



Macular  
Disease  
Foundation  
AUSTRALIA



# MACULA MENU E-COOKBOOK 2022

Age-related macular degeneration (AMD) is the leading cause of vision loss and blindness in Australia. You're at risk of AMD if you have a family history of the disease, you're a smoker, or you're over 50.

While smoking is the strongest modifiable risk factor for AMD, diet is second on the list.

As well as cutting the risk of being diagnosed with AMD, the right nutrition can slow the progression of the disease if you're already living with it.

Aim to increase your consumption of dark green leafy vegetables and eat fresh fruit daily. It's recommended you eat oily fish at least twice a week, and a handful of nuts two to three times per week. We also recommend choosing low glycemic index (GI) foods.

So, essentially aiming for a healthy and balanced diet will help you get the right amount of nutrients to maintain optimal macular health.

Enjoy.



**Professor Bamini Gopinath**  
MDFA Nutrition Advisor

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## Nutrition Q&As



### 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 AMD or slow its progression.





**Ita Buttrose AC OBE**  
MDFA Patron,  
journalist, editor  
and businesswoman



Serves 2  
Time to make  
30 mins

While Ita's father Charles lost his eyesight to AMD, her Uncle Gerald has maintained his vision well into his 90s thanks to early action and regular treatment. That's why Ita continues to be a passionate advocate for the macular disease community.

## Poached salmon with grilled asparagus and poached eggs

### Ingredients Instructions

- |   |  |
|---|--|
| 4 spears asparagus,<br>woody stalks trimmed           | <b>1</b> Preheat oven to 180°C.  |
| Olive oil   | <b>2</b> Lightly blanch the asparagus for 4 minutes. Drain and refresh in cold water.  |
| Sea salt and freshly ground<br>black pepper           | <b>3</b> Preheat a griddle plate until smoking. Coat the asparagus in olive oil and a little salt and pepper and cook on griddle plate for 5 minutes. Place the salmon on a tray and reheat in the oven for 5 minutes or until warmed through. |
| 200g poached salmon, flaked                           | <b>4</b> Arrange the asparagus on warmed plates and top with the salmon. Place the poached egg beside the salmon.  |
| 2 soft poached eggs                                   | <b>5</b> Sprinkle the shaved parmesan over the egg, then sprinkle the chopped parsley over the entire dish and serve.  |
| 25g parmesan cheese, shaved                           |  |
| ½ bunch parsley, leaves<br>washed, picked and chopped |  |



**Jean Kittson**  
MDFA Ambassador,  
performer and author



Serves 4  
Time to make  
1 hour 30 mins

Both of Jean's parents were blinded by macular disease, so she knows she carries a one-in-two risk of being diagnosed, too. Jean keeps a close eye on her macula with annual check-ups at the optometrist, and reduces her risk by eating plenty of eye-healthy foods.

## Beetroot and spinach curry

### Ingredients Instructions

- |  |  |
|--|--|
| <p>2 tbsp olive oil<br/>14g dried curry leaves<br/>2 tsp garam masala<br/>2 tsp ground cumin<br/>1 tsp ground coriander<br/>2 tbsp desiccated coconut<br/>3 cloves of garlic, crushed<br/>2 tbsp fresh ginger, grated<br/>1kg beetroots, cut into chunks<br/>400g chickpeas, rinsed and drained<br/>400ml tin coconut milk<br/>320g brown rice, cooked<br/>100g baby spinach<br/>1 lemon, juiced<br/>15g fresh coriander<br/>1 lime, cut into wedges</p> | <p><b>1</b> Heat the olive oil in a large saucepan over medium-high heat. Fry the onion, stirring regularly for 5 minutes or until softened.</p> <p><b>2</b> Add the garlic, spices, fresh ginger, desiccated coconut and cook for another 2 minutes, stirring regularly.</p> <p><b>3</b> Stir in the beetroot, chickpeas, coconut milk and 1 cup of water. Season with salt and pepper.</p> <p><b>4</b> Bring to the boil, then reduce the heat and simmer for 1 hour and 15 minutes, until the beetroot is tender.</p> <p><b>5</b> Stir in the spinach and lemon juice. Serve with rice and garnish with coriander and a wedge of lime for squeezing over.</p> |
|--|--|





**COOKING  
WELL DOESN'T  
MEAN COOKING  
FANCY**

JULIA CHILD



**Chris Smith**

Broadcaster and TV host



Serves 4–6

Time to make  
60 mins

Chris was just 52 when his optometrist spotted the early signs of AMD. But catching AMD early meant Chris has been able to make the lifestyle changes he needed to slow down the progression of the disease – including a macula-friendly diet.

