

Pleasant Healthy Food

Pleasant Healthy Life

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Traditional Portuguese food is diverse, prepared with different raw materials (fresh fruit and vegetables, dairy products, fish, meat and poultry, seafood and pulses)



Culinary is varied, uses plenty of cooking methods and different processed goods.



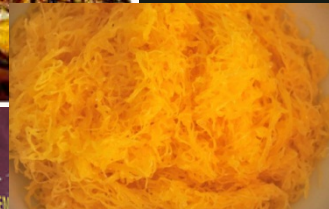
Portuguese food has changed over the centuries and uses materials and procedures from different cultures that visited Portugal and that the Portuguese visited, all around the world.



At the same time, Portuguese food culture and traditions travelled and settled all around the world, in such a way that it became part of culinary uses and culture in different countries.



Sugar and egg



Shredded sweet egg

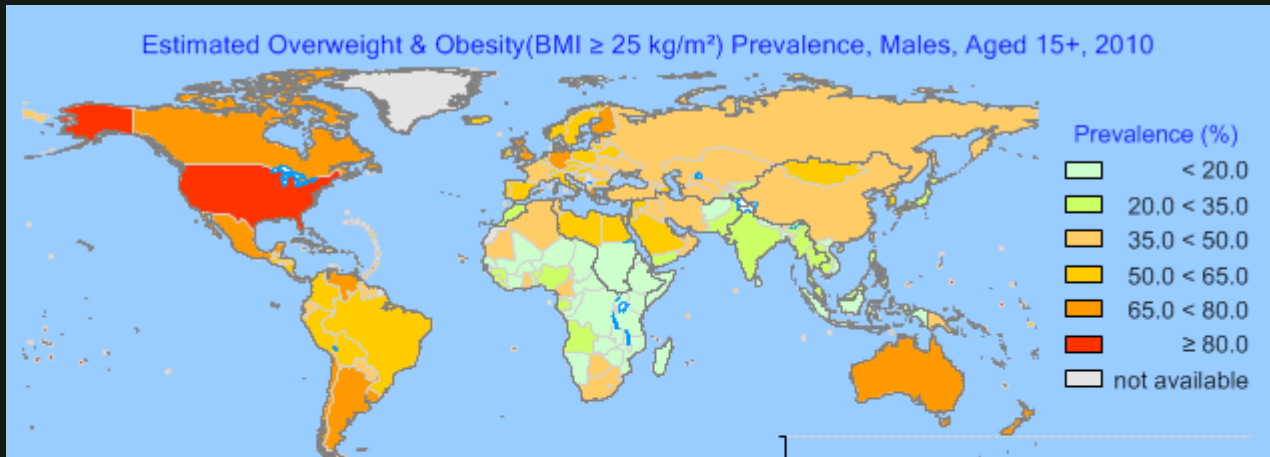
“Fios de ovos”

in Portugal,

Brasil,

Thailand

Modern lifestyle and eating habits create new health problems – overweight and obesity are major concerns.

