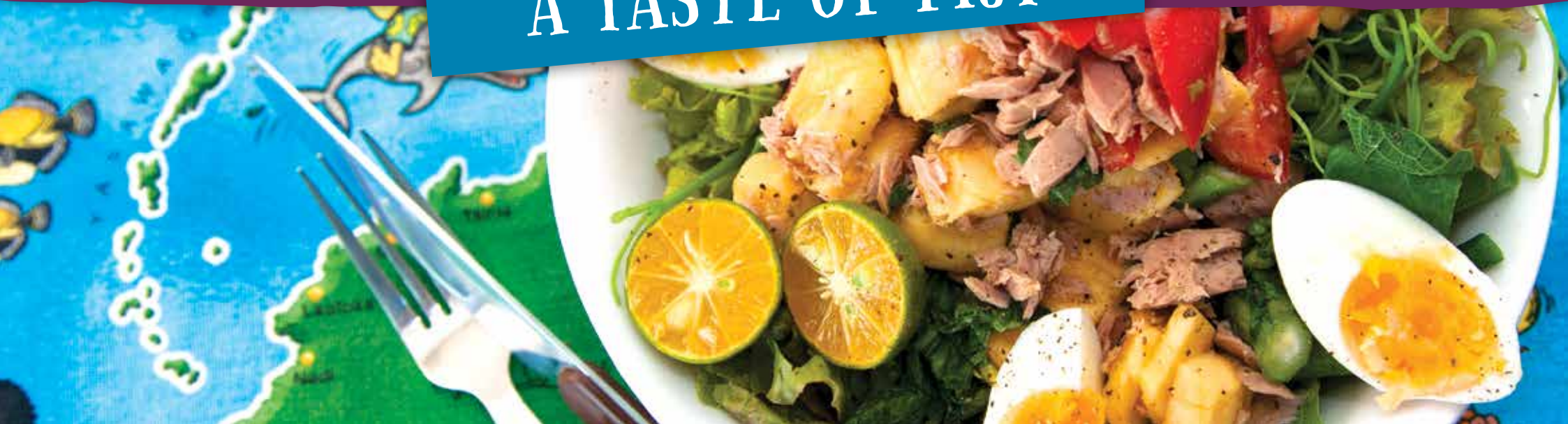




KHANA KAKANA

A TASTE OF FIJI



BULA VINAKA!

We dedicate this cookbook to all the beautiful Fijians out there who love food and love life. You can't have one without the other, but your enjoyment of each all depends on quality. Right now, our food choices are bad ones, we are turning away from the most perfect, healthy, natural and nutritious foods that cover our islands and instead, we are eating unnatural, low quality, plastic- packaged foods that are high in all sorts of bad things like fat, sugar and salt. These foods are making our lives less beautiful; they are making us sick.

Every day, more Fijians are dying from non-communicable diseases (NCDs) such as heart disease, diabetes, cancer and lung disease. These diseases can be prevented if we invest in our health early by eating a balanced and healthy diet, exercising every day and refraining from bad foods and behaviours like smoking cigarettes and too much alcohol and yagona.

*We hope this cookbook inspires you to live a beautiful and healthy life, a long life and a life free from disease. **Loloma!***



This cookbook we developed by the Fiji Ministry of Health's Wellness Unit. For more information on health, please visit; www.health.gov.fj



www.facebook.com/MoHFiji

www.facebook.com/NutritioninFiji

Contents



12
NATURALLY SWEET



35
LEGUMES



30
NATURAL FLAVOURS



28
SAVUSAVU SANDWICHES



38
VEGETABLE VITALITY



42
LOVONI LOVO SALAD

HEALTHY EATING: 4-8

Lots of helpful information about how to lead a healthy and balanced lifestyle

WELLNESS PROFILES

Maria Rogoiruwai: **10**

Ilisabeta Sili: **34**

The "Squashies": **19**

Dr Isimeli Tukana: **44**

BREAKFAST RECIPES: 9-17

SNACK ATTACK: 18

Delicious, nutritious snacks that are better for you

LUNCH RECIPES: 20-28

SIGATOKA SALADS: 24

Eat these salads on their own or add to your meal as a veggie packed side

DRESSING IDEAS: 32-33

Make your meals burst with flavour.
No salt, no added sugar, just all-natural flavour!

DINNER RECIPES: 36-43

VUDI VAKASOSO: 45

Iliesa Delana's gold medal dessert!

GROW FOR YOUR HEALTH: 46

Growing your own home garden is a great way to provide fresh fruits and vegetables for your family.

QUALITY AND QUANTITY

An easy way to control your calorie intake is to choose **high quality foods**. This means foods with plenty of fibre, vitamins and minerals that your body needs every day. The fresher the food and the less packaging it has,

the better the quality of the food. **High quality food** includes fresh fruits, vegetables, meat, nuts, seeds, legumes such as beans, peas and lentils, eggs and whole grain breads and cereals.



On the other hand **low quality foods** are low in vitamins and nutrients providing mainly simple carbohydrates (meaning they're digested quickly).

They are also high in fat, sugar and salt. These foods often come in packaging and although they are high in calories, they are low quality, so they leave us feeling hungry again pretty soon.



Beware of vegetable oil – while many vegetable oils such as olive, coconut, sunflower, canola and rice bran oil can be part of a healthy diet try to avoid palm oil and bottles labeled simply as “vegetable oil”- these are normally more than 50% palm oil. Palm oil raises our bad cholesterol putting our hearts at risk.

Here in Fiji, big portions and foods high in fat and sugar can mean we get through our whole days allocation of 2000 calories in just one meal! So throughout the whole day, we will be eating far more than we should be.

Our bodies store all these extra calories as body fat. We worry about people carrying too much body fat because it increases their risk of diabetes, heart disease, cancer, and infertility. It also reduces their quality of life.

HOW MUCH SHOULD I BE EATING?

To stay healthy, we need a certain amount of calories from foods and drinks each day. As a general guide most adults should aim for 2000 calories every day.

So what does 2000 calories look like?
Well, that's up to you.

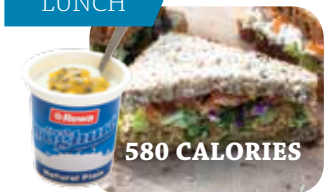


ALL OF THIS...

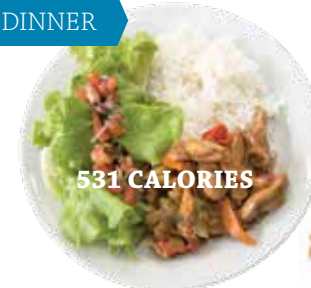
BREAKFAST



LUNCH



DINNER



SNACKS



Total Calories: 1810

A BALANCED DAY

Choosing one of these meal options (or any other recipes in this cookbook) at breakfast, lunch, dinner and snack time provides a healthy amount of calories and high quality, nutrient rich foods for the day.

BREAKFAST ^{Pick 1}



OATS & FRUIT



POACHED EGGS



TOAST & FRUIT

LUNCH ^{Pick 1}



VEGE ROTI



SALAD SANDWICH



DAHL CURRY

DINNER ^{Pick 1}



CHICKEN MEAL



CURRY & 1 CUP RICE



FISH & VEGES

SNACKS

^{Pick 2}



DRINKS



1 tsp of sugar or honey with your tea/coffee

WORKING IT OUT BY HAND

Don't have measuring cups or spoons at home? No problem! All you need is your hand.



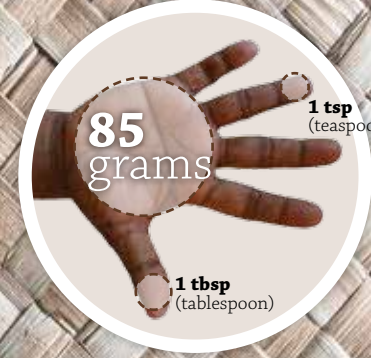
1 CUP



1/2 CUP



100 grams



85 grams

1 tsp (teaspoon)

1 tbsp (tablespoon)



30 grams

Here's a guide of how to estimate portions/measures using your hand. We all have different hand sizes but the good news is, the bigger your hand, the bigger your calorie allowance so you can get away with slightly larger portions.

SENSIBLE PORTIONS

Portion Sizes & Eating a Balanced Meal

Eating a healthy diet doesn't mean you have to avoid the foods you love. Cutting down the portion sizes can mean you save calories while still enjoying the taste. Often the biggest calorie culprits are rice, dalo, cassava and oil thanks to our viti serving sizes.

Just look how many calories you can save by cutting down your portions!



VS



900
CALORIES

500
CALORIES

Rice



650
CALORIES

VS



228
CALORIES

This rice mountain we like to cover our plates with contains around 650 calories, when a full meal is only meant to be between 500-650 calories!

By keeping our rice serving to just one quarter of our plate (1 cup) we save over 400 calories.
1 cup of rice = 228 calories

Dalo and Cassava



DALO:
250cal
CASSAVA:
503cal

VS



✓
DALO:
100cal
CASSAVA:
170cal



Did you know that cassava contains double the calories of the same weight of potatoes? Dalo is almost as bad. While Dalo and Cassava can be part of a healthy meal, they provide us with the same nutrients (carbohydrate) as rice and noodles so when we combine big portions of these ingredients within one meal, it's a hefty load of calories to burn through.

Keep these root crops to just quarter of your plate.

Oil



450
CALORIES

VS



✓
150
CALORIES

3 Tablespoons:
Sometimes there's
this much oil in just
one serving of curry!

1 Tablespoon
(Tbsp)/bottle cap



Oil is the highest calorie food. Even if we choose a healthy type of oil, it's important to not eat too much oil. Try and limit yourself to 1 tablespoon (small bottle cap) a day = 150 calories.

VALE NI KURO

Traditional Kitchens



If you don't have an oven or certain cooking tools at home, there are plenty of **traditional forms of cooking** that are just as good for these recipes using your **vale ni kuro**.



IS LOVO Healthy?



Lovo style cooking is a very healthy way to cook because it prevents the loss of any nutrients in water and doesn't require added oil. The only issue with lovo is that our excitement leads to large portions and over-eating!



HEALTH WINNERS

EARNING THEIR HEALTHY MEDALS

We've analysed each recipe to make sure they are health winners. We've worked out their healthy sugar, salt, fibre and iron levels for a healthy diet as well as how many fruit and vegetable servings they contain.

Here's what each healthy medal means;



LOW CALORIE:

Mains: 500 calories or less

Snacks: 250 calories or less

Eating a reasonable amount of calories from high quality foods at each meal keeps you full and satisfied throughout the day.



LOW IN ADDED SUGAR:

Mains: 10g or less

Snacks: 4.5g or less

Too much added sugar in our diets is a major cause of conditions like obesity, diabetes, heart disease and tooth decay in Fiji. By added sugar we mean sugar that is added to the food when it is manufactured, we definitely don't mean natural sugars in foods such as fruit, they are good sugars!



HIGH FIBRE:

Mains: 6g or more

Snacks: 3g or more

Fibre helps ensure good digestion and higher-fibre diets are linked with a lower risk of developing diabetes, heart disease and some cancers. High fibre foods are also great for weight control as they help us feel fuller for longer.



LOW IN SALT:

Meals: 500mg or less

Snacks: 250mg or less

Excess dietary salt is linked to high blood pressure, the number one threat to heart health in Fiji. On average, Fijians eat double the amount of salt their hearts can handle every day! High salt foods include noodles, chips, bongos, soy sauce, tuna in brine and too much bread.

Salt is also called Sodium. Look out for this on food labels and make sure it isn't too high per serve. For more info, see Page 30 - (Natural flavours)



HIGH IRON:

4.5mg or more

Why we focus on iron: Iron deficiency is a big problem in Fiji with 50% of children and 40% of women not having enough. This causes a serious condition called Anaemia, severely impacting on children's development and immunity. Natural Fijian foods such as meat, chicken, fish and green leafy vegetables are rich sources of iron and should feature in your diet regularly.

FRUIT AND VEGETABLE SERVINGS:

This tells you the number of servings in each recipe for one person. Most recipes will make enough to serve 4 people.

