



Macular  
Disease  
Foundation  
AUSTRALIA

# MACULA MENU

.....  
Weekly Meal Plan for summer



## Food for thought

Macular disease is the leading cause of blindness and severe vision loss in Australia. The most common macular disease is age-related macular degeneration (AMD). One in seven people over the age of 50 have some signs of AMD.

While research into a cure is continuing, we do know that a few simple changes in lifestyle and diet can help support macular health and slow the onset or progression of AMD.

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.

In summer, adding these changes into your lifestyle should be easy with our beautiful weather. And to complement the sunshine, we've put together a five-day meal planner of delicious summer recipes packed with nutrients that are important for eye health.

Enjoy and share photos of your macula meals with us!

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## Nutrition Q & A's



### 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 or supplements 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 age-related macular degeneration or slow its progression.



**Breakfast**

Serves 2  
Time to make  
15 mins

# Monday

## Porridge with nuts and dates

This breakfast is a filling and hearty choice with zinc and selenium in the nuts and vitamin C in the berries. It's healthy and good for your eyes!

### Ingredients

60g almonds  
40g pistachios  
4 fresh dates, pitted,  
roughly chopped  
750ml milk  
140g wholegrain rolled  
oats  
Pinch of salt  
125ml honey  
Extra milk, to serve  
Berries of choice, to  
serve  
Sliced banana, to serve

### Instructions

Roughly chop the almonds and place in a small bowl. Add the dates and pistachios and mix them around.

Place the milk, oats and salt in a medium heavy-based saucepan. Stir over high heat until the mixture comes to the boil. Reduce heat to low and simmer, uncovered, stirring occasionally, for 10-12 minutes or until the porridge thickens.

Spoon the porridge into serving bowls and sprinkle with the nut and date mixture. Drizzle with honey and serve with extra milk. Top with berries, banana and extra nuts as desired.

# Lunch



Serves 6

Time to make  
30 mins

## Ham frittata with tomato and spinach salad

A simple, summery lunch that's perfect for laid-back holidays. Eggs are a source of lutein and zeaxanthin and this frittata has a good mix of eye-healthy vegetables in the peas and corn. The spinach in the salad provides an extra boost of nutrients for your macula.

### Ingredients

- 2 tbsp olive oil
- 1 medium red onion, thinly sliced
- 250g frozen peas
- 250g frozen corn
- 150g lean ham, diced
- 6 eggs
- 1/4 cup reduced-fat milk
- 250g cherry tomatoes
- 2 tbsp chopped basil leaves
- 2 tsp balsamic vinegar
- 4 cups baby spinach

### Instructions

Heat oil in a medium non-stick frying pan over medium heat. Cook onion, stirring, for five minutes, or until softened. Boil the peas and corn until cooked then drain. Add the veggies and ham to the onion mix, stir and spread mixture around the pan.

Whisk eggs and milk together in a large jug. Season with black pepper. Pour egg mixture over veggies. Reduce heat to low, cover and cook for 10 minutes, or until base is golden and set.

Place frying pan under a grill heated to medium-high and cook for 3-4 minutes, or until top is set and golden. Leave to cool for five minutes in the pan.

Meanwhile, combine tomatoes, baby spinach, basil and vinegar to make the salad. Carefully invert frittata. Cut into 6 wedges. Serve with tomato and baby spinach salad.

# Five vegetable and feta patties

What's better than homemade burger patties? How about patties packed with eye-healthy ingredients. These burgers not only have your five-a-day serving of vegetables but they are also good for your eyes.

Serves 2

Time to make  
15 mins

## Ingredients

- 1 cup grated zucchini
- 1 cup grated pumpkin
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped red capsicum
- 1/2 cup finely chopped baby spinach and extra to serve
- 100g soft feta
- 2 eggs
- 1/3 cup wholemeal flour
- 1 tbsp extra virgin olive oil
- 1/2 an avocado, to serve
- Wholewheat bread rolls, to serve

## Instructions

Mix all ingredients except olive oil together in a large bowl.

Heat oil in a large frying pan over low-medium heat. Spoon dollops of the batter and fry for five minutes on each side until the patties are golden.

