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Essential Fatty Acids

Oily fish Recommended 2-3 portions per week

Sardines: Try these direct on toast. Tinned in brine, oil or tomato is fine (olive oil is preferable). Try sardines in the blender with lemon juice, black pepper and a tsp. of mayonnaise or yoghurt.

Mackerel: Try these fresh- simply grilled with added lemon juice. They are readily available and convenient as vacuum packed (with or without topping of black pepper) or tinned .

Salmon (wild): Available fresh in season and buy for the freezer. Tinned wild salmon is available. Vacuum- packed smoked or roasted wild salmon is readily available.

Fresh tuna: Available from fishmongers.

Nuts and Seeds

Unsalted, uncoated nuts and seeds, **with the exception of** peanuts and pistachios.

Examples:

Seeds- sunflower, sesame, pumpkin

Nuts-Almonds, pine nuts, walnuts, brazil nuts, hazelnuts, pecans, cashews.

Suggested amounts are **two to three tsps.** per day. Add to cereal, yoghurt and stir fries. Make a mix with raisins and have a small handful to help with sugar cravings. These are also high in Zinc and other minerals.

If constipated, grind linseeds in a coffee bean grinder. This gives fibre, essential fatty acids and a rich source of minerals. **Always take with water.**

Vegetables

Avocados – eat one every fortnight.