Fruit serving icons - from 1 serving up to 4 servings:



Vegetable serving icons - from 1 serving up to 4 servings:





TWO INGREDIENT BANANA PANCAKES

MAKES 4-5 SMALL PANCAKES

INGREDIENTS



- 2 Whole eggs
1 Medium ripe banana

WHAT YOU DO

- Step 1** Peel and mash the banana with hands or a fork until it's smooth (no lumps), set aside.
- Step 2** In a separate bowl use a fork to beat together the two eggs
- Step 3** Combine the eggs and banana, mixing well. If mixture too runny, you can add a little flour here to thicken it
- You can also add any desired extras at this stage (optional extras box)*
- Step 4** Heat a non stick pan or use a tsp of oil/ butter to grease a pan
- Step 5** Reduce the heat to a medium-low level (be careful the pancakes can easily burn).
- Step 6** Pour a circle of batter into the pan (about 2 tbsp of batter per pancake).
- Step 7** Cook until golden brown on the underside (around 1 minute) then use a spatula to flip and cook until golden brown on the other side (30 seconds to 1 minute).

OPTIONAL EXTRAS

- $\frac{1}{8}$ Tsp cinnamon
- $\frac{1}{2}$ Cup oats
- $\frac{1}{4}$ Tsp vanilla extract
- 1 Tsp or so of peanut butter
- $\frac{1}{8}$ Tsp of baking powder (if you like your pancakes fluffy)

SERVE WITH
A DRIZZLE
OF HONEY
& FRESH
FRUITS

WELLNESS INSPIRATION

All over Fiji, people are taking their health into their own hands. There are many powerful reasons for making a healthy change to your life, but the change must be something you are willing to commit to yourself.

"I now weigh 88kg! There is no going back to my old habits, I have so much more energy at work and my mind feels clear"

Maria's Story:

In October 2013, I weighed 101kgs. I knew I was big, but I didn't realise how far I had slipped until I had a free health check with the Ministry of Health. They told my weight had reached a very unhealthy level, and that my blood pressure was too high. This was the shock I needed to make the change.

My friends told me about Toso Dance Fitness, I tried it and loved it straight away! There are classes twice a week at Suva Civic Centre and I have barely missed a class since then.

I was hardly exercising before that, maybe a walk every now and then. When I started Toso, I felt so much better, and the weight dropped away. I had thought I was an insomniac because I had such trouble sleeping, but as soon as I started exercising regularly, all my troubles with sleeping went away.

My diet in the village was ok, but when I came to work in town, I was eating far too much takeaway at lunch. I stopped eating greasy take away food and started to eat more fruits and vegetables each day. I took an interest in what is good for me; there is lots of information out there when you look. I read that weights are a good exercise for over 40's so I added that to my routine twice a week too.

I now weigh 88kg! There is no going back to my old habits, I have so much more energy at work and my mind feels clear, people are always telling me how good I look and want to know my secret!

But there is no secret, just take that first step. I did, and now you can't stop me!

Maria's advice

If you keep thinking about it, you will never change your ways and things will just get worse. Just get up and do it!

MEET MARIA

Before Weight: 101kgs **Current Weight:** 88kg

Favourite Workout: Toso Dance Fitness

Meet Maria Rogoiruwai

Maria is 42 years old and married with a son and daughter. Maria works full time in Suva and lives in Nakelo Village. Maria has lost 13kgs and counting!



VEGETABLE AND EGG BAKE

SERVES 8



INGREDIENTS

1	Onion, finely chopped
3 Cloves	Garlic, finely chopped
2 Cups	Seasonal vegetables, finely sliced or chopped
½ Cup	Low-fat cheese, grated
4	Eggs
1½ Cups	Low-fat milk
¾ Cup	Self-raising flour
Freshly ground	Black pepper (to taste)
½ Tsp	Cooking oil (enough to lightly grease pie dish)

WHAT YOU DO



Step 1

Preheat oven to 200°C. Grease a dish with a little oil/butter.

Step 2

Place onion, garlic and other vegetables into dish. Sprinkle over cheese.



Step 3

Lightly beat eggs and milk together with a fork. Add self-raising flour and mix well (making sure there are no lumps).



Step 4

Pour egg mixture over vegetables. Sprinkle over black pepper. Bake for 30 to 35 minutes, or until golden brown and set in the middle. Serve hot or cold.



NATURALLY SWEET

Koro Island



Fruit is the worlds healthiest snack! Studies have found that people who eat at least two servings of fruit a day are less likely to get diabetes, heart disease and cancer.

In fact, eating just one whole fruit (not juiced) a day can lower your risk of diabetes by 8%!

NATURALLY SWEET

1

Watermelon (Meleni), (Tarbuuj):

Watermelons are 95% water! Making them a great way to stay hydrated.

2

Pineapple (Painapiu), (Painap):

Pineapple contains the powerful enzyme Bromelain which helps break down protein in food to speed up digestion.

3

Banana (Jaina), (Keraa):

Bananas are rich in potassium which helps improve circulation, increasing delivery of oxygen to the brain to keep us sharp and boost heart health.

4

Orange (Moli), (Mitha Nabbu):

Moli's are rich in vitamin C which we need to keep our immunity up to speed. Lucky they come out just in time for flu season!

5

Pawpaw (Weleti), (Papita):

80% of Fijians aren't eating enough vitamin A. Just half a pawpaw contains over 50% of your daily Vitamin A needs for healthy eyesight and immunity.

6

Guava (Quava), (Amrud):

Guavas have two times more fibre than apples and loads of antioxidants.

7

Mango (Maqo), (Aam):

Mangoes have a low glycaemic index to keep you fuller for longer and stop hunger pangs.

8

Coconut (Niu), (Nariyal):

Coconuts are a great source of good fat that helps us absorb Vitamin A, E and K from our fruits.

9

Cumquats, Lime or Lemon:

Good for natural juice!

KIDS ARE 70% MORE LIKELY TO EAT FRUIT IF IT'S ALREADY **CHOPPED UP!**



KORO COCO-PAW FOR BREAKFAST!

Natural or greek yoghurt with these fruits in the morning is the perfect way to start your day.

Try our favourite: Koro coco-paw with cumquat juice, oats, some shredded coconut and yoghurt.

Delicious!



Citrus fruits (limes, lemons, cumquats, moli, mandarin) are a great source of vitamin C that can help protect us from life's stresses and keep our immune system working hard to protect us during the winter months. Delicious natural flavours that are great for juice!

TIP:
The more colourful the fruit, the more vitamins and antioxidants it has!



Keep an eye out for the fruit serving icon. It's a quick way to see how many serves of fruit are in a recipe.



PERFECT POACHED EGGS SIMPLE BUT TASTY!

INGREDIENTS

Wholegrain toast
1-2 eggs per person
Pepper to taste



WHAT TO DO

- Step 1** Fill a saucepan or deep frying pan with about 5cm of water and add a splash of vinegar (helps the egg keep its shape).
- Step 2** Bring the water to a gentle simmer.
- Step 3** One at a time, break eggs into a saucer or shallow cup. Then slide the egg into the water. Use a spoon to keep the shape rounded in the water.
- Step 4** As soon as the water starts simmering again, turn off the heat and cover saucepan with lid.
- Step 5** Stand for about 2 minutes, or until the white is firm. If you like a firm yolk rather than a runny yolk, leave for about 5 minutes.
- Step 6** Remove from water and serve on wholegrain toast with freshly ground black pepper.

*If it all gets too hard, you can always just boil the eggs whole.
3 minutes for soft yolk and 5 minutes for hard yolk.*

EGG-CELLENT NEWS

Yaloka I anḁā

- 1** The nutritious protein in eggs means eating them after exercise can build strong muscles.
- 2** Antioxidants found in egg yolk can help boost eye health and vision.
- 3** Eggs contain loads of protein to keep you fuelled for longer and help with weight maintenance.
- 4** Eggs contain choline which helps with healthy brain development and healthy pregnancies.
- 5** Choline also helps adults brain function by helping relay messages around the brain to keep us sharp.



WHOLE GRAIN BREAD:

The browner the bread, and the more full grains it has the better! This is where the fibre and B vitamins are hiding to keep us feeling full and energised through the morning. See our wholemeal bread recipe on page 29.





MONKEY ROLLS

This quick and simple breakfast takes just one minute to prepare and doesn't even require a plate to serve it!

INGREDIENTS

1 Slice	Wholegrain bread
1 Tbsp	Peanut Butter
1 Medium	Banana



WHAT YOU DO

- Step 1** Spread a piece of wholegrain bread with peanut butter.
- Step 2** Place the banana in the middle, then roll the banana in the bread.
- Step 3** Kids can munch on this tasty breakfast on the way to school.

SNACK ON SOME IVI WITH YOUR BREAKFAST!

Ivi contains a healthy mix of carbohydrate, protein and fat to fuel you through the morning. Plus they are rich in Potassium and Fibre for a healthy weight and heart!



OVALAU OATS

Enjoy this wholesome and filling porridge with an extra flair of Fijian coconut, banana and honey.

INGREDIENTS

SERVES 1

½ Cup	Rolled oats	1 Tbsp	Shredded coconut
1 Cup	Water	2 Tsp	Fijian honey
½ Cup	Low-fat milk	1	Banana, chopped



WHAT YOU DO

- Step 1** Mix rolled oats, water, milk, and coconut
- Step 2** **Stovetop Cooking:** Put the oats in a small saucepan; pour in the milk or water. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't burn and stick to the bottom of the pan. **Tip: The more you stir, the smoother the oats!**
Microwave Cooking: mix in a microwave-proof bowl (use a large bowl to prevent spilling over when cooking). Cook uncovered in the microwave on HIGH power for 1 ½ minutes. Stir, cook for another minute. Repeat if necessary until it boils and thickens, and becomes smooth and creamy.
- Step 3** Add banana, drizzle over a little honey and serve.

BREAKFAST



Eating 2/3 of a cup of rolled oats each day can help lower your cholesterol to protect your heart! All the fibre it contains will also keep you fuller for longer to prevent obesity and help with weight management.



In Fiji, the cheaper the oats the better! Cheaper oats are less processed and contain more fibre, which is good for your health and your wallet!

FROM THE
Lomaiviti
GROUP



PAPUKINI SCONES

OUT WITH THE WHITE SCONES AND IN WITH PUMPKIN SCONES!

Give your scones a Vitamin A boost with a dash of pumpkin! Vitamin A is important for your vision, skin health and immunity. Many Fijians aren't getting enough Vitamin A, so add some orange goodness to your scones with a bit of pumpkin mash.

INGREDIENTS, MAKES 10 SCONES

2½ Cups	Self raising flour (or 2½ cups plain flour + 3 tsp baked powder + 1 pinch salt)
1 Cup	Mashed pumpkin
55g	Butter
1	Egg
½ Cup	Raw sugar
½ Cup	Milk

WHAT YOU DO

- Step 1** Beat butter with a fork until its soft, add sugar.
- Step 2** Mix in pumpkin and egg mix. Add milk and then slowly add in flour as you mix.
- Step 3** Turn the dough onto a floured board and knead it.
- Step 4** Roll out the dough and cut it into small circles.
- Step 5** Place into a greased tray then bake on a hot heat (around 200°C) for 15 minutes. (Or steam your scones the village way.)

A NOTE ON TEA: Tea can be part of a healthy diet but its best to have it in between meals rather than with meals. This is because tea contains tannins, and these tannins block your body from absorbing iron. With 50% of children and 40% of women in Fiji deficient in iron it's definitely something we don't want blocked! Try to avoid tea 1 hour before, and 1 hour after meals.

Lemon Leaf tea (Drau ni moli) is a great alternative though! It doesn't contain as many tannins, so is a great drink to have with breakfast.



Use this recipe or simply add 2 cups mashed pumpkin to your lolo buns as you are kneading the dough.



BREAKFAST ROTI ROLLS

Roll into a new day with these affordable and filling roti rolls. It's a great way to use up all your leftovers and give your family a nutritious meal that includes health, energy and body building foods - balanced nutrition for a balanced start to your day.