## Gluten-free salmon and broccoli quiche

### Ingredients Instructions

#### Almond meal crust

- 500g almond meal
- 3 garlic cloves, crushed
- 2 tsp dried thyme
- 1 tsp salt
- 1 tsp pepper
- 160ml olive oil
- 2 tbsp water

#### For the filling

- 2 tbsp olive oil
- 1 onion, thinly sliced
- 150g broccoli
- 150g asparagus
- 6 eggs
- 100ml milk
- 1 tbsp fresh dill
- Salt and pepper, to taste
- 150g frozen peas, defrosted
- 3 spring onions, roughly chopped

- 1 Preheat oven to 200°C. Grease a large tart dish with oil.
- 2 In a large mixing bowl, stir together the almond meal, garlic, thyme, salt and pepper. Add the olive oil and water, and stir until a dough is formed.
- 3 Press dough evenly into the tart dish. Place in oven and blind bake for 20 minutes, until the crust is firm and golden brown. Remove from the oven and set aside. Leave the oven on.
- 4 Over a saucepan of boiling water, steam the broccoli and asparagus for 5 minutes. Set aside to cool down.
- 5 In a large mixing bowl, whisk together the eggs, milk, salt and pepper.
- 6 In the baked pastry case, scatter across the broccoli, peas and spring onions.
- 7 Pour the egg mixture over the filling. Place in the oven and bake for 35 minutes, or until cooked through.
- 8 Leave to cool for a few minutes, then cut into 4–6 slices.





Serves 4  
Time to make  
35 mins

# One-pan eggs and capsicum

## Ingredients Instructions

2 tbsp olive oil  
2 onions, sliced  
1 capsicum deseeded  
and sliced  
1-2 red deseeded chillies,  
optional  
400g can chopped tomatoes  
1-2 tsp caster sugar  
4 eggs  
Small bunch parsley,  
roughly chopped  
6 tbsp thick, creamy yoghurt  
2 garlic cloves, crushed  
Salt and pepper to taste

**1** Heat the oil in a heavy-based frying pan. Stir in the onions, capsicum and chillies.  
**2** Cook until they begin to soften. Add the tomatoes and sugar, mixing well. Cook until the liquid has reduced, season with salt and pepper.  
**3** Using a wooden spoon, create 4 pockets in the tomato mixture and crack the eggs into them.  
**4** Cover the pan and cook the eggs over a low heat until just set.  
**5** Beat the yoghurt with the garlic and season with salt and pepper.  
**6** Sprinkle with parsley and serve from the frying pan with a dollop of the garlic-flavoured yoghurt.



Serves 2  
Time to make  
30 mins

# Atlantic salmon with lime and ginger glaze

## Ingredients Instructions

2 x 120g Atlantic salmon fillets  
1/4 cup lime marmalade  
1 tsp fresh ginger,  
finely shredded  
1 tbsp light soy sauce  
1/2 tsp lime juice  
1 spring onion, finely sliced  
1 tbsp coriander leaves  
1 lime, cut into wedges  
Mixed salad leaves, to serve

**1** Preheat oven to 200°C. Line an oven tray with non-stick baking paper.  
**2** Heat marmalade, ginger, soy sauce and lime juice together in a small saucepan, stirring until marmalade has dissolved.  
**3** Place salmon skin-side down onto an oven tray lined with baking paper. Brush salmon generously with the glaze.  
**4** Bake in preheated oven for 8–10 minutes, or until salmon is just cooked.  
**5** Meanwhile, reheat remaining glaze in the saucepan and simmer 1–2 minutes until thickened.  
**6** Serve fish sizzled with extra glaze, sprinkled with spring onion and coriander and accompanied by lime wedges and salad.



Serves 4  
Time to make  
45 mins

# Warm roasted mushroom, kale and pumpkin salad with soy-chilli dressing

## Ingredients Instructions

- 3 tsp sesame oil  
2 tbsp reduced-salt soy sauce  
2 garlic cloves, crushed  
750g butternut pumpkin, peeled, cut into 2cm cubes  
8 small field mushrooms  
1 x 250g punnet cherry tomatoes, halved  
1 x 400g can borlotti beans, rinsed, drained  
1 bunch kale, trimmed, leaves torn into bite-size pieces  
1 long red chilli, deseeded, finely chopped  
1 tbsp rice vinegar  
2 tsp toasted sesame seeds
- 1** Preheat oven to 180°C. Line two baking trays with baking paper. Combine 2 tsp sesame oil, 1 tbsp soy sauce and 1 garlic clove in a large bowl. Add pumpkin and mushrooms; toss to coat. Place pumpkin on one prepared tray; roast for 35 minutes, or until golden and tender. Add cherry tomatoes and beans to tray for last 15 minutes of cooking time.
  - 2** Place mushrooms on second tray and roast for 20–25 minutes, or until golden and tender.
  - 3** Heat 1 tsp of sesame oil in a large non-stick frying pan over medium heat. Add remaining garlic; cook stirring for 20 seconds. Add kale and cook, stirring, for 2 minutes. Remove from heat.
  - 4** Combine remaining sesame oil along with soy, chilli and the rice vinegar in a small bowl.
  - 5** To serve, place the kale on a serving platter. Top kale with pumpkin, beans, mushrooms and tomatoes. Drizzle the salad with dressing and sprinkle with sesame seeds.



