red pepper (deseeded and diced)
- 50g frozen mixed vegetables (any type you like)
- 100g brown basmati rice (uncooked)
- 10g coconut cream
- 350ml water or vegetable stock
- Garnish: cress or freshly chopped herbs or a few slices of radish or more spring onion

INSTRUCTIONS

Rinse the rice in a bowl of water (mixing with your fingers or a spoon) and then sieve. In the sieve, let tap water run over rice as you rinse with your fingers for a minute.

Put the beans in a large pan, which has a tight-fitting lid, and add the water/stock. Then add all the other ingredients, except the rice, and bring to the boil.

Once boiled add the brown basmati rice.

Cover the pan and simmer on a low heat for a further 30 minutes or until all the liquid has been absorbed and the rice is cooked. Check after 20 minutes and then every few minutes to check there is enough water/stock to soften the rice.

You may need to add an additional splash of stock or water.

After 30 minutes the water should have absorbed.

Serve with cress or herb garnish.



SERVING SUGGESTIONS

This would make a tasty breakfast or lunch or could be a side dish for steamed fish or roast chicken.

Make sure that rice is cooled very quickly after cooking and then refrigerated if not being eaten straight away.

Can keep for the next day if refrigerated. Eat next day cold, or reheat by boiling water and adding a splash to the pan, adding in rice and reheating until piping hot in a couple of minutes with lid on pan.



BREAKFAST FRITTATA MUFFINS

SERVES: 1

PREPARATION TIME: 15 mins

COOKING TIME: 20 mins

INSTRUCTIONS

Pre-steam the asparagus (or green beans) and spinach for a few minutes.

Squeeze any excess water from the spinach.

Keep the asparagus or green beans to one side ready for serving.

In a large bowl beat the 2 eggs, add a splash of almond or coconut milk and mix in with the finely chopped & pre-steamed spinach, finely chopped mushrooms and tomatoes plus the herbs, turmeric, black pepper.

Place this mixture into the circular ring / muffin moulds – add a drizzle of olive oil if needed to avoid sticking to any moulds

Place in a pre-heated 180 degree oven for 20 minutes – or until they are set and golden.

SERVING SUGGESTIONS

Lay out Asparagus or green beans onto your plate or Tupperware.

Add the Frittata cakes.

Top with your favourite chopped herbs and a drizzle of extra virgin olive oil with (optional) balsamic vinegar and a couple of extra chopped cherry tomatoes.

INGREDIENTS

- 2 Organic eggs
- Several Asparagus spears or green beans
- Splash of unsweetened Almond/ Coconut milk (optional)
- 3 Mushrooms
- 3 Cherry tomatoes
- Handful of Spinach or Callaloo
- 1/2 Teaspoon of Turmeric powder
- 1 Teaspoon of dried/ fresh coriander or thyme
- Black Pepper and a sprinkle of sea salt

YAM AND GUNGO SOUP

SERVES: 6

PREPARATION TIME: 10 mins

COOKING TIME: 50 mins

INGREDIENTS

- 400g yams (peeled and cubed)
- 1 400g tin pigeon peas
- 2 litres water or vegetable stock
- 2 cloves garlic (crushed)
- 2 stalks of spring onion

Note. The skin of the yam can cause skin irritation, so you need wear gloves when handling and wash hands thoroughly after use.

INSTRUCTIONS

Peel then chop the yams into medium sized chunks.

Finely chop the pimentos, garlic and onion.

Boil the peas and yams in the water/stock until almost cooked (about 15-20 minutes).

Add all other ingredients and simmer on a low heat for another 20-30 minutes, until the broth thickens.

Check how the soup is thickening.

You can partially blend with a hand blender or keep a chunky soup.

Add whatever fresh herbs you like and/or a dollop of coconut yoghurt (about 20 minutes).

HEALTHY LUNCH AND SUPPER IDEAS

Make extra portions and then eat leftovers the next day with a delicious salad or steamed vegetables including a rainbow of colours.



- 1 large green pepper
- 1 whole scotch bonnet or chilli
- 3 sprigs of thyme
- 6 whole pimentos



EASY STEAMED SNAPPER

SERVES: 4

PREPARATION TIME: 10 mins

COOKING TIME: 30 mins

INSTRUCTIONS

Season the fish with the (optional) scotch bonnet/cayenne, garlic, black pepper, bay leaf, ground coriander and thyme. This can be done in advance and left to marinade in the fridge for a hour to overnight.

Add the vegetables then the chopped tomatoes and a little water or vegetable stock to a large non-stick pan and heat gently for 5 minutes, until bubbling.

Then place the marinated fish on top of the vegetable mix and cover with a tight-fitting lid or foil.

Simmer on low heat for 20 minutes or until the fish flesh is cooked all the way through (check with a fork).

SERVING SUGGESTIONS

Serve with boiled yams or plain brown basmati rice and vegetables of your choice – make a green salad to take to work the next day and have with some leftovers.