WHOLEMEAL ROTI

An energy food to provide a healthy carbohydrate and fibre boost

4 Cups	Boiled water
3 Cups	Wholemeal flour
1 Tbsp	Canola oil

COOKING EQUIPMENT:

Girdle (tawa) or roti iron or hot plate, 1 basin, 1 cup, 1 tbsp, rolling pin and a flat, smooth board or surface.

What you do:

- Step 1** Boil four cups of water.
- Step 2** Scoop 3 cups of wholemeal flour into a basin and sieve flour.
- Step 3** Add three cups of boiling water into the flour mix and stir with a spoon.
- Step 4** Keep mixing flour and boiled water with the spoon. Knead the mix until the dough is soft. Grease dough with margarine and knead the margarine into the dough again.
- Step 5** Heat the girdle until hot and grease it. While the girdle is heating up, roll out the dough into a strip and divide into preferred sized roti balls - in this case, big ones. Dab with a little flour to avoid sticking to the flat board.
- Step 6** Using the rolling pin, roll out the dough until thin and place on hot girdle. Turn roti over three times until light brown. Continue until all the dough is used.

TIP

Avoid using too much water as this will make the dough stick. Too little water will make the dough hard.



Chopped vegetables like tomato, onion, capsicum and chilli

Packed full of vitamins and minerals to get you through the day



Green leafy vegetables- the more the better!

With iron and vitamins to protect your immune system and keep you fighting fit



Beans of any kind e.g. baked beans, chickpeas, dhal, curried beans

Full of protein for healthy muscles and growth plus fibre to keep you fuelled through the morning



Scrambled or boiled eggs for **protein, healthy fats and essential vitamins**



BREAKFAST



SNACK ATTACK

Try out these delicious, nutritious and locally made snacks. Better for you and better Fijian flavours than those unhealthy packet noodles!



Freshly popped popcorn (with cinnamon)

27 CALORIES PER CUP!

Popcorn is a great way to satisfy a snack craving- allowing you to eat a lot without the calories! Cinnamon is also a fantastic flavouring that might even help stabilise blood sugar levels to cut down the risk of diabetes.



Natural Yoghurt

130 CALORIES PER POT

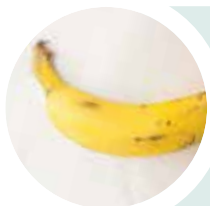
Stir a passionfruit through for natural flavour in this calcium rich snack for healthy teeth and bones. Also great with other fruits like banana and paw paw.



Boiled Eggs

60 CALORIES PER EGG

Eggs pack a big protein punch to fuel you through your afternoon and keep hunger pangs at bay. Easy to pop into school lunches as well!



Banana

99 CALORIES

Bananas contain healthy carbohydrates to keep you feeling energised. They're especially great for before and after exercising. They even come in their own packaging if you are on the run! Go nanas!



Pumpkin seeds

150 CALORIES FOR A TBSP (150 SEEDS)

These little seeds pack a whole lot of iron for vitality.



Ivi

200 CALORIES FOR 4

Roasted or boiled - Snack on these high fibre treats whenever they're in season!



Bu: Bu's an amazing way to rehydrate and fill up with potassium and energy. Grab one from a local vendor today!

200 CALORIES FOR 1 BABY COCONUT JUICE + FLESH



1



2



3

Bara

100 CALORIES 2 PIECES

When bara is made with lentils, the lentils work to keep out a lot of oil during frying. This makes them a healthier and lower calorie snack option compared to others such as Bhaji, samosas and Jalebi.

MAKE YOUR OWN BARA!

Ingredients: Makes 12 medium Bara

1 Cup - Yellow split peas (soaked overnight)

Add following ingredients (chopped finely) and adjust according to preference:

3 Cloves - Garlic

1-2 - Chilli

2 Tsp - Ginger

Blend with split peas making a paste, then add;

1 - Brown Onion

2 Tbsp - Curry Leaves

2 Tbsp - Dhania

2 Pinch - Salt

What you do:

1. Make into small patties

2. Fry each side in shallow oil until golden brown

3. Drain on paper towel to remove excess oil

(You can also experiment with ground spices like Jeera to add flavour)



Fresh or Grilled Coconut

100 CALORIES FOR 50g (HALF A PALM)

This delicious snack is super high in fibre, but packs a calorie punch too so keep the portion size down. Rub with some chilli for extra spice.



Corn on the cob (sila)

140 CALORIES PER COB

Provides a filling, delicious and nutritious snack to tide you over- add a little butter, pepper or paprika for extra flavour, just don't go too crazy with the butter (One Tablespoon = 100 calories)!



Boiled Peanuts

300 CALORIES PER HANDFUL (30 NUTS)

A handful of boiled peanuts will provide a filling dose of protein and healthy fats, but be careful to stop at 30!

WELLNESS LADIES - "SQUASHIES"

A healthy lifestyle is about finding what fits for you. There are lots of excuses to stop you exercising, but there are also lots of solutions to make it work for you. Work, family and social commitments don't mean you give up on exercise. Make time for your health, make time for your future.

MEET NATE

Nate loves to play and even met her husband through squash! Having 5 children (4 girls and a boy) made it too hard for her to continue and for 5 years she hadn't picked up a racquet, until recently...

» I came to watch my husband play a tournament and ended up signing up for the ladies, playing again felt so good. With 5 children to look after and full time work, I did not feel I had the time to exercise at all, but now I am playing 3 times a week and loving it, I had forgotten what I was missing!

For me, squash has become a time for me to socialise as well as exercise. I have so much fun meeting up with my girlfriends and playing. Between work and my kids, there isn't much time for anything else, so why not combine the two!

I have been making more of an effort to be healthy since I started playing; it is a big motivator (so is my husband). I make sure my kids and I share a nutritious breakfast and I really enjoy tuna and salad as a healthy Lunch. I have replaced crackers with fruits for snacks.

Since playing again, I feel so much lighter. I am running faster on the court, I want to run for every ball because every run will help my stomach get flatter!



Seini started playing squash a month ago and hasn't looked back!

MEET SEINI

» I used to play netball, but it all became too hard with work. I wasn't doing much exercise, maybe one walk per week and I really felt bad, very sluggish with no energy. Then my work mate invited me to try squash.

I liked it straight away. It was a new challenge and much more convenient for my schedule, you only need one other person to play. Now I am playing 3-4 times a week

and I love it! I enjoy thinking about a new game and improving the way I play, I can feel myself play better each week.

After playing only a short time, I feel lighter and more alert; I have so much more energy. I am motivated to eat better and have cut out the bad foods I was eating before.

If I had any advice to give to people wanting to get healthier, it is to go at your own pace, don't try and change everything at once, it is too hard to maintain. I think phasing the bad habits out one by one and introducing good ones is much more achievable. Set your own goals, but make sure you are disciplined enough to stick to them!

MEET MARGIE



Exercise doesn't have to be a drag. No matter your age, weight, work, location or skill level, you should never shy away from trying something new; you might just find you love it!

Her first hit today! (with Raj showing her the basics.)



DAVUI DALO, WHITE BEAN AND TUNA PATTIES

SERVES 5 (2 PATTIES EACH)

INGREDIENTS

1 Medium	Dalo
1	Onion, diced
3	Cloves garlic, crushed
2cm	Ginger, finely chopped/grated
2x 400g Cans	White beans or chickpeas, drained and rinsed
1x 425g Can	Tuna in water, drained
2	Spring onions, chopped
2 Cups	Watercress, finely chopped
2 Tbsp	Lemon juice
1/3 Cup	Fresh coriander (dhanian), chopped

WHAT YOU DO

- Step 1** Peel and dice the dalo. Place in a pot and cover with cold water. Bring to the boil and simmer until a fork can be pushed through easily.
- Step 2** Drain the water. Mash the dalo. Mix all other ingredients into the mashed dalo.
- Step 3** Form burger patties from this mix. If too sticky, you can roll patties in cornflour before cooking
- Step 4** Heat a frying pan and add a little oil.
- Step 5** Cook the burgers on each side until golden brown.
- Step 6** If you are making lots of burgers you can cook them on each side in the frying pan then finish cooking them in the oven.
- Step 7** Serve with a delicious fresh salad.
(see page 24, 25)



TIPS



Try traditional steaming in a banana leaf for an even healthier meal!



Add some **corn, peas or chopped greens** to the mix to up your veggie intake. The more colour, the better!

DELICIOUS DAHL

SERVES 8

INGREDIENTS

1 Tbsp	Oil (olive, canola or coconut)
1½ Cups	Dried yellow split peas
1 Tbsp	Cumin, ground
1 Tbsp	Turmeric, ground
1 Tbsp	Garam Masala
1 Tsp	Chilli powder
1	Fresh red chilli, chopped
1	Onion, chopped
4	Garlic cloves, crushed
2 Tbsp	Grated fresh ginger
1 Bunch	Chopped coriander
4 Cups	Water
2 Cups	Chopped seasonal vegetables of your choice (include celery if you can)



WHAT YOU DO



Step 1

Heat the oil in a large pot over high heat.

Step 2

Add the lentils, cumin, turmeric, garam masala, chilli powder, red chilli, onion, garlic and ginger, and cook, stirring, until the onion softens.



Step 3

Add the coriander, stock and chopped vegetables, and cook over low heat for at least 1 hour (the longer the better).

Step 4

Stir in some dhania just before serving.



TIP

Add some flavour and nutrition to your dahl with Saijan. Saijan is a natural super food and a great vitamin booster.



FROM THE
Kadavu
ISLANDS

KADAVU CHICKEN SATAY

SERVES 6

INGREDIENTS

Base

- 450-500g** Chicken with bones and skin removed, sliced into 1cm strips
- 1 Tsp** Crushed garlic
- 1 Tsp** Virgin coconut oil
- 1 Large** Carrot
- 1** Chinese cabbage, sliced into strips
- ¼** Red or green cabbage sliced
- 1 or 2 Cups** Any other in season vegetables (e.g. zucchini, cauliflower, capsicum, choy sum)

Sauce

- ½** Red onion- finely diced
- 1 Tsp** Chilli powder
- 1 Tsp** Ground cumin
- 1 Tsp** Ground coriander (dhania) (if you don't have ground coriander and cumin available you can use masala instead)
- 1 Tsp** Crushed garlic
- ½/3** Juice of half a lime or 3 cumquats
- 1 Tbsp** Virgin coconut oil
- 3 Tbsp** Shredded coconut
- 3 Tbsp** Peanut butter (Try natural, made by crushing peanuts)
- 1 Tsp** Light soy sauce
- 2 Tbsp** Raw sugar
- 1 to 2 Cups** Water

WHAT YOU DO

- Step 1** Heat a frying pan over medium heat and add the coconut oil, coriander, cumin, garlic and red onion, fry for about 30 seconds.
- Step 2** Add the peanut butter, chilli, lime juice, sugar, coconut and soy sauce and stir. This will form a paste. Gradually add water while stirring (about half a cup at a time) until you get the desired consistency for your sauce (more water= runnier sauce).
- Step 3** Simmer for a few minutes, turn heat off and set aside.
- Step 4** In another heated pan place a little coconut oil and a little garlic. Add the chicken and brown it up. Add the vegetables and stir-fry for a few minutes. Pour over the sauce and heat for 1-2 minutes. ENJOY!

This recipe is a special addition from Paul Waqakalou and Jessica Miller the creators of 'Clean Eating Recipes' which you can find on Facebook or as an App. The page has over 500,000 followers, that is 50x the population of Kadavu, where Paul was born! Clean Eating Recipes promotes cooking without processed and packaged foods and using foods as close to their natural state as possible. Keeping it natural and nutritious!



www.facebook.com/CleanEatingRecipes



TASTY TOMATO PASTA WITH GRILLED EGGPLANT

LEARN HOW TO MAKE YOUR OWN PASTA!

This recipe is brought to you by Mai Kana's Dom Samson- Dom's a healthy Fijian food advocate with loads of fresh healthy recipes up his sleeve.

TOMATO PASTA SAUCE

Ingredients

2 Tins	Tomatoes
100g	Butter or margarine
1 Clove	Garlic, finely chopped
Pinch	Pepper

What you do

- Step 1** Blend or mash tomatoes and strain into a saucepan. Add garlic, butter and pepper. Bring to the boil and cook until it has reduced by half. Stir regularly.
- Step 2** If you want you can add chopped cooked meat, chicken or seafood to the sauce and cook for another 10 minutes.
- Step 3** If the meat is raw cook for 20-30 minutes.