Serve, in a bread roll, topped with the extra feta, avocado, mint leaves, chilli and sweet chilli sauce. Add a leafy green side salad (preferably made with baby spinach) to really boost your fresh veggie intake.

Dinner

# Tuesday

## Smoked salmon omelettes

Breakfast

Salmon is a powerhouse of Omega-3 fatty acids which are important to eye health. Fish is recommended two to three times times per week, either fresh, frozen or tinned and this meal is a delicious way to get in a serving.

### Ingredients

2 tbsp oil  
500g zucchini, grated  
3 spring onions, chopped  
Salt and pepper, to taste  
4 eggs  
125ml cream for cooking  
20g butter  
Crème fraîche to serve  
200g smoked salmon

### Instructions

Heat the oil in a large non-stick frying pan and sauté zucchini 6-7 minutes or until golden. Stir in spring onions and seasonings. Remove and keep warm.

Beat together the eggs and cream. Heat the butter in the frying pan. Pour egg mixture into eight greased egg rings and cook over a low heat, covered, for three minutes or until egg is nearly set. Turn over and finish cooking. Remove egg rings and place omelettes on serving plates.

Top each omelette with zucchini, a dollop of crème fraîche and smoked salmon. Serve immediately.

Serves 2

Time to make  
15 mins

# Spinach macaroni lunch loaf



Lunch

Serves 2

Time to make  
75 mins

## Ingredients

1 tbsp extra virgin olive oil  
1 brown onion, finely chopped  
2 garlic cloves, crushed  
120g baby spinach, roughly chopped  
3/4 cup wholemeal macaroni  
180g haloumi, grated  
150g feta, crumbled  
1 small zucchini, grated  
1/4 cup finely chopped fresh dill  
1/4 cup finely chopped fresh mint leaves,  
1/3 cup self-raising flour  
5 eggs, lightly beaten  
Dill, to serve  
Lemon zest, to serve

## Instructions

Preheat oven to 180°C. Grease a loaf pan (7cm deep, 20cm long). Line base and sides with baking paper, extending paper 2cm above pan on all sides.

Heat oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for five minutes or until softened. Add garlic. Cook for one minute or until fragrant. Add spinach. Cook for one minute or until wilted. Remove frying pan from heat. Allow to cool.

Meanwhile, cook pasta in a saucepan of boiling water following packet directions. Drain. Refresh under cold water and drain again. Place in a large bowl.

Add haloumi, feta, zucchini, dill, mint and flour to pasta. Add egg. Season with pepper. Stir to combine. Pour into prepared pan. Bake for 55 minutes to one hour or until golden and firm. Stand in pan for 10 minutes. Transfer to a wire rack to cool. Slice. Serve with lemon zest and extra dill and mint leaves.



Serves 2

Time to make  
45 mins

## Mediterranean sardine pizza

Who doesn't like pizza? This version is not only a healthier option, it's packed with important nutrients for your eyes with sardines, capsicum and spinach.

### Ingredients

2x125g cans sardines in tomato sauce  
30cm store-bought Lebanese flat bread  
1 small red onion, thinly sliced  
1 small green capsicum, sliced  
6 pitted olives, quartered  
1 tbsp finely chopped flat-leaf parsley  
50g baby spinach leaves  
1 tbsp balsamic dressing  
2 tbsp oregano leaves  
Lemon wedges, to serve

### Instructions

Preheat oven to 240°C. Place a large baking tray in oven to heat.

Drain sardines, reserving sauce. Spread reserved sauce over pizza base. Top with onion, capsicum and sardines, scatter over olives and parsley. Transfer pizza to preheated baking tray. Bake for 10 minutes, or until base is crisp.

Toss spinach in dressing, pile on top of pizza. Sprinkle with oregano, season, and serve with lemon wedges.



**IT IS HEALTH THAT  
IS REAL WEALTH  
AND NOT PIECES OF  
GOLD AND SILVER.**

Mahatma Gandhi



Breakfast

Wednesday

Serves 2

Time to make  
10 mins

## Berries and summer fruit porridge

Simple, fresh and healthy! It's hard to beat oats for breakfast and with vitamin C in the berries and selenium in the Brazil nuts, it's a winner for your health too!