INGREDIENTS

- 50g okra (washed and trimmed)
- 200g pumpkin or squash (peeled and cubed)
- 4 small-medium snapper fish or other firm white fish of your choice e.g. coley or cod or whiting
- 2 cloves of garlic (crushed)
- 1 onion (thinly sliced)
- 1 tin chopped tomatoes
- ½ teaspoon coarse black pepper
- 1 teaspoon ground coriander
- 1 bay leaf
- 2 whole pimentos
- 2 sprigs of thyme
- Scotch bonnet pepper or sprinkle of cayenne pepper (optional) (finely sliced)

CHICKEN DISH

SERVES: 8 | **PREPARATION TIME:** 15 mins | **COOKING TIME:** 40 mins

INGREDIENTS

- 6 chicken quarters (skin removed)
- 1 carrot (peeled and diced)
- 1 green or red pepper (finely sliced)
- 250ml cup water

MARINADE

- 1 tablespoon tomato puree
- 1 teaspoon coarsely ground black pepper
- 3 sprigs thyme
- 1 tablespoon soy sauce
- 1 clove of garlic (crushed)
- 2 large tomatoes (chopped)
- 1 medium onion (chopped)
- Juice of 1 lime
- Scotch bonnet pepper to taste

INSTRUCTIONS

Coat the chicken with garlic, soy sauce, the onion, black pepper, lime juice and scotch bonnet pepper.

Marinate in the fridge for about 2 hours or over night, if possible.

Preheat oven to gas mark 6, (190°C).

Meanwhile, in an oven proof dish, put in the chicken and marinade mix all the other ingredients, including the water, with it.

Cover the dish with foil or a tight fitting lid and cook in the oven for approx. 30-40 minutes, mixing every 10 minutes.

Check after 30 minutes if it is cooked. If not, return to oven for the remaining 5-10 minutes.



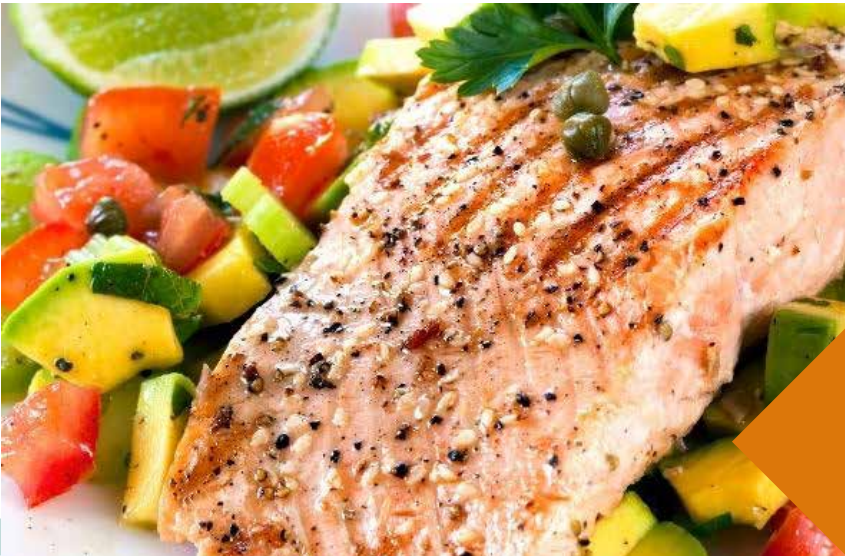
SERVING SUGGESTIONS

Serve with roasted sweet potatoes and steamed greens or mixed vegetables with a small portion of brown rice. For lunch the next day, stuff a wholewheat pitta with some of the chicken and peppers with grated carrot and courgette or mixed green leaves and herbs.

SERVES: 4 | **PREPARATION TIME:** 15 mins | **COOKING TIME:** 20-25 mins

INGREDIENTS

- 4 Salmon fillets
- Salt and pepper
- 6 Garlic Cloves, crushed or finely chopped
- 4 Fresh thyme springs (or 2-3 tsp dried thyme)
- 2 courgette, any kind, halved and sliced
- 1 large lemon, juice of
- 1 tsp sweet paprika
- 1 very large tomato or smaller tomatoes, sliced
- 1 teaspoon of capers or stoned black olives, chopped
- 2 large spring onions, both white and green parts, sliced
- 2 tbsp extra virgin olive oil, plus extra for drizzling over fish
- 1/2 cup chopped fresh parsley leaves, stems removed
- Lemon wedges to serve



INSTRUCTIONS

Preheat the oven to 175-200 degrees C.

Prepare 4 12"x 17" pieces of foil.

Mix ¼ of the crushed garlic cloves with 3 tbsp. of extra virgin olive oil, lemon juice, salt, pepper and paprika in a large bowl.

Place all the chopped vegetables and capers/olives in the same large bowl and mix thoroughly with marinade.

Divide the marinated vegetables between the 4 four foil pieces and place in centre.

Add the salmon fillet on top of vegetable mix skin side down or flat side down if skinless, and season the top with the remaining ¾ of the crushed garlic plus a little salt, pepper and the thyme.

Drizzle each salmon fillet with olive oil (no more than a tsp).

Fold the foil over the top of the salmon and vegetables, cover completely and seal shut.

Bake in oven for 20-25 minutes.