GRILLED EGGPLANT

Ingredients

2-3	Eggplants, cut 2cm strips lengthwise
3 Tbsp	Chopped coriander (Dhania) or basil (Tamole) (or any other dried or fresh herbs)
1 Tsp	Oil
Pinch	Salt, pepper

What you do

Toss eggplant strips in oil, coriander, salt and pepper. Grill until cooked



PASTA

Ingredients (per person)

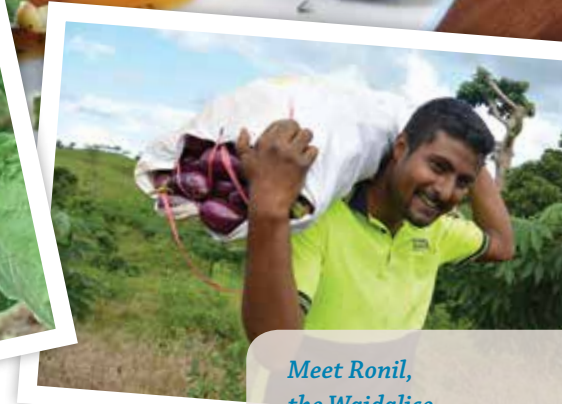
100g	Plain flour
1	Egg

What you do

- Step 1** Sift flour and beat in the egg. Knead dough until it is elastic. Add water if too dry and flour if it is too sticky.
- Step 2** Roll as thin as possible. Fold or roll and cut into thin strips. Boil for 30 seconds to 1 minute.

SERVING

Place grilled eggplant on a plate and top with freshly cooked and drained pasta. Spoon tomato sauce on to the pasta and garnish with fresh herbs. YUM!



Meet Ronil, the Waidalice baigani champion! Supplying Suva, Nausori and Korovou with the freshest and brightest eggplants

FROM
Sigatoka



GRILLED EGGPLANT, PUMPKIN & CHICKPEA SALAD

SERVES 4

INGREDIENTS

6 Eggplants, cut into thick circles

Half Pumpkin, cut into rough cubes

1 can Chickpeas, drained

1 Red Onion, thinly chopped

1 Cucumber, chopped in thin cubes

2 Carrots, grated

1 large bunch Dhania, chopped

Optional Extras; Avocado for extra flavour and good cholesterol, Tuna for added protein

WHAT YOU DO

Step 1: Place Eggplant on tray, brush with small amount of oil and season with a touch of salt and pepper. Grill in oven on 180 degrees for 6-8mins until looking brown. You can also grill the eggplant in stovetop/fire.

Step 2: Once brown, turn over each piece and repeat above process for other side. Once looking cooked, take out, cool and cut into quarters.

Step 3: Dry roast pumpkin at the same time as eggplant. You can also quickly boil pumpkin until soft and drain. (Approx 5 mins on stovetop)

Step 4: Add all ingredients together in a large bowl and mix well.

PAPRIKA YOGHURT DRESSING

3 Tbsp canola/olive oil

3 Tsp paprika

2 Tsp cinnamon

Juice of **8** Cumquats

1 Tbsp Natural or Greek Yoghurt

Pinch of salt

Cracked Pepper

1 Tbsp Honey

Instructions: Add all ingredients together and shake well in a jar until blended. Pour evenly over salad and toss until well blended.



FIJIAN COLESLAW

SERVES 4

INGREDIENTS

1 half cabbage: red, white or mix of the two

1 half bunch watercress, roughly chopped (wash thoroughly)

2 Carrots, grated/chopped finely

1 Onion, thinly sliced

1 Cucumber, halved and finely sliced lengthways

2 Chilli, finely chopped (if you like it hot!)

1 bunch Dhania, roughly chopped (wash thoroughly)

1 cup Mint Leaves, roughly chopped (wash thoroughly)

1-2 Tbsp White sesame seeds

Optional Extras; Celery for an extra crunch, Capsicum to boost your metabolism (help weight loss), Pineapple for a sweet tropical twist

WHAT YOU DO

Step 1: Mix all ingredients in a large bowl

Step 2: Mix dressing ingredients and shake in a jar

Step 3: Pour dressing over bowl and mix through salad well

COLESLAW DRESSING

1 Tbsp Sesame oil

2 Tbsp Canola/olive oil

6 freshly squeezed Cumquats

1 Tbsp Honey

1 Tbsp Natural/Greek yoghurt (or mayonnaise for a treat)

1 Tbsp Soy Sauce

1 Tbsp fresh, grated or finely chopped Ginger

Pinch of salt

Pepper

OTA SEI SALAD

SERVES 6

Ota is a delicious Fijian superfood full of potassium to keep your heart healthy. Don't have any ota available? You can make the same salad with pumpkin tops, just de-furr them.

INGREDIENTS:

- 1 bundle of ota** (young fern shoots)
- 1 medium onion**
- 4 ripe tomatoes**
- 1 small cucumber**
- 1 small green capsicum**
- Juice of 2 lemons**
- 1 coconut grated** and made into coconut cream

WHAT YOU DO:

- Step 1:** Break off the top part of ota and blanch in boiling water (see blanching tip, page 40).
- Step 2:** Put blanched tops in cold water. Shred ota with a sharp pointed knife.
- Step 3:** Drop in basin filled with cold water.
- Step 4:** Chop all the remaining vegetables and set aside.
- Step 5:** Drain all the water from the ota. Place in serving dish and add chopped raw vegetables.
- Step 6:** Pour coconut cream and lemon juice over the ota and vegetables and serve.

BROWN LENTIL & PUMPKIN SALAD

SERVES 4

This salad is a delicious mix of ingredients and plenty of serves of veggies for you in one meal. The lentils are full of fibre to keep you fuller for longer as well as iron and protein, so good for you!

TIP: Also goes great with Avocado and chickpeas for an added veggie boost.

INGREDIENTS

- Half a pumpkin**, diced chunkily
- 1 ½ Tbsp Olive Oil**
- 1 Garlic clove**, crushed
- 1 bunch Dhania** (or basil), chopped
- 1 Tbsp Balsamic Vinegar**, or 4 Cumquats, Squeezed
- 1 Tsp wholegrain or Dijon mustard** (optional)

WHAT TO DO:

- Step 1:** Toss pumpkin with garlic and 1 Tbsp Olive oil, place on pan for roasting, 25- 30 mins or until tender. Or, boil for 5 minutes then fry on stovetop with oil and garlic until brown
- Step 2:** Mix ½ Tbsp oil, vinegar/ cumquat juice and mustard with 2 Tbsp water for dressing
- Step 3:** Drain Lentils and mix with dressing, onion, leafy greens, tomatoes and dhania
- Step 4:** Add cooked pumpkin and sprinkle with pumpkin seeds and serve.

- 2 cans Brown Lentils** or 3 cups dry Lentils soaked (see page 35)
- 1 Red Onion** (or white), sliced finely
- 5 Tomatoes**, cut into quarters
- 1 – 2 Tbsp toasted Pumpkin Seeds**
- 2 cups seasonal Leafy Greens** (watercress/spinach/lettuce/pumpkin tendrils)

TOAST YOUR OWN PUMPKIN SEEDS:

- Step 1:** Rinse and dry all the seeds from a large pumpkin
- Step 2:** Scatter seeds onto a tray (for oven) or pan (for stove top)
- Step 3:** Drizzle with 1 Tbsp canola/ olive oil and mix seeds to make sure they are covered
- Step 4:** Season with a little salt and cracked pepper
- Step 5:** Cook for 7 mins or until brown and crispy



Salads are a great way to up your vegetable intake. There are so many delicious combinations to enjoy. Eat these salads on their own or add to your meal as a veggie packed side.

PUMPKIN & RED LENTIL SOUP

SERVES 6

Pumpkin is available all year round, it is delicious, low in calories and gives you a good boost of vitamin A. So keep it in your diet as much as possible with lovely Pumpkin Curry or try something different with this soup recipe below:

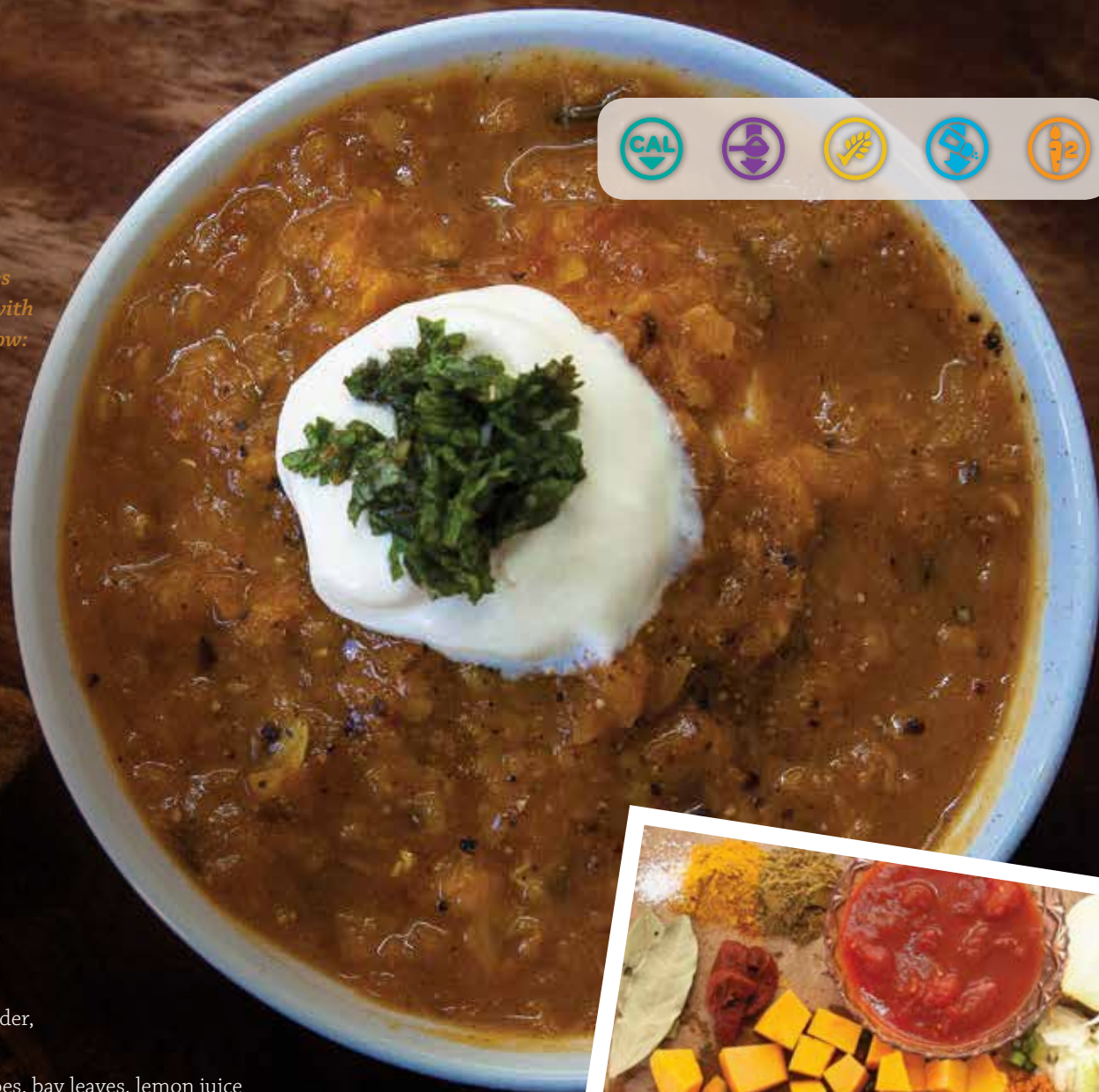
INGREDIENTS

2 Tbsp	Canola oil
1	Onion, diced
1 Tsp	Ground cumin
1 Tbsp	Curry powder
2cm	Ginger, finely grated
3 Tbsp	Pumpkin seeds
500-600g	Pumpkin, skin cut off, cut into chunks
1 Cup	Red lentils
1 Litre	Water
2-3 Tbsp	Tomato paste/sauce
1 x 400g Can	Crushed tomatoes
2	Bay leaves
1	Juice of 1 lemon
1 Tsp	Salt

WHAT YOU DO

- Step 1** Heat oil in a large saucepan. Add onions, cumin, curry powder, ginger and pumpkin seeds and cook until onion is soft.
- Step 2** Add pumpkin, lentils, water, tomato paste, crushed tomatoes, bay leaves, lemon juice and salt. Cover and simmer until pumpkin and lentils are tender (about 30-40 minutes).
- Step 3** Remove bay leaves and mash the soup to break down the pumpkin. You can leave the soup as thick/chunky or make it as smooth as you like.
- Step 4** Mix yoghurt and mint together.