### Ingredients

- 1 cup rolled oats
- 125ml unsweetened almond milk, plus extra, to serve
- 1/4 tsp ground cinnamon
- 1/2 orange, pith removed, sliced into rounds
- 75g fresh berries
- 2 Brazil nuts, finely chopped
- 1 tbsp pomegranate arils
- 2 tsp pumpkin seeds

### Instructions

Combine the oats, almond milk, cinnamon and 60ml water in a small saucepan. Bring to the boil over a medium-high heat. Reduce heat then cook, stirring often, for 3-4 minutes or until porridge is thick and creamy. Transfer to a serving bowl.

Top the porridge with the orange and berries. Sprinkle with Brazil nuts, pomegranate and pumpkin seeds. Drizzle over a little extra milk to serve.

### TIP

You can substitute fresh berries for frozen options - just thaw them first.

# Green bean and pumpkin salad

## Ingredients

2.5kg butternut pumpkin, peeled, deseeded, cut into 3cm wedges  
60ml light olive oil  
Sea salt and black pepper  
700g green beans, topped, halved diagonally  
60ml extra virgin olive oil  
1 garlic clove, crushed  
1 tbsp white balsamic vinegar  
2 tsp balsamic vinegar  
2 tsp Dijon mustard  
150g baby spinach leaves  
75g roasted pine nuts

Serves 6  
Time to make  
60 mins

## Instructions

Preheat oven to 190°C. Line two large baking trays with non-stick baking paper. Place the pumpkin, in a single layer, on the prepared trays. Drizzle with the light olive oil and season with salt and pepper. Roast in oven for 45-50 minutes or until golden brown and tender. Set aside to cool.

Meanwhile, cook the beans in a large saucepan of salted boiling water for 2-3 minutes or until bright green and tender crisp. Drain. Refresh in a bowl of iced water. Drain well.

Whisk together the extra virgin olive oil, garlic, combined vinegars and mustard in a small bowl. Add salt and pepper, to taste.

Place the pumpkin, beans and spinach in a large serving bowl. Drizzle with the balsamic dressing and gently toss to combine. Sprinkle with pine nuts and serve immediately.

# 17-minute turmeric chilli fried egg bowl



**Dinner**

## Ingredients

- 1 bunch curly kale, ribs and stems removed, leaves torn into large pieces
- 5 tbsp extra virgin olive oil, divided
- Salt
- 1 cup plain Greek yoghurt
- 4 large eggs
- 1/2 tsp ground turmeric

## Instructions

Place a rack in middle of oven and preheat to 190°C. Spread out kale on a rimmed baking sheet and drizzle with 2 tbsp of oil. Massage leaves with oil and season with salt. Bake, tossing halfway through, until lightly browned around edges and crisp-tender, 5-7 minutes.

Season yoghurt with salt. Divide among plates and top with kale.

Heat remaining 3 tbsp of oil in a large non-stick frying pan over medium-high heat. Add eggs one at a time, shaking the pan between additions to keep them from sticking together. Cook, tilting the pan toward you and spooning oil over egg whites until whites are set, about two minutes. Remove the pan from heat, keeping the pan tilted, and add turmeric to oil. Baste egg whites with turmeric oil.

Divide eggs among plates and drizzle turmeric oil over.

Serves 4  
Time to make  
20 mins

## TIP

You can try poached or boiled eggs as well.