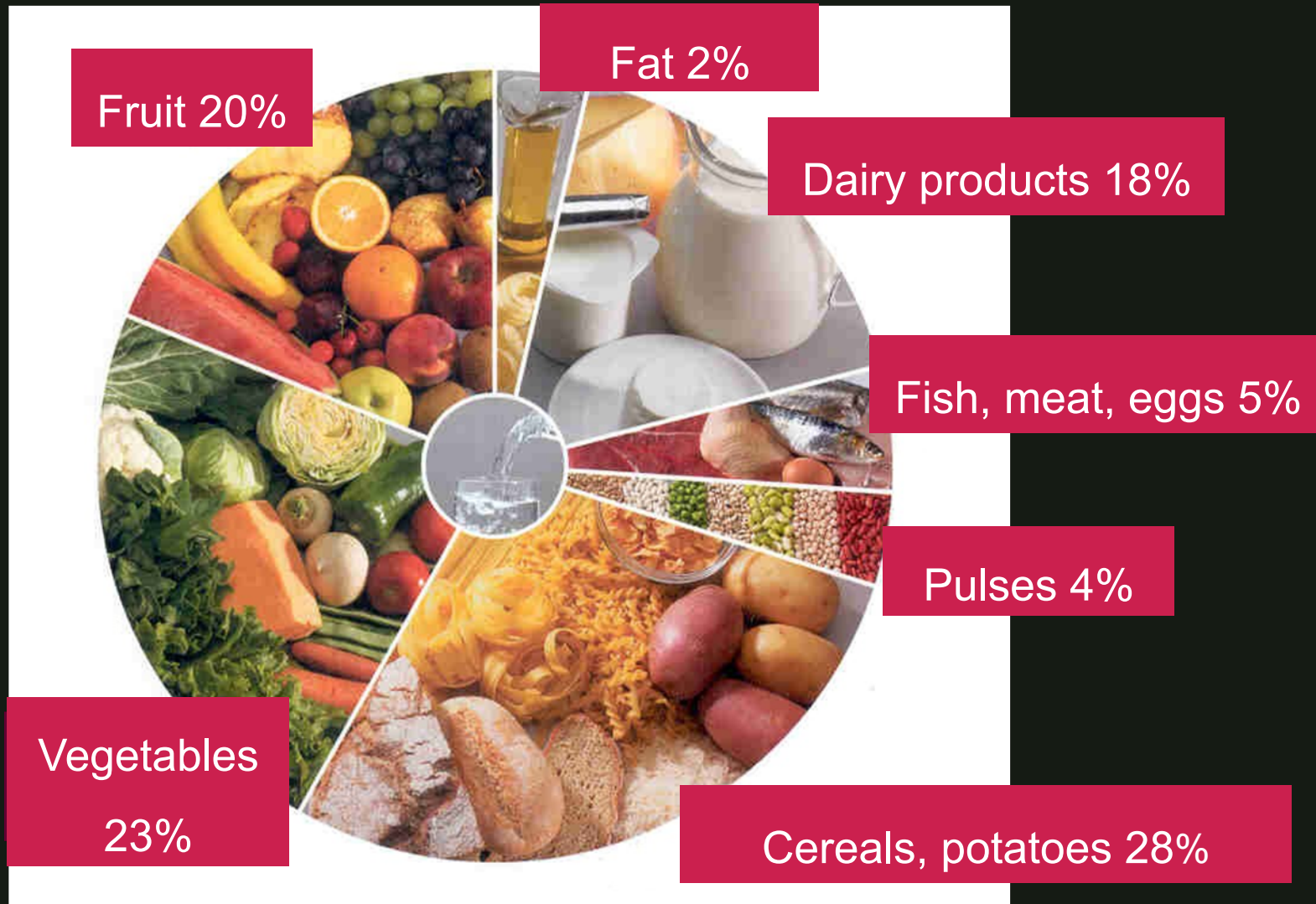


Overweight and chronic diseases prevention depends on changes in eating patterns and in lifestyle – back to move, exercise, socialize and eat in a responsible way.

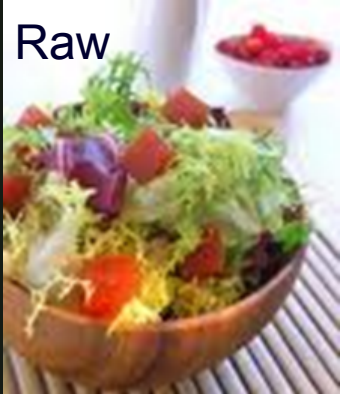
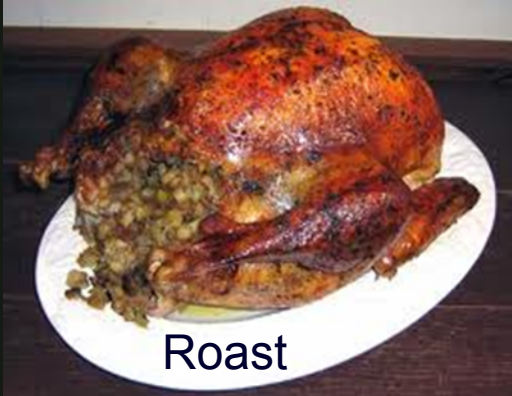


Healthy eating habits :

1.Diversity



Healthy cooking is diverse:



Healthy eating habits:

2. Eat 5 to 6 meals a day

Example for 2100 calories energy intake

Breakfast: 1 glass semi-skimmed milk, 1 small slice of bread, buttered with 1 teaspoon of butter

Mid morning: 1 yoghurt, 1 fruit portion

Lunch: vegetable soup, grilled fish, boiled potato, tomato salad, 1 fruit portion

Mid afternoon: 1 herbal infusion, 1 small bread bun with cottage cheese

Dinner: tomato soup with egg and bread, 1 fruit portion

Supper: 1 glass semi-skimmed milk

6 meals per day

Breakfast: 1 glass semi-skimmed milk, 1 small slice of bread, buttered with 1 teaspoon of butter

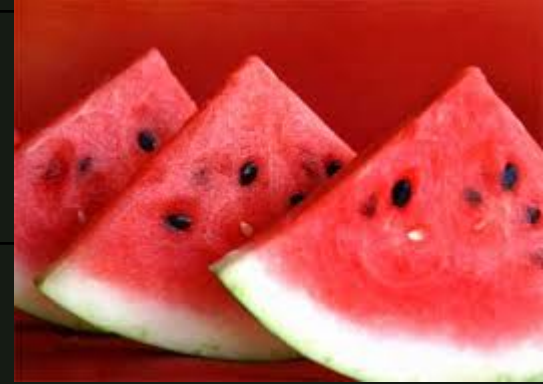


6 meals per day

Mid morning: 1 yoghurt, 1 fruit portion



6 meals per day



Lunch: vegetable soup, Grilled fish, boiled potato, tomato salad, 1 fruit portion