To serve, ladle some soup into each bowl, top with a dollop of mint yoghurt and serve with 2 slices of toasted bread on the side.



KUMALA & CABBAGE TALANOA

SERVES 4

INGREDIENTS

2 Large	Kumala - diced into 2cm pieces (skin on, washed thoroughly)
4 Tbsp	Canola oil
2 Tsp	Cumin seeds
2 Tsp	Fennel seeds
1 Pinch	Salt
4 Cups	Cabbage cut into 2cm strips

WHAT YOU DO

- Step 1** Combine kumala, 2 tablespoons oil and salt in a mixing bowl - then put on oven tray and roast for around 20 minutes at 180 degrees. Stir half way through.
- Step 2** In a pan add 2 tablespoons oil. When pan is hot, add the seeds and cook for around 1 minute or until fragrant – watch them carefully, do not let them burn.
- Step 3** Add cabbage and mix well - cook for around 2 minutes on high - stirring regularly combine with kumala, mix well and serve.



BOOST YOUR VEGGIE INTAKE BY ADDING SEASONAL GREENS OR LEGUMES SUCH AS

1 cup Green Beans

1 cup Chickpeas

1 cup Lentils

Half pumpkin (cooked with Kumala)





SIMPLE SAVUSAVU SANDWICHES

FISHY FANS

2 Cans Tuna in Brine (drained and rinsed in a strainer to help reduce the salt content)

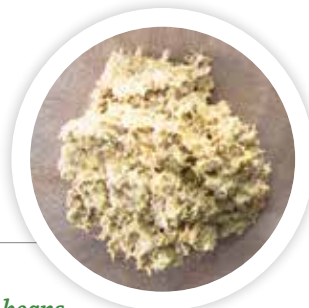
1 Tsp curry powder

3 Tbsp mayonnaise

Pepper to taste

Instructions: mix together and keep refrigerated.

Tip: For extra protein add a few sunflower seeds or white beans



LEFTOVER LOVO CHICKEN

Pick the leftover chicken from bones (**2 cups**, shredded)

1 Tbsp mustard (optional)

2 Tbsp mayonnaise

1 onion finely chopped

1 avocado, mashed (when in season)

Pepper to taste

Instructions: mix together and keep refrigerated.



CURRIED EGG - A PROTEIN PACKED LUNCH

4 hard-boiled eggs, peeled, chopped

2 Tbsp Mayonnaise

1 Tsp Curry Powder

Pinch of Salt and cracked pepper.

Fresh **Dhania**, chopped

Instructions: mix together and keep refrigerated.



SALAD FILLINGS (CHOOSE ANY, INCLUDE MANY!)

Grated Carrot

Lettuce

Slice Cucumber

Avocado

Celery

Herbs (dhania)

Watercress

Sprouts

Tomatoes

(Optional) Add some cheese for some tasty dairy



Based on one sandwich made with two slices of bread and 3 tablespoons of heaped filling mixture

ASSEMBLE AS DESIRED!

WHOLE GRAIN BREAD RECIPE:

INGREDIENTS

3 Tbsp	Yeast and ½ cup warm water
5 Tbsp	Sugar
3 Tbsp	Oil
1 Tsp	Salt
1 & ½ Cup	Warm water
4 Cups	Wholemeal flour

For extra fibre and B vitamins, replace 1 cup of flour with ¼ cup rolled oats and ½ cup of a seed and grain mix. Add in a dash more water to keep the bread light.

WHAT YOU DO

Step 1

Add yeast to water in a bowl, cover with cloth and set aside for 10 minutes. In a large bowl add sugar, oil, salt, and water. Add yeast mixture to this bowl and combine. Add the flour to the bowl and mix well.

Step 2

On a clean surface knead the dough until smooth and it is no longer sticky (It is okay to add a little bit more flour). Let the dough rise in the bowl for 25 minutes or until it doubles in size (at this point you can divide the dough into half to make 2 loaves of bread or keep it as it is and make 1 big loaf of bread). Grease the aluminum pot with a little oil.

Step 3

Take the dough and knead it for about 1 min and then place it in the greased aluminum pot or bread loaf.

Step 4

Bake the bread until the bread is nice and brown on top. (If you are baking over fire, 15-20mins and if you are baking in the gas stove bake the bread at 160°C for about 30-45mins).

HEALTH GAINS FROM WHOLE GRAIN

White bread has become a popular part of the Fijian diet. It's an affordable way to fill us up, but it could be doing us more harm than good! White bread is very refined, this means good vitamins have been removed and it's quickly digested in our bodies causing big spikes in our blood sugar levels and leaving us feeling hungry again quite quickly. This puts us at risk of weight gain, heart disease and diabetes.

On the other hand, adding whole grains like seeds, oats and grains into our bread boosts the fibre, potassium, healthy fats, B-vitamins and Vitamin E. Whole grain breads and cereals can help lower our risk of obesity, heart disease, diabetes and digestive problems such as constipation. The more grains you add, the better it is for you! Try our recipe to make your own healthy bread!

Not convinced by whole grain bread? Try a little test, one day have white bread for breakfast and note the time when you feel hungry again. The next day eat whole grain bread and see how much longer it takes you to get hungry - that's fibre in action!

NATURAL FLAVOURS

In Fiji, heart disease is the number one killer, taking more lives than all other causes combined! So what's the number one risk factor for Heart disease? Raised blood pressure. And what is the main cause of raised blood pressure? Too much salt!

Here, we look at delicious natural flavorings that can help you cut down your salt intake and boost your potassium (that protects your heart).



NATURAL FLAVOUR FACTS

1. Garlic and onion are **prebiotics**, meaning they help promote healthy bacteria in your gut which improves digestion.
2. Onions are most active within **half an hour** of chopping, so cut them fresh and use them quickly!
3. Garlic may help **prevent heart disease** by preventing cholesterol from clogging our arteries and stabilising blood sugar levels (garlic is great for people with diabetes).

4. Onions and garlic also have antimicrobial properties, which are **good for immunity** and **preventing illness** (especially food borne illness).
5. Many of the compounds that create health benefits in garlic are active by chopping garlic. So **chop fresh garlic** and leave it to **stand for 10 minutes** before cooking.

GINGER: Ginger is an age-old remedy for nausea, especially good for those who suffer from travel or morning sickness. It is also great for digestion.

CHILLIES: Hot chillies cause short increases in our metabolism meaning we burn more calories. The hotter the chilli burn, the more calories burnt. Exercise is a much better calorie burner though.

HERBS: Basil, Dhania, Mint are all healthy herbs, think of them as the goodness of green leafy veggies condensed down. Their strong flavours are a sign of the high levels of nutrients. Loaded with phytochemicals they can help protect the body against stress and disease.

Honey

THE NATURAL SWEETENER



f SEARCH
'Waitika Farm'

Honey provides delicious natural sweetness with antibacterial properties as well. Using honey instead of refined sugar is a much better alternative, but like any sugar, you shouldn't use too much!

Fiji is the perfect place for beekeeping and can help you make up to 25kgs of honey a year! That's a whole lot of sweetness for you and a nice little money earner too. Check out Waitika Farm making their own honey in Rakiraki.

WARNING: Sodium and Salt are the same thing, look out for sodium on packaged foods as that is where the high levels of salt are hiding. The maximum amount our bodies can handle each day is 2300mg (that's 2.3 grams or the same as 1 tsp of table salt) so be sure to check the label to protect your heart from too much salt



SPICES

Spices are a great way to flavour any meal. Calorie and Sodium free they taste delicious with ginger, garlic, curry leaves and lime.

- 1 CINNAMON (DHALCHINT)
- 2 CURRY LEAVES (TEJ PATTI)
- 3 PAPRIKA
- 4 RED CHILLI POWDER
- 5 CUMIN SEEDS (JEERA)
- 6 CURRY POWDER
- 7 STAR ANISE (BADIA)
- 8 MASALA
- 9 TURMERIC POWDER (HALDI):
Turmeric contains the antioxidant curcumin. This is a powerful anti-inflammatory which may help prevent disease and may help prevent cancer growth.
- 10 PEPPER (KALI MIRCHI):
Pepper is the opposite of salt. It is not bad for your health and contains loads of flavor, so season away!
- 11 BAY LEAVES



DRESSING IDEA'S

Here are some healthy dressing ideas to make your meals burst with flavour.
No salt, no added sugar, just all-natural flavour!

MITI MAKEOVER

Miti has the potential to be a super vitamin booster thanks to fats in the coconut that help us absorb vitamins A, D, E and K. Vitamin C in the tomatoes and chilli also boost iron absorption.

However, pouring a cup of full miti on top of your meal can pack as many calories as putting a fatty Big Mac burger on top of your meal!

To enjoy the delicious coconut flavour, with fewer calories try this miti makeover.

INGREDIENTS MAKES 2 CUPS (4 SERVES)

- 1 Cup** Lolo (fresh coconut cream)
- ½ Cup** Bu (coconut water)
- 1** Red onion, finely chopped
- 2 or 4** Juice from 2 lemons or 4 cumquats
- 1** Tomato finely chopped
- 1** Red hot chilli, finely chopped
- ½** Cucumber, finely chopped
- 1** Sprig of spring onions, finely chopped

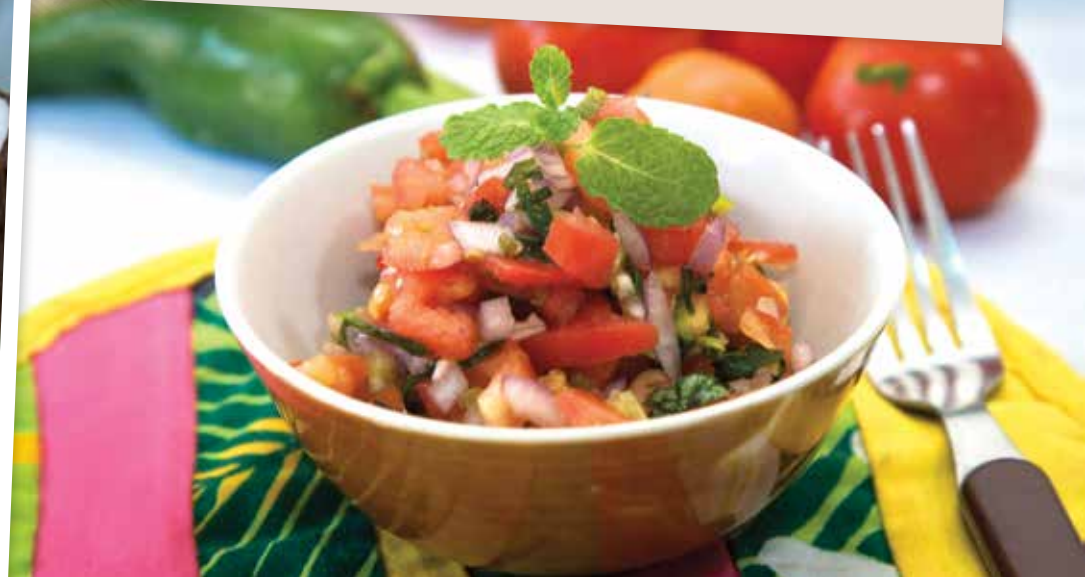
Mix together and serve with some healthy vegetables, remember to keep it to half a cup per person though!



Cooking miti or lolo does not change the calorie content. Only adding more water, bu, lemon juice or tomatoes/ cucumber/onions will help cut down the calorie content as it dilutes the lolo.