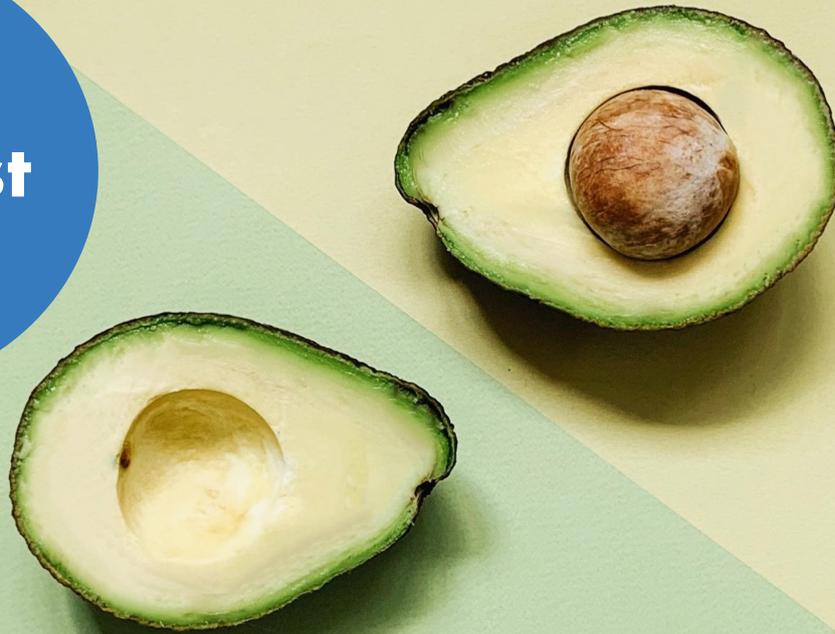


**YOU DON'T NEED  
A SILVER FORK TO  
EAT GOOD FOOD.**

Paul Prudhomme

NOURI  
A Taste of Life

Breakfast



Thursday

# Avocado breakfast bowl

This energising breakfast bowl will keep you going all morning with low-glycemic index (GI) carbohydrates and delicious proteins. It's also good for your eyes. Studies have showed regular egg consumption could reduce risk of progressing to late AMD. Corn is a great source of lutein and zeaxanthin and avocado is packed with healthy fats.

## Ingredients Instructions

1/2 cup water	Stir water and quinoa together in a rice cooker;
1/4 cup red quinoa	cook until quinoa is tender, about 15 minutes.
1 1/2 tsp olive oil	Heat olive oil in a frying pan over medium heat
2 eggs	and poach or boil eggs to your liking, season
Salt and black pepper, to taste	with salt and pepper.
1/4 cup of tinned corn, drained	Combine quinoa and corn in bowl, place eggs on
1 avocado, diced	top then add avocado and feta cheese.
2 tbsp feta cheese	

Serves 2

Time to make  
25 mins

# Smoked salmon and pickled cucumber tacos

Lunch

Serves 2

Time to make  
20 mins



## Ingredients

- 1 tbsp rice vinegar
- 2 tsp caster sugar
- 1 cucumber, trimmed
- 1/2 medium avocado
- 2 tsp lemon juice
- 1/4 tsp chilli flakes
- 1/4 tsp paprika
- 6 small wholewheat tortillas
- 75g hot smoked salmon fillet, skinned

## Instructions

Place rice vinegar and sugar in a medium bowl and stir to dissolve sugar. Peel cucumber into long ribbons with a vegetable peeler, stopping when you reach the seeds. Add cucumber ribbons to vinegar bowl; toss to combine, then set aside for five minutes. Drain any excess liquid.

Meanwhile, place avocado, lemon juice, chilli flakes and paprika in a small bowl. Mash mixture until smooth.

Spread a little avocado onto each tortilla, then top each with some flaked salmon and a cucumber ribbon.

# Pumpkin, spinach, walnut pasta bake

## Ingredients

- 1 packet wholewheat pasta
- 1 small butternut pumpkin, peeled, cut into cubes
- 1 medium-sized brown onion, sliced finely
- 1 sprig of rosemary
- 2 garlic cloves, sliced thinly
- 4-5 cups of vegetable stock or chicken stock
- 5 tbsp extra virgin olive oil
- 1 cup pecorino
- 200g grated cheese
- 1 cup baby spinach
- 1 cup walnuts, toasted
- Salt and pepper, to taste

## Instructions

Preheat oven to 180°C.

Place oil, garlic, rosemary in a large pot then add onion cook until golden brown and softened. Around 5-8 minutes. Next, add pumpkin and combine.

Pour stock over the pumpkin and bring to the boil. Simmer for 15-20 minutes until the pumpkin is soft. Using a stick blender, add pecorino to the pot and blend until smooth. Add salt and pepper to taste.

In another pot filled with boiling water, cook pasta as per packet directions. Remove pasta and mix into the pumpkin. Place half the pasta into a baking dish and scatter spinach over the top. Pour remaining pasta into the dish.

Add grated cheese over the top and bake for 20 minutes or until golden and crispy. To finish, scatter toasted walnuts over the top.