6 meals per day



Mid afternoon: 1 herbal infusion, 1 small bread bun with cottage cheese

6 meals per day



Dinner: Tomato soup with egg and bread, 1 fruit portion

6 meals per day



Supper: 1 glass semi-skimmed milk

Drink water



Other drinks do not
replace water

8 x 200 cm³ glasses contain 1,6 liter

Healthy eating habits:

3. Respect meals

4. Socialize during meals



Avoid eating occupied/distracted



Avoid rushing during meals



Healthy habits:

Exercise



Reduce saturated fat





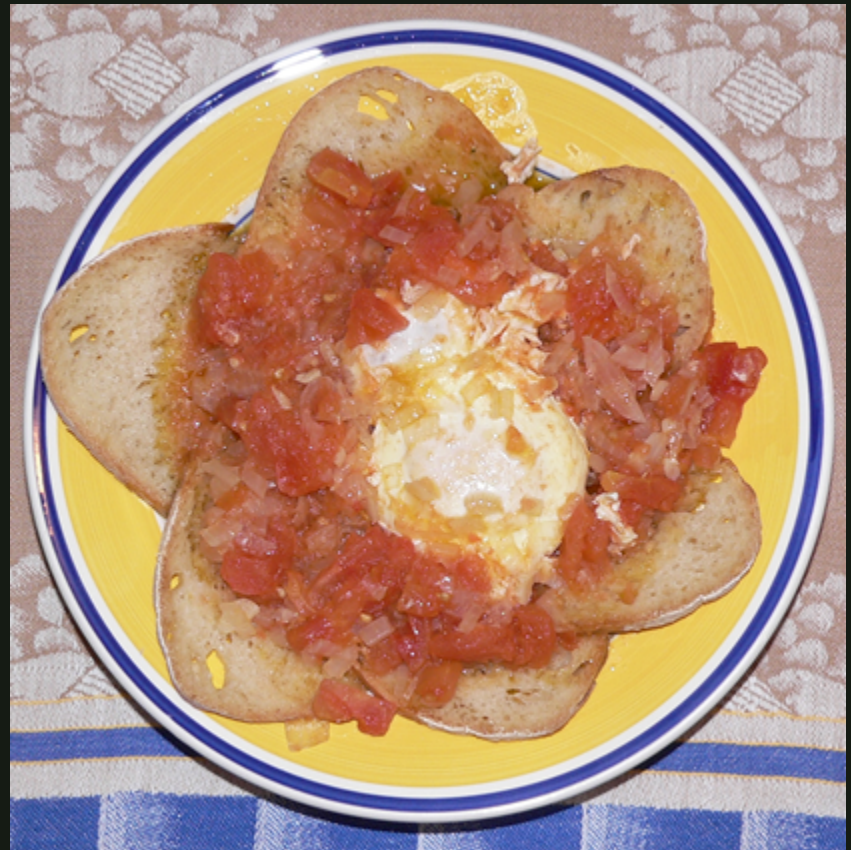
Reduce salt



Traditional Recipe (Algarve)

Tomato and egg soup (1 dose)

Ingredients	Amount
Tomato	250g
Onion	500g
Garlic	1 clove (3g)
Bread	125g
Egg	1
Salt	0,5g
Olive oil	50 cm ³
Water	0,250 l



Tomato and egg soup (1 dose)



Nutrient	Amount (g)
Protein	20.9
Carbohydrates	76.8
Fibre	11.6
Monosaccharide	13.2
Other carbohydrate	50.2
Fat	56.3
Saturated fat	9.3
Monounsaturated fat	40.4
Polyunsaturated fat	6.6
Water	376.2

Rice Pudding “Arroz doce”

Portugal, São Tomé e Príncipe, in
Cabo Verde, milk is coconut milk.

Ingredients	Amount
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Butter	15g
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Rice	250g
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Lemon zest	1 large
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Milk	750 cm ³
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Sugar	250 g
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cinnamon	2 tsp
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Rice Pudding “Arroz doce”



Nutrient	Amount (g)
Protein	4,3
Carbohydrates	45,5
Fibre	0,4
Mono and disaccharide	29,9
Other carbohydrate	15,2
Fat	3,7
Saturated fat	1,2
Monounsaturated fat	1,3
Polyunsaturated fat	0,5
Water	46



In the Algarve, “conquilhas” are cooked in olive oil and garlic, with coarse corn flour “Xarem” and even in rice soup (canja).



Cooking rice with fish and seafood is common in Portugal, Northeast Brazil, Angola and Cabo Verde.



“Xarem” or “papas de milho” is common in traditional recipes in Brazil, Cabo Verde and Angola.

Traditional Portuguese cooking evolved in different countries, adopted new ingredients and acquired new preparations.

At the same, in Portugal, incoming foreigners brought new recipes and new ingredients, Portuguese adopted African and Brazilian traditional recipes.

Here and there, traditional cooking and eating styles are healthier than modern industrialized food products.



Keep traditional food practices,
use fresh ingredients,
keep cooking simple and enjoy eating!