PUT DOWN THAT TOMATO SAUCE!

Did you know tomato sauce is full of added sugar and salt. Just one tablespoon of tomato sauce contains 1 teaspoon of sugar (we're meant to have no more than 6 a day) and 10% of your maximum daily sodium intake. Try our healthy dressings instead!



TANGY TOMATO SALSA LOVES YOUR HEART!

INGREDIENTS

- 6** Tomatoes, diced
- 1** Onion, finely chopped
- ½** Fresh chilli's seeded and chopped
- ½** Bunch fresh dhanian or basil, finely chopped
- 1** Spring onion, finely chopped
- ½ Tsp** Garlic, diced

In a bowl, combine tomato, onion, chilli (to taste) dhanian, spring onion and garlic. Stir until evenly distributed

TAVEUNI NUI RELISH

FROM
Taveuni
ISLAND

THIS DELICIOUS COCONUT RELISH TASTES GOOD ON JUST ABOUT ANYTHING!

- 2 Cups** Shredded coconut
- 4 Cloves** Garlic, chopped finely or crushed
- ½ or 2** Juice of ½ Lemon or 2 cumquats
- 1 Large** Chili, finely chopped
- Pinch** Salt and cracked pepper
- 2 Tbsp** Dhania



Lightly toast shredded coconut until golden brown. Mix all ingredients together and add juice so mixture is wet.

LIME AND CHILLI DRESSING

THE VITAMIN BOOSTER!

Pour this delicious dressing over your green vegetables. The Vitamin C in it will help boost your absorption of iron from the greens while the fat from the oil will help you absorb more vitamin A and E.

- 2 Tbsp** lime juice
- 2 Tsp** Clear honey
- 1** Chilli, deseeded and finely chopped
- 3 Tbsp** Light olive oil

Mix all ingredients together and shake!



MANGO SALSA

A SEASONAL FLAVOUR SENSATION!

A tasty and healthy addition to any fish or chicken recipe.

- 2-3** Mangoes, chopped evenly (make sure the juice goes in too!)
- 1** Cucumber, chopped finely
- 1** Red onion, chopped finely
- 1 Bunch** Dhania, chopped finely
- 6** Cumquats, juiced.
- Pinch** Salt and Pepper to season

Mix ingredients together well and leave for 30 minutes so the flavours can blend.

This salsa tastes great with avocado when in season too!



REAL JUICE - TUI'S TANG

In Fiji, we are lucky to have such tasty, natural alternatives to sugar. Try Tui's tang, instead of sugary soft drinks and cordial that often contain more than your maximum daily intake of sugar in just one glass!



INGREDIENTS

- 8** Cumquats, juiced
- 1** Passionfruit
- 1** Litre Water

WHAT YOU DO

Mix fresh cumquat juice with passionfruit and the water, leave to stand and let the flavours combine. Strain out the passionfruit seeds and Ta-da! A delicious and healthy drink fresh from the highlands and with no added sugar. **Vinaka Tui!**



PINEAPPLE JUICE: Turn your left over pineapple trimmings into a delicious juice.

Simply place the trimmings into a saucepan, cover with water and boil. Once the water is boiling let it simmer for 5-10 minutes. Set aside the juice to cool down, strain, and serve. For extra flavour, add some lemon leaves during cooking or squeeze in some cumquat after.

WELLNESS PROFILE



Age: 34 **Before Weight:** 93kgs

Current Weight: 70kg

Meet Iliabetta Sili

Ili is married with 3 children. She lives with her family in Ba and works full time as a dietitian in Ba.



Ili's Advice

A woman's role is so important because they are often the cook in the house. I ask that they think twice before they choose what to give their family.

Start small and take it one step at a time. Cut the sugar, cut the salt. Have a good breakfast and lunch and a light dinner. Know that at the end of the day it's good for your health and that we need to work on it now so that we can live beyond 60.

WELLNESS CHAMPION

A healthy lifestyle doesn't have to be difficult or expensive. The key is making simple, sustainable changes such as increasing your intake of delicious Fijian fruits and vegetables, and getting in some activity everyday. Before you know it your body will reward you with an extra spring in your step and smile on your face.

" We cut out oily, fatty foods and started including fruits and more fresh vegetables in our diet. We started drinking more water and made sure breakfast was our most important meal of the day. "

Ili's Story

As a Dietitian, I was always telling people what to eat and how to get healthier, but I wasn't practicing what I preached. The only exercise I did was manual housework, at school I had played netball, but I had become too big to even run and jump anymore. As a family, we ate 'Pacific style' - anytime and anything we came across with big portions, lots of fried foods and oily curries.

The biggest problem though, was that my family and I would get sick a lot. In early 2013, we moved from Ra to Ba and things got worse. We all suffered from scabies for over 2 months and despite 2 courses of antibiotics, nothing helped. That was when I decided that we needed to eat for our health, if medication wasn't going to fix it, our diets would.

My husband was very happy with the change, he grew up in the interior and so he much prefers the natural healthy foods, rather than the processed, fatty ones we were eating all the time.

We cut them out and started including fruits and more fresh vegetables in our diet. We started drinking more water and made sure breakfast was our most important meal of the day. We all started exercising daily.

Sometimes I found these changes hard, but doing it as a family really helped, my husband was very supportive. It was so wonderful to spend time as a family doing something so positive, to save money, we even started planting our own foods in our garden. The best change I have seen is in our kids, they love being healthy ambassadors, they tell their friends and teachers they are 'eating healthy for life' - they understand they are investing in a healthy future.

I feel so good now, we all do. We don't get sick anymore, we all look healthier and have so much more energy. People tell me I look ten years younger!



Mung Beans
(Moong)

Yellow Split Peas
(Matar Dal)

Orange Dahl
(Masoor dal)

Kidney Beans
(Rajma)

Split Peas
(Urad dal)

Chickpeas
(Chana)

Yellow Dahl
(Toor Dal)

Black Eyed Peas
(Chawli)

Cow Peas
(Urad dal)

LEGUMES

Legumes including dhal, peas and beans of all varieties are health superstars thanks to their high fibre, low glycaemic index and protein-rich properties. This means they fill us up easily to help achieve healthy weight and prevent over-eating.

They make a great addition to soups, curries and stews or tossed through a salad, so load up on legumes today!

USE DRY LENTILS: *You can buy dry lentils in Fiji for a fraction of the price of a can, here is how you prepare them for salad.*

Step 1: Place dry lentils in a strainer and wash and rinse well, remove any odd looking ones or grit

Step 2: Place lentils in a pot, cover them with clean, cold water. Heat the water to boiling and boil for 1-2 minutes

Step 3: Turn the heat down and simmer until the lentils are tender, but still hold their shape (test by squishing between fingers). 40 – 45 minutes, stir occasionally

Step 4: Remove from heat, drain and season



NAGADO UTO CURRY

SERVES 4

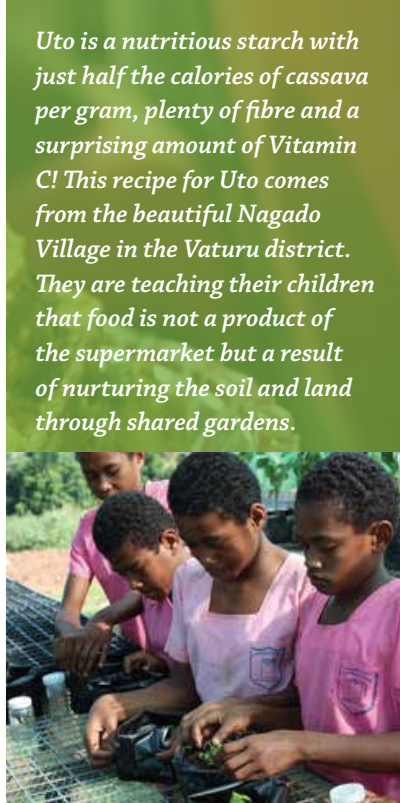


INGREDIENTS

- 1 Bag (4 cups)** of cut Uto (jackfruit)
- 2 Bulbs** of Garlic peeled and mashed
- 1** Onion peeled and sliced
- 2 Tbsp** Curry Powder
- 2 Tbsp** Masala
- 1 Tbsp** Mustard seeds
- 1 Tbsp** Cumin seeds
- 1 Tbsp** Fennel seeds
- 1 Pinch** Salt
- 1 Tbsp** Chilli powder
- 2 Tbsp** Canola oil
- 1 to 2 Cups** of Water to soften the Uto

WHAT YOU DO

- Step 1** Heat the oil in a frying pan over a medium heat. Once heated, add seeds (mustard, cumin, fennel). Watch that the seeds don't burn and when they begin to pop add in the spices (curry, masala, and chilli powder) then the onions.
- Step 2** Once the onions soften add in the Uto and half of the garlic. Mix everything together, add in some water and cover.
- Step 3** Stir and check the curry every 3- 5mins. Keep adding water until the jack- fruit is soft. Once it is soft add the rest of garlic and the salt. Stir everything together and let it simmer down another 2-3mins. Let it cool then eat!



Uto is a nutritious starch with just half the calories of cassava per gram, plenty of fibre and a surprising amount of Vitamin C! This recipe for Uto comes from the beautiful Nagado Village in the Vaturu district. They are teaching their children that food is not a product of the supermarket but a result of nurturing the soil and land through shared gardens.



FRESH CHINESE IKA

SERVES 4

INGREDIENTS

- 600g** White Fish Fillets (e.g. wahoo, mahimahi, kaila)
- 1 Tsp** Canola Oil
- 2** Spring onions, chopped
- 2** Chillis, chopped finely
- 1 bunch** Chinese cabbage, washed, quartered lengthways
- ½ bunch** of Choy Sum, washed and chopped (you can add a mix of greens such as green beans or pumpkin tendrils to this recipe)
- 2** Garlic cloves, thinly sliced
- 2.5cm** of Ginger, peeled, thinly sliced
- 1 Tbsp** Honey
- 2 Tbsp** Soy sauce

WHAT YOU DO

- Step 1** Combine soy sauce, honey, garlic together and mix well, set aside.
- Step 2** Place fish on a banana leaf and sprinkle with ginger, chilli and spring onions. Wrap your ika in the banana leaf and steam it using a pot (for 15 minutes or until cooked and tender to your liking).
- Step 3** Heat oil in a large pan over high heat. Swirl to coat pan. Add garlic, honey and soy sauce and heat up for 1-2 minutes. Add Chinese cabbage and other green vegetables. Stir-fry for 2-3 minutes or until cabbage is just wilted.
- Step 4** Remove from heat. Place Ika on top of bed of vegetables and serve.



CHICKPEA AND TOMATO CURRY

SERVES 4

INGREDIENTS

1 Tbsp	Canola oil
1	Onion, chopped
1	Clove garlic, crushed
½ Tsp	Ground cumin
½ Tsp	Ground coriander
½ Tsp	Turmeric
¼ Tsp	Chilli powder
400g Can	Chickpeas, drained, rinsed – or two cups of raw, soaked chickpeas
420g Can	Chopped tomatoes, or 8-10 chopped fresh tomatoes
5cm Piece	Fresh Ginger, grated/sliced finely
Handful	Fresh dhanian, chopped.

WHAT YOU DO

- Step 1** Heat oil in a large saucepan. Add onion and garlic. Fry until golden. Add all spices and stir for 2 minutes.
- Step 2** Add chickpeas. Coat in spices then add tomatoes. Simmer for 10 minutes until thickened. Add ginger and stir well. Serve garnished with dhanian.

SOAK YOUR OWN CHICKPEAS

Get a lot more chickpeas for lower cost by soaking dried chickpeas rather than using canned chickpeas.

- Step 1:** Put dry chickpeas in a large bowl, cover with cold water and leave to soak overnight.
- Step 2:** Drain chickpeas of all water. Remove any strange coloured chickpeas.
- Step 3:** Cooking, place chickpeas in a saucepan, cover with fresh cold water and simmer uncovered until plump and tender (approx 45 minutes). They are done when there is no white in the centre of the beans.



VEGETABLE VITALITY

Aim to eat a range of colours every day to make sure you're getting a rainbow full of vitamins.