SERVING SUGGESTIONS

When ready, carefully transfer the salmon and vegetable foil packets with a spatula to individual serving plates.

Serve with lemon wedges and steamed greens with a roasted sweet potato or a quinoa salad.

MEDITERRANEAN SALMON PARCELS WITH VEGETABLES

MEDITERRANEAN BEAN SALAD



SERVES: 4 | **PREPARATION TIME:** 10 mins

INGREDIENTS

- 200g drained artichokes hearts from tin
- 1 tbsp sundried tomato paste or chopped sun-dried tomatoes
- 1 tsp white wine vinegar or balsamic vinegar
- 1 tbsp. extra virgin olive oil
- 1 tsp. lemon zest from an unwaxed, organic lemon
- ½-1 tsp. prepared grain mustard
- 410g can cannellini beans or mixed beans in water, drained and rinsed
- 300g pack small vine tomato or cherry tomatoes, quartered (about 12 in total)
- Handful Kalamata black olives
- 2 spring onions, thinly sliced on the diagonal
- Optional: 120g soft goat's cheese, crumbled
- Topping: 2 tablespoons of toasted pine nuts and chopped fresh parsley and basil or dill

INSTRUCTIONS

Roughly chop the artichokes and tip into a large bowl with the cannellini or mixed beans, tomatoes, olives, spring onions, lemon zest, mustard, olive oil and vinegar. Mix thoroughly.

Season with a little salt and pepper to taste and mix through the chopped fresh herbs.

Put into a large serving bowl to share or individual plates.

Divide the toasted pine nuts between the four servings or top the large bowl.

Optional: crumble the goat's cheese on top. Could use mozzarella or feta instead.

SERVING SUGGESTIONS

Serve with a green side salad and a piece of sourdough rye bread or a jacket potato. Any leftovers can be used for lunch the next day.

SNACKS

Try and stick to three meals a day, with your last meal at latest 7pm. If you are genuinely hungry mid-morning or late-afternoon and a glass of water or cup of tea or herbal tea doesn't help, try these options.



A small pot of natural yoghurt with chopped kiwi and a teaspoon of honey



An apple or pear and a palm size portion of mixed raw, unsalted nuts



Chopped carrots, apple, cucumber, peppers with a bean dip or a tablespoon of nut butter



30g of dark chocolate with mixed nuts or a pear



A sachet of miso soup in a mug with 1 or 2 oat cakes





COCONUT DROPS

MAKES: 18 | **PREPARATION TIME:** 20 mins | **COOKING TIME:** 20 mins

INGREDIENTS

- 1 cup or 8oz flour
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 2 oz margarine/butter
- ½ cup sugar
- 1 egg
- 2 cups grated coconut
- ½ cup currants/raisins
- 2 tsp vanilla
- ½ tsp grated lemon rind

INSTRUCTIONS

Sift together flour, baking powder and cinnamon.

Cream butter and sugar, blend in egg.

Add dry ingredients to the creamed mixture.

Stir in coconut, vanilla and rind, batter should be stiff.

Drop on a greased sheet in rough heaps the size of an egg.

Bake in a hot oven a 400°F until lightly browned (about 20 minutes).

MANGO AND PEAR COBLER

SERVES: 8

PREPARATION TIME: 20 mins

COOKING TIME: 30 mins

INGREDIENTS

- 2 ripe mangos (cubed)
- 2 cans pears in juice, not syrup (drained)
- 2 large eggs (beaten)
- ½ teaspoon baking powder
- 3 tablespoons brown sugar
- 1 tablespoon mixed spice
- 150g plain flour (sifted: can be half and half or 100% wholewheat or gluten free if coeliac)
- 100g oats
- 30g butter
- 200ml skimmed or soya milk

INSTRUCTIONS

Gently cook the fruit with a few tablespoons of water, half the sugar and mixed spice. When soft, leave to rest in a casserole dish or deep baking tray.

Rub butter into flour and oats. Stir in the remaining spices and sugar. Slowly add the milk to form soft dough.

Spoon the dough on top of the fruit and bake for 30 minutes at 190°C (gas mark 5).

SERVING SUGGESTIONS

Serve hot with custard or yoghurt or one scoop of vanilla ice cream.



RECIPES *RESOURCES*



Society for
Integrative Healthcare
Transforming healthcare together

SOCIETY FOR INTEGRATIVE HEALTHCARE

[ncim.org.uk/society-
for-integrative-healthcare](http://ncim.org.uk/society-for-integrative-healthcare)



The Doctor's Kitchen
thedoctorskitchen.com



**British Heart
Foundation**

The British Heart Foundation has a recipe finder that also has a Caribbean recipe search option as well as searching by health conditions.

www.bhf.org.uk
RECIPE FINDER |
BRITISH HEART FOUNDATION

BBC CARIBBEAN RECIPES:

Caribbean recipes | [BBC Good Food](#)

BBC MEDITERRANEAN RECIPES:

Healthy Mediterranean recipes | [BBC Good Food](#)

BBC TOP TEN TIPS FOR HEALTHY CARIBBEAN COOKING:

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