**Dinner**

Serves 2  
Time to make  
45 mins



# Friday

## Berry and kale smoothie

Serves 2

Time to make  
10 mins

Breakfast

### Ingredients

- 1 cup frozen blueberries
- 1 cup baby kale
- 1 cup plain yoghurt
- 1 banana
- 2 tbsp crushed walnuts
- 2 tbsp of rolled oats
- 1 tbsp chia seeds

### Instructions

Combine blueberries, kale, yoghurt, banana, crushed nuts, oats, chia and half a cup of ice in a blender until smooth.

Serve immediately.



# Smoked salmon and zucchini muffins

Lunch

Makes 12

Time to make  
30 mins

## Ingredients

- 1½ cups buckwheat flour
- 1/2 cup polenta
- 2 tsp baking powder
- 1 tbsp mustard powder
- 100g hot smoked salmon, finely chopped
- 1/4 cup grated parmesan cheese
- 2-3 tbsp chopped parsley
- 1 cup grated zucchini
- 1/4 cup light olive oil or melted butter
- 1¼ cups milk
- 2 eggs

## Instructions

Sift buckwheat flour, polenta, baking powder and mustard powder into a bowl.

Stir in the salmon, cheese, parsley, and make a well in the centre.

In a separate bowl or jug, mix together the zucchini, oil or melted butter, milk and eggs. Gently stir into the dry ingredients. Divide evenly among 12 well-greased muffin tins.

Bake at 180°C for 15 minutes.





**Dinner**

Serves 4  
Time to make  
45 mins

## Zucchini with chickpea and mushroom stuffing

Zucchini is a great source of lutein and zeaxanthin for your eye health and chickpeas are a great source of protein. This recipe is perfect when you want something simple at the end of the week.

### Ingredients

4 zucchinis, halved  
1 tbsp olive oil  
1 onion, chopped  
2 cloves garlic, crushed  
250g button mushrooms, sliced  
1 tsp ground coriander  
1½ tsp ground cumin, or to taste  
1 can chickpeas, rinsed and drained  
1/2 lemon, juiced  
2 tbsp chopped fresh parsley  
Salt and pepper, to taste

### Instructions

Preheat oven to 175°C. Grease a shallow baking dish.

Scoop out the flesh of the zucchinis, chop the flesh and set aside. Place the shells in the prepared dish.

Heat oil in a large frying pan over medium heat. Sauté onions for five minutes, then add garlic and sauté for two minutes more. Stir in chopped zucchinis and mushrooms; sauté five minutes. Stir in coriander, cumin, chickpeas, lemon juice, parsley, salt and pepper. Spoon mixture into zucchini shells.

Bake in preheated oven for 30-40 minutes, or until zucchinis are tender.

# MEAL PLANNER

BREAKFAST

LUNCH

DINNER

## MONDAY

Porridge with nuts  
and dates

Ham frittata with  
tomato and spinach  
salad

Five vegetable and  
feta patties

## TUESDAY

Smoked salmon  
omelettes

Spinach macaroni  
lunch loaf

Mediterranean  
sardine pizza

## WEDNESDAY

Berries and summer  
fruit porridge

Green bean and  
pumpkin salad

17-minute  
turmeric chilli  
fried egg bowl

## THURSDAY

Avocado breakfast  
bowl

Smoked salmon  
and pickled  
cucumber tacos

Pumpkin, spinach,  
walnut pasta bake

## FRIDAY

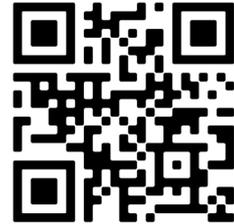
Berry and kale  
smoothie

Smoked salmon and  
zucchini muffins

Zucchini with  
chickpea and  
mushroom stuffing

## Need more information?

Learn more about macular disease at  
[www.mdfoundation.com.au](http://www.mdfoundation.com.au).  
How's your macula? Take the quiz at  
[www.CheckMyMacula.com.au](http://www.CheckMyMacula.com.au).



You can also access our free, personalised support services and order information kits and Amsler grids by calling our National Helpline on 1800 111 709.

MDFA has a free newsletter and you can sign up to receive invitations to education sessions and events in your area.

Macular Disease Foundation Australia is committed to reducing the incidence and impact of macular disease, by providing up-to-date information, advice and support.

### **Disclaimer:**

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