THE MORE VEGETABLES WE EAT, THE HEALTHIER WE ARE!

1 **Tomato, Chillis, Pepper:**

Red vegetables get their colour from a special antioxidant called Lycopene which can help reduce the risk of cancer and keep our heart healthy.

2 **Corn, Pumpkin, Kumala, Carrots:**

Yellow and orange vegetables are rich in Vitamin A to keep our eyes healthy and vision strong.

3 **Bele, RouRou, Watercress, Okra, Beans:**

Green vegetables are superfoods in Fiji and they contain a range of nutrients for good health including antioxidants, folate, vitamin K and a whole heap of Potassium to keep your heart healthy.

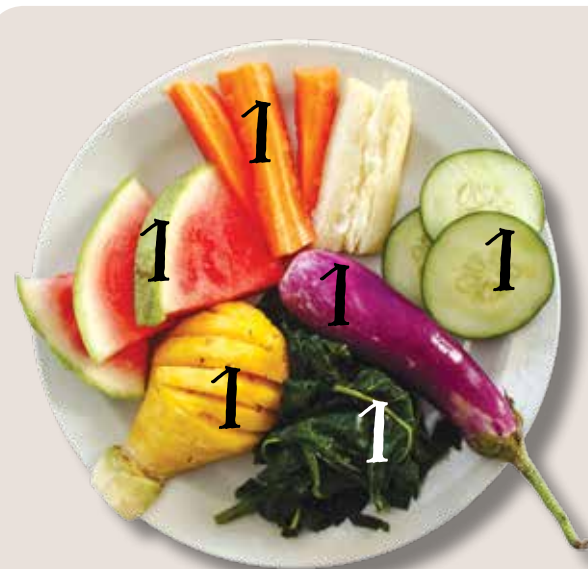
4 **Cabbage, Onion, Garlic:**

Some white vegetables contain allicin (found in garlic) which is known for its antiviral and antibacterial properties to boost immunity.

5 **Eggplant, cabbage, purple dalo:**

Anthocyanin is what gives purple vegetables their colour, it can also protect the body from damage and reduce the risk of cancer, stroke and heart disease. Just make sure to keep the skin on!

Everyday we should have at least 3 servings of vegetables. Here's what one serving looks like:

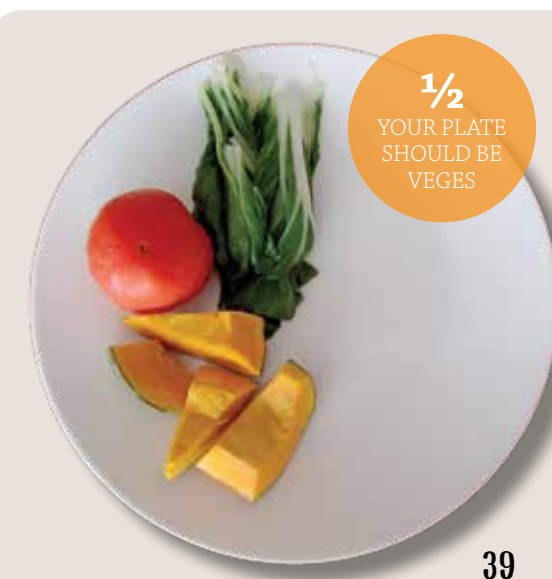


A SERVING SIZE IS:

Half a cup: beans, celery, zucchini, cucumber, eggplant, lettuce/green leafy vegetables (bele, ota, saijan, watercress etc.), cabbage, onion, corn.

One whole: carrot, capsicum, spring onion, tomato.

Unfortunately cassava, dalo, yam and potatoes don't count as part of your 3 vegetable servings a day because they're very low in vitamins and high in calories. Pumpkin is a great low calorie, vitamin A-rich substitute though!



A SERVING SIZE IS:

Colourful vegetables should take up half of your plate. Aim for a mix of colours to ensure you're getting a mix of vitamins!

Make sure to keep the skin on eggplants and cucumbers - all the vitamins are in their colourful coats

Remember to squeeze a little bit of cumquat, add some chilli or serve your green leafy vegetables with some tomato, all that vitamin C will help your body absorb more iron from the greens.



FIVE WAYS WITH VEGETABLES

Fresh or cooked, veggies are an essential part of a healthy diet. Sometimes vitamins can be lost during cooking, so here are some ways to maximise the vitamin content of your vegetables.



FRESH

Many vegetables can be eaten fresh in salads with just a quick wash. Remember, lots of the nutrients are in the skins of vegetables so try giving them

a good scrub with clean water rather than removing the skin.

STEAMING

Steaming is a nutritious way to prepare vegetables as it stops any vitamins being lost in cooking water.



SAUTÉ/STIR-FRYING

This is a way of cooking vegetables in a pan, using just a little oil and cooking them quickly to avoid nutrient loss.

Step 1 Shred, dice or thinly slice the vegetables into similar size pieces.

Step 2 Heat a little oil in a large pan until very hot

Step 3 Cook the dense vegetables first as they will take longer to cook e.g. carrot, eggplant, broccoli stems.

Step 4 Add the lighter vegetables towards the end of cooking, e.g. cabbage, choy sum.



BLANCHING

Blanching vegetables is a quick and easy way to cook veggies without losing all those good nutrients. Especially good for more delicate green vegetables such as Ota, chinese cabbage and choy sum.

Step 1 Have a bowl of cold water ready

Step 2 Bring a pot of water to the boil on high heat

Step 3 Clean and wash your vegetables thoroughly and cut into similar sized pieces.

Step 4 Add a pinch of salt to the water (optional) just before you add the vegetables

Step 5 Leave them for about 30 seconds (Adjust for denser vegetables)

Step 6 Remove quickly and place in cold water, drain and then serve.



Tip: If you are short on time, a full pot or kettle of boiled water poured slowly over your veggies in a strainer also works well. They should still be a nice vibrant green and crunchy to eat.

BOILING

Some vegetables require boiling. These are a little denser than most vegetables. E.g. dalo, potato, cassava, carrots.

Step 1 Bring water to the boil, add vegetables

Step 2 Cover tightly and return to the boil as quickly as possible, reduce heat and simmer gently. (Simmer rather than boil so vegetables don't break up)

Step 3 Cook green vegetables without a lid for vibrant colour. Cook until tender, (about 2mins)

Tip: The boiled water will now contain some of the vegetables nutrients. Turn it into a soup, or let it cool before pouring it over your vegetable garden to avoid wasting them



GREEN PAWPAW CURRY WITH LOLO

SERVES 3-4

Our thanks to the lovely Nazia Ali for this recipe

INGREDIENTS

2	Medium-sized green pawpaws, peeled and cut into 2cm cubes (approx 1cm wide)
2 Tbsp	Oil
1	Onion, sliced
1 Tsp	Masala
1 Tsp	Turmeric powder (Haldi)
1 Tsp	Mustard seeds (Sarso)
½ Tsp	Cumin seeds (Jerra)
4	Cloves of garlic, crushed
1 Tbsp	Sweet chilli sauce (or sweet chutney)
A small handful	Curry leaves
½ Cup (125ml)	Coconut cream, Lolo (1 coconut grated and squeezed)
A small bunch	Coriander (dhania), roughly chopped

WHAT YOU DO

- Step 1** Fry onions, curry leaves, cumin seeds and mustard seed in a pot until golden brown.
- Step 2** Add garlic and stir for 2 minutes then add the masala and turmeric.
- Step 3** Add pawpaw, stir and cook for about 5 -10 minutes until pawpaw softens.
- Step 4** Stir in sweet chilli sauce and coconut cream (lolo) and cook for two minutes.
- Step 5** Stir in coriander and remove from the stove. Garnish with coriander and sliced chilli (if you like it hot).





LOVONI LOVO SALAD

SERVES 4

INGREDIENTS

3 Cups	Lettuce/watercress washed and torn into small pieces
2 Cups	Cooked dalo/cassava or vudi (prepared as usual) cut into bite size pieces
2 Cups	Choy sum
2	Eggs, hard boiled
100g	Green beans, trimmed
6	Tomatoes, cut into cubes (replace with Avocado when tomatoes out of season)
1	Tin Tuna or 200g fresh tuna, lightly grilled
½	Lemon/cumquat/lime juice (or try our Lime & Chilli dressing: page 33)



Low in Sodium
(if fresh tuna is used)



FROM
Lovoni



WHAT YOU DO

- Step 1** Hard boil eggs, peel and quarter.
- Step 2** Boil beans for 1-2 minutes until cooked but still slightly crunchy and bright green.
- Step 3** Cook Dalo, Cassava or Vudi as you usually would.
- Step 4** Drain the beans in a strainer under cold running water till cool. Leave to dry.
- Step 5** Drain oil from tuna tin.
- Step 6** Arrange the lettuce on a large plate. Scatter over the cooked dalo/cassava/vudi, egg quarters, tomatoes, green beans.
- Step 7** Place tuna on the top.
- Step 8** Squeeze lemon juice over just before eating or serve with lemon. Or dress with our vitamin booster dressing.



LOVO TOA IVI WITH TAMARINI GRAVY

For an extra special meal, we asked world famous chef and Pacific food guru, Robert Oliver for a yummy Fijian recipe. Try this recipe in the Lovo or using the instructions below. Robert's friend Susan Parkinson shared this recipe with him.

Susan Parkinson worked tirelessly to promote good nutrition and women's rights, playing a key role in establishing the Dietetics profession in Fiji and producing numerous publications including the 'Taste of the Pacific' cookbook.

Recipe taken from Me'a Kai (Godwit, 2010), Text by Robert Oliver and Tracy Berno; image by Shiri Ram.



IVI STUFFING

5	Ivi
½ Cup	Melted butter
3 Cups	Finely chopped spring onion
6 Cloves	Garlic, crushed
8 Cups	Cubed stale bread
1	Loosely packed cup chopped dhanian (or basil)
1	Egg, beaten
¼ cup	Stock or water (approximately)
Pinch	Salt and pepper

CHICKEN

2	Whole chickens
4 Tbsp	Melted butter
6 Tbsp	Masala powder
	Ivi Stuffing
Pinch	Salt and pepper
½ Cup	Flour
2 Cups	Stock or water (approximately)
½ Cup	Tamarind chutney
3	Ivi, thinly sliced chilli flakes

WHAT YOU DO

- Step 1** If your ivi are raw, first cook both quantities. Cook them well in lots of water for about an hour, until tender, then peel.
- Step 2** To make the stuffing, roughly chop five cooked Ivi.
- Step 3** Pour the melted butter into a pan. Sauté the ivi, spring onion and garlic until lightly browned.
- Step 4** Remove from the heat, place in a bowl with the bread and the dhanian and mix together.
- Step 5** Add the egg and a little stock to moisten. Season with salt and pepper, then set aside.

If you are cooking in lovo:

- Step 1** Rinse the birds out and pat them dry.
- Step 2** Fill each chicken with the Ivi stuffing and close with a toothpick. Brush the chickens with three tablespoons of the melted butter and sprinkle with the masala powder and a pinch of salt and pepper. Tie up and cook in Lovo as usual.

In Oven:

- Step 1** Preheat the oven to 180°C. Rinse the birds out and pat them dry.
- Step 2** Fill each chicken with the stuffing and close with a toothpick. Place in a roasting pan.
- Step 3** Brush the chickens with three tablespoons of the melted butter and sprinkle with the masala powder, salt and pepper.
- Step 4** Roast, basting often, until cooked (about 1½ hour).
- Step 5** Use the chicken juices from pan to start your gravy.

Gravy:

- Step 1** Heat the roasting pan on the stove. Add the flour to the remaining chicken fat to form a paste, scraping the pan to incorporate any roasting juices. (If doing a lovo, just use chicken stock if no chicken fat available).
- Step 2** Pour the stock or water into the pan and whisk. Simmer for a few minutes, then strain the gravy into a small saucepan. Add the tamarind chutney to the gravy and simmer for two minutes.

Garnish:

- Step 1** In a separate pan, quickly sauté the other three sliced ivi in the remaining tablespoon of butter with chilli flakes and salt, until lightly toasted (about four minutes).
- Step 2** Add to top of chicken and serve.



