



Macular
Disease
Foundation
AUSTRALIA



MACULA MENU

Meals loaded with eye-healthy nutrients

Macular disease is the leading cause of blindness and severe vision loss in Australia. While research into a cure continues, we already know that a few simple changes in lifestyle and diet can help save your vision.

Don't smoke; get regular exercise; eat a healthy, well-balanced diet. Simple steps that are good for general wellbeing as well as eye health.

This Macula Menu is full of meals rich in eye-healthy nutrients. Lutein and zeaxanthin are important antioxidants for macular health. Omega-3 fatty acids, found in oily fish, can help preserve your vision too, while low GI carbohydrates keep your blood sugar levels stable and lower your risk of age-related macular degeneration.

The recipes in this Macula Menu will help you get plenty of these macula-friendly nutrients into your diet. Enjoy!

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Nutrition info



Do I need to be careful with leafy greens and medications?

Most of the best natural sources of lutein, including kale, spinach, silver beet, Brussels sprouts and broccoli, also contain high levels of vitamin K. This may interfere with some medications, including the blood thinner, warfarin. If you can't obtain enough lutein from your diet, a supplement may be appropriate. You must speak to your doctor before changing your diet if you take warfarin.



Are carrots the best food for eyes?

Carrots are a good source of vitamin A, which is important for general health. However, they're not the best eye food that the popular myth suggests. Choose dark green leafy vegetables as your main eye health vegetables and eat carrots in moderation.



Does food have to be fresh?

No. Frozen or tinned food, such as fish or vegetables, are very good options if fresh isn't readily available.



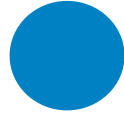
Which nuts should I eat?

Eat a handful of nuts each week - a few each day or crush and sprinkle them over your food. Choose raw, unsalted nuts and mix a selection such as almonds, walnuts, Brazil nuts, pine nuts, pecans and pistachios.



Should I eat seeds?

Seeds such as flax seeds (linseeds) are often recommended for their high essential fatty acid content. However, their relationship to AMD is not fully known.



What about margarine, fats and oils? Are they bad for your eyes?

Although there is no definitive evidence for margarine, fats and oils and their association with AMD, research shows you should limit your consumption of these. Recent research shows that consuming one tablespoon of olive oil per day may reduce your risk of developing late stage AMD. More research is required in the area of fats and oils and AMD.



What about alcohol?

As part of a healthy diet, excessive consumption of alcohol should be avoided. You shouldn't consume more than two standard drinks per day.



Can bilberry or saffron reduce the risk of AMD?

There's currently no strong evidence that either bilberry or saffron reduces the risk of AMD or slow its progression.

Lutein and zeaxanthin



Serves 1
Time to make
15 mins

Spicy avocado, smoked trout and baby spinach topper

A simple and healthy breakfast or snack option that's packed with lutein and zeaxanthin in the spinach and Omega-3 in the trout.

Ingredients

- 1/2 small ripe avocado
- 1 tablespoon chopped chives
- 2 teaspoons lemon juice
- Few drops hot chilli sauce (optional)
- 2 slices wholegrain toast
- 50g smoked ocean trout
- 1/2 cup baby spinach leaves

Instructions

Mash avocado with chives, lemon juice and hot chilli sauce (if using, to taste). Spread avocado mixture onto wholegrain toast. Top with trout and baby spinach and serve.

Lutein and zeaxanthin are found in high concentrations within a healthy macula, and they act like sunscreen for the macula in the way that they provide protection against sunlight. Eating foods rich in these antioxidants keeps your macula healthy.

Vegetable fritters



Serves 2
Time to make
25 mins

These fritters are a great way to add vegetables to your diet or use up leftover vegetables. Broccoli and eggs are also a great source of lutein and zeaxanthin.

Ingredients

2 eggs, lightly beaten
1/2 onion, finely chopped
1/4 cup finely chopped
broccoli or cauliflower
2 cups grated vegetables
(zucchini, carrot, sweet potato,
parsnip or potato)
1/4 cup self-raising flour
1/2 teaspoon curry powder
Salt and cracked black pepper
Yoghurt, salsa or chutney, to
serve

Instructions

Combine the eggs, onion, broccoli and grated vegetables in a large bowl. Add the flour, curry powder, salt and pepper and mix until well combined.

Heat a little olive oil in a non-stick frying pan over medium heat. Add heaped tablespoonfuls of the egg mixture to the pan and cook in batches for 2-3 minutes each side or until golden.

Transfer to a plate and keep warm. Serve fritters with minted yoghurt, salsa or chutney.