WELLNESS CHAMPION

How we eat, drink, think, move, breathe, rest and love are our own personal responsibility. Dr. Isimeli Tukana is a firm believer that if each of us takes control over these seven areas we can harvest our wellness and reduce the risks of disease early in life with its complications and premature deaths.

What motivates you?

Being a civil servant at the Ministry of Health is a big motivating factor. I can't serve wellness to Fijians without practicing wellness myself.

Have you ever struggled to maintain your wellness?

The struggle is always CHOICE; and striking the balance of being an iTaukei, Christian and civil servant in Fiji today. All the three competing values are potential platforms for harvesting wellness or illness within me. For me, life is a gift and wellness and illness are choices.

Traditional boiled foods and vegetables have lost their way to oily fast foods; Grog has lost its status as a traditional drink to a social drink. Organic foods have transited to chemical foods – lots of salt, sugar and fats. So the contemporary environment has changed, and that requires me to adapt my approach.

The struggle is really in the area of lifestyle choices in the face of this changed environment, so CHOICE and ADAPT become key words in a social subject like eating and drinking.

How do you stay fit with exercise?

I get my 30 minutes a day every day with walking, usually within work hours, I walk from office to office, take the stairs or into town to stay active, it isn't hard to do and keeps my mind clear for work.

What is your favourite Fijian food?

I love ika, lots of bele and dalo, a healthy, balanced meal and one that I really enjoyed eating when I was growing up.

What advice do you have for Fijians on harvesting their own wellness?

In Fiji, there are the four main risk factors that lead to non-communicable diseases such as heart disease and diabetes (Fiji's two biggest killers). They are smoking, alcohol, physical inactivity and nutrition. I want Fijians think carefully about nutrition, because 100% of Fijians eat. I want you to understand that what you are putting in your mouths has a huge impact on your health.

The challenge in Fiji is that people are dying earlier than ever, with deaths at 40 from chronic diseases. If they are dying at 40, they must be sick at age 20. At age 20, you might feel fine, but if your diet is bad, you are already on the path to sickness later in life.

Good nutrition is the key to a healthier and longer life, especially from pregnancy – 18. These years are so important in forming good, healthy habits and so the responsibility also lies with families and parents, to provide healthy foods and set a good example.

In Fiji we are fortunate; we have all the healthy foods we need growing right here in our land, rivers and ocean. We need to increase eating foods from these sources rather than the packaged foods from supermarkets. At the end of the day, the CHOICE remains yours.

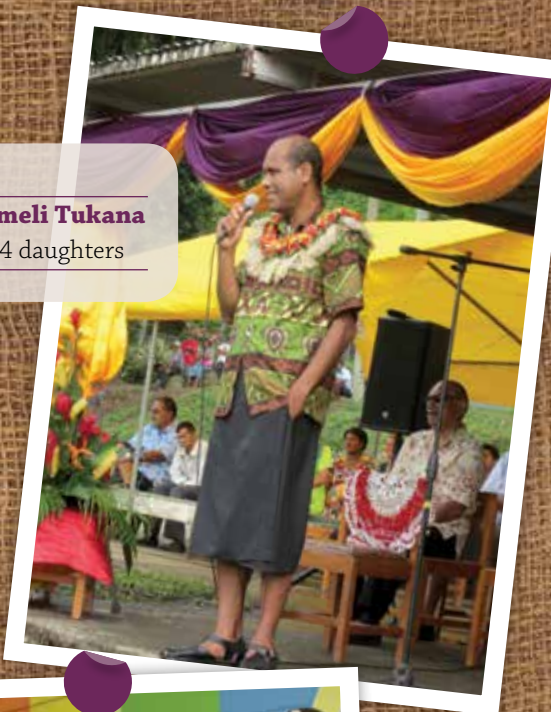
Instead of being REACTIVE to an illness, Fijians need to be CREATIVE to harvest wellness through responsible choices of foods and drinks.

'The earlier in life, the better - this is my recipe for wellness in Fiji!'

Age: 49

Meet Dr. Isimeli Tukana

Married with 4 daughters



A pineapple a day keeps Dr Tukana away!



VUDI VAKASOSO

Iliesa Delana's gold medal dessert!

Iliesa and his mum, Lice shared their recipe with us. Iliesa loves eating vudi vakasoso on Sundays after church, he likes it warm but likes it even more the next morning when it is cold and the smoky flavours have mixed together.

Iliesa likes vudi vakasoso because it combines delicious Fijian flavours, is simple to make and has no added sugar, Ili says it's better than chocolate! But make sure you have a sensible portion because lolo is quite fatty! 1 vudi per person is plenty.



INGREDIENTS SERVES APPROX. 10 (SERVE ONE VUDI PER PERSON)

- 1 Bunch** Vudi (purchase when ripe and yellow and let sit for a week)
4 Medium Coconuts, shredded

WHAT YOU DO



Step 1 Peel the ripe vudi and remove ends and badly bruised areas.

Step 2 Use your thumb to slice each Vudi lengthways and stuff with some shredded coconut.



Step 3 Place vudi whole in a large pot.

Step 4 Squeeze milk out of remaining shredded coconut and combine with a litre of water.

Step 5 Strain mixture and pour over vudi in pot, cover with lid.



Step 6 Place on fire and wait for lolo to boil (this dessert tastes better cooked on the fire) – takes approximately 20 minutes.



Step 7 Once lolo has boiled down a little, take off fire and leave to cool down with lid off and let the cream settle over the vudi.



Step 8 Serve warm or leave overnight in fridge and have cold for breakfast.
Vudi Vinaka!



DESSERT

GROW FOR YOUR HEALTH

Fiji is so blessed to have such fertile soils. Growing your own home garden is a great way to provide fresh fruits and vegetables for your family. In fact, children who get involved in gardening are more likely to eat their greens!

PLANTING CALENDAR

	JAN	FEB	MAR	APRIL	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
Bele												
Capsicum												
Carrots												
Cauliflower												
Cowpea (Boda)												
Chinese Cabbage												
Cucumber												
Dhania												
Eggplant												
English Cabbage												
French/ Green Beans												
Karamua												
Lettuce												
Okra												
Pumpkin												
Rourou												
Saijan												
Spring Onion												
Tomatoes												
Tubua/Chauriya												
Watermelon												
Winged Bean												
Zucchini												

FACTS & TIPS

TOMATOES:

Eat plenty of tomatoes to boost your Vitamin C and keep your immune system strong in the winter months.

PUMPKIN:

They'll grow in time to fight away the winter flu.

COWPEA (BODA):

Have the nutrition of green vegetables plus the protein of legumes! Same with the winged bean.

ZUCCHINI:

These will grow in time for summer and make a refreshing vegetable to keep you hydrated in the hot Fiji sun.



PLANT IRON RICH VEGETABLES

These include Amaranthus (chauraiya, tubua), bele, drumstick (saijan, boro ni Idia, horse radish), karamua, kumala, rourou and ota.



Gardening is also a great way to burn some calories and get some exercise while getting some fresh air. It helps to relax and get some peace of mind away from the hustle and bustle.

MORE INFO:

For more information on creating healthy gardens visit the National food and Nutrition Centre. www.Nutrition.gov.fj

For a complete guide to organic gardening with all the tips, tricks and guides you need visit www.acatatrust.org for the 'Our school Garden: a guide to organic school gardening in Fiji' manual. Including how to make your own fertilizer and compost.

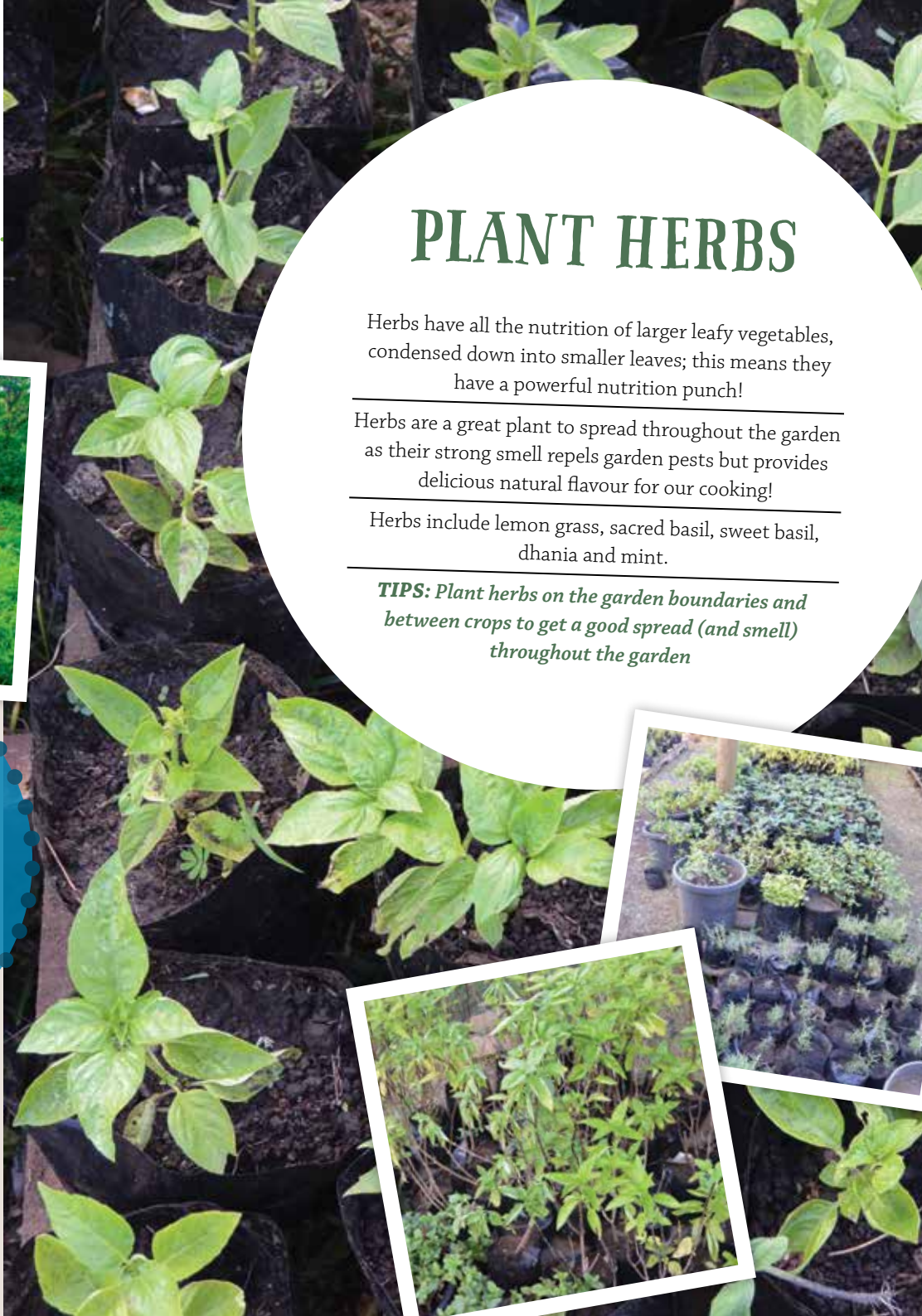
PLANT HERBS

Herbs have all the nutrition of larger leafy vegetables, condensed down into smaller leaves; this means they have a powerful nutrition punch!

Herbs are a great plant to spread throughout the garden as their strong smell repels garden pests but provides delicious natural flavour for our cooking!

Herbs include lemon grass, sacred basil, sweet basil, dhanian and mint.

TIPS: Plant herbs on the garden boundaries and between crops to get a good spread (and smell) throughout the garden



KHANA KAKANA WAS CREATED BY THE MINISTRY OF HEALTH'S WELLNESS UNIT.

*We would like to thank the generous
donors who made Khana Kakana possible.*

Vinaka Vakalevu to all the wonderful
Fijians we met along the road to making
this cookbook a reality. Your kindness and
healthy living has inspired us and we hope it
can inspire others.

In partnership with:

the
power of
humanity



100 YEARS
PEOPLE HELPING PEOPLE
1914-2014



Australian Government
Australian High Commission
Direct Aid Program



Australian Government
Department of Foreign Affairs and Trade

MINISTRY
Health
Shaping Fiji's Health