Fish tacos

Serves 2
Time to make
15 mins

Ingredients

150g frozen white fish fillets, thawed
1/2 teaspoon reduced-salt
taco seasoning
1/4 teaspoon smoked paprika
2 teaspoons plain flour
1 cup store-bought coleslaw mix
125g can corn kernels, drained
1/2 small red apple, cored, finely sliced
Handful of fresh mint or coriander
1 medium wholegrain tortilla
1/4 small avocado, sliced
1 tablespoon reduced-fat plain yoghurt,
to serve
Lime wedge, to serve

Instructions

Pat fish dry with paper towel. Combine seasoning, paprika and flour in a medium ziplock bag. Season with cracked black pepper. Add fish, seal bag and gently shake to coat.
Spray a medium non-stick frying pan with oil.
Cook the fish for 1-2 minutes, each side, or until golden and the flesh flakes off easily with a fork.
Meanwhile, combine coleslaw, corn, apple and fresh herbs in a bowl. Toss to mix well. Place the tortilla(s) onto a serving plate. Top with salad, cooked fish, avocado and a dollop of yoghurt. Squeeze over the lime and roll up to eat.

Omega-3 fatty acids are important to eye health. All fish and shellfish contain Omega-3s. Oily varieties of fish contain higher concentrations of Omega-3.

Omega-3



Sardine and tomato spaghetti

Ingredients

Cooking oil spray

1/2 small brown onion,
chopped

80g button mushrooms, sliced

1 clove garlic, crushed

2 large tomatoes, roughly
diced

100g can no-added-salt

Sardines in spring water,
drained

75g uncooked whole-grain
spaghetti

1 tablespoon chopped flat-leaf
parsley leaves

Instructions

Spray a medium frying pan with oil and place over medium-high heat. Add onion, mushrooms and garlic. Cook, stirring for 5 minutes or until soft. Add tomatoes, reduce heat to medium-low and cook, uncovered, for 10 minutes.

Flake sardines and stir through sauce. Meanwhile, cook spaghetti according to packet instructions. Drain and return to saucepan. Add sauce to spaghetti and toss to combine. Garnish with parsley.

Serves 2

Time to make
20 mins

Low GI



Serves 2
Time to make
10 mins

Bircher muesli

This healthy breakfast is great to make the night before, or whip up in the morning. Oats and apples are good sources of low GI carbohydrates. Low GI carbohydrates cause a lower, slower rise in blood glucose. Evidence shows eating more low GI foods lowers your risk of developing AMD.

Ingredients

- 1 gala apple, unpeeled, quartered, core removed
- 1 cup rolled oats
- 125ml apple juice
- 130g fat-free natural yoghurt, plus extra to serve
- Large pinch ground cinnamon
- 25g flaked almonds
- 30g walnuts
- 2 tablespoons pumpkin seeds
- Blueberries, to serve
- Option to add 2 brazil nuts

Instructions

Coarsely grate the apple. Mix the grated apple, rolled oats, apple juice, yoghurt and cinnamon in a bowl until well combined. Cover and place in the fridge for 1 hour or overnight.

Combine the flaked almonds, walnuts and pumpkin seeds in a small bowl. Stir half the nut mixture through the muesli with 1/2 cup of yoghurt if the muesli has been soaking overnight. (If the muesli has been soaking for 1 hour, add a little extra yoghurt only as desired.) Top with the remaining nut mixture and blueberries to serve.

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Beetroot and yoghurt dip with pita crisps



Wholegrain pita bread is another low GI carb and this delicious vegetable dip made with beetroot will help increase your intake of vitamin C as well as iron, potassium folate and manganese.

Serves 4

Time to make
25 mins

Ingredients

2 wholegrain pita bread pockets
Olive oil cooking spray
1 tsp sesame seeds
440g can baby beetroot drained
1/2 small red onion chopped
75g sultanas
2 tsp white wine vinegar
60g Greek yoghurt

Instructions

Preheat oven to 200°C. Spray 1 side of each pita bread with oil. Sprinkle with sesame seeds. Season with pepper. Cut each pita bread into 8 triangles. Place, in a single layer, on 2 baking trays. Bake for 8-10 mins or until crisp. Transfer to a wire rack to cool.

Meanwhile, process beetroot, onion, sultanas and vinegar until almost smooth. Transfer to a bowl. Add yoghurt. Stir to combine. Serve with pita crisps.



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Disclaimer:

Any changes in diet or lifestyle should be undertaken in consultation with your doctor.