# Winter greens with hazelnuts and garlic yoghurt



Serves 6  
Time to make  
25 mins

## Ingredients Instructions

- |   |  |
|---|--|
| 200g plain yoghurt                        | <b>1</b> Combine yoghurt, juice, garlic and half of the chives in a small bowl. Season with cracked black pepper. Refrigerate until required.                              |
| 1 tbsp lemon juice                        |  |
| 1 garlic clove, crushed                   | <b>2</b> Cook sprouts and broccolini in a saucepan of boiling water for 2 minutes. Drain well.   |
| ¼ cup chives, finely chopped              | <b>3</b> Place the olive oil in a large non-stick frying pan over high heat. Add sprouts and broccolini. Cook, stirring occasionally, for 5–7 minutes. Season with pepper. |
| 400g Brussels sprouts, halved             | <b>4</b> Place the greens on a serving plate. Drizzle with yoghurt. Serve greens scattered with hazelnuts and remaining chives.  |
| 2 bunches broccolini, coarsely chopped    |  |
| 1 tbsp olive oil                          |  |
| ¼ cup toasted hazelnuts, coarsely chopped |  |

# Baked salmon with warm lentil salad



Serves 4

Time to make  
20 mins, plus 20  
mins marinating

## Ingredients Instructions

$\frac{3}{4}$  cup plain yoghurt  
2 tbsp chopped chives  
1 tbsp chopped dill  
2 tbsp lemon juice  
4 x 125g skinless salmon fillets  
2 tsp olive oil  
1 medium red onion,  
finely chopped  
2 garlic cloves, crushed  
2 large carrots, grated  
2 medium zucchini, grated  
1 x 400g can no-added-salt  
lentils, rinsed, drained  
120g baby spinach

**1** Combine yoghurt, chives, dill and  $1\frac{1}{2}$  tbsp of the lemon juice in a small bowl. Place half of the yoghurt mixture in a shallow glass or ceramic dish. Add salmon and turn to coat. Cover and set aside in fridge for 20 minutes.

**2** Preheat oven to  $180^{\circ}\text{C}$ . Line a large baking tray with baking paper. Place salmon on prepared tray. Bake for 10–12 minutes.

**3** Meanwhile, heat olive oil in a large non-stick frying pan over medium heat. Sauté the onion for 5 minutes, or until golden. Add the garlic and cook, stirring, for 1 minute or until fragrant. Add the carrot and zucchini, and cook, stirring often, for 2–3 minutes, or until just tender. Add lentils and spinach, and cook, stirring, for 1–2 minutes, or until spinach is wilted. Stir through remaining lemon juice and season with freshly cracked black pepper.

**4** Serve the baked salmon on warm lentil salad with a dollop of remaining yoghurt.

## TIP

### How to use yoghurt

All yoghurts contain a starter culture, but to enjoy the most benefits, look for one with added probiotics.

Make a salad dressing with yoghurt and lemon.

Replace sour cream with reduced-fat Greek yoghurt.



# Sweet potato noodles with tuna and tomato

Serves 4

Time to make  
25 mins



## Ingredients

500g sweet potato, peeled  
400g can cherry tomatoes  
in tomato juice  
½ cup red wine  
1 tsp brown sugar  
400g silverbeet, stalks  
trimmed, roughly chopped  
425g can tuna in spring  
water, drained  
2 tbsp olive oil  
2 tbsp grated parmesan,  
to serve  
2 tbsp flat-leaf parsley,  
finely chopped, to serve

## Instructions

- 1** Use a julienne veggie peeler or mandoline to slice sweet potato into long noodles. Put noodles in a large bowl and microwave for 1 minute on high; set aside.
- 2** Place tomatoes, wine and sugar in a large saucepan set over high heat; bring to the boil. Reduce heat; simmer for 10 minutes, or until mixture slightly reduces. Add silverbeet; stir for 5 minutes. Add tuna; stir gently. Remove sauce from heat, cover and set aside.
- 3** Heat 1 tbsp of the olive oil in a large frying pan set over medium heat. Add reserved sweet potato noodles to pan; stir-fry for 5 minutes, or until tender.
- 4** Top noodles with reserved warm tuna-tomato sauce and drizzle with remaining olive oil. Scatter sauce with parmesan and parsley, season with pepper and serve.





**A  
HEALTHY  
OUTSIDE STARTS  
FROM THE  
INSIDE**

ROBERT URICH



# Miso, chicken and greens noodle soup

Serves 4  
Time to make  
45 mins

## Ingredients Instructions

1 tsp sesame oil  
1 leek, halved, thinly sliced  
3 celery stalks, finely chopped  
2 garlic cloves, crushed  
1½ tbsp miso paste  
2 x 200g chicken breast fillets  
180g dried buckwheat noodles  
1 cup frozen peas  
200g sugar snap peas, halved  
1 bunch bok choy, trimmed,  
cut into 3cm lengths  
3 shallots, thinly sliced,  
to garnish

**1** Heat oil in a large saucepan over a medium heat. Sauté leek and celery for 5 minutes. Add the garlic; cook, stirring, for 1 minute. Add miso paste and 5 cups of water; whisk to combine and bring to the boil.

**2** Add the chicken, reduce the heat to low and gently simmer for 10 minutes. Using tongs, transfer chicken to a plate and set aside to cool slightly. Shred the chicken using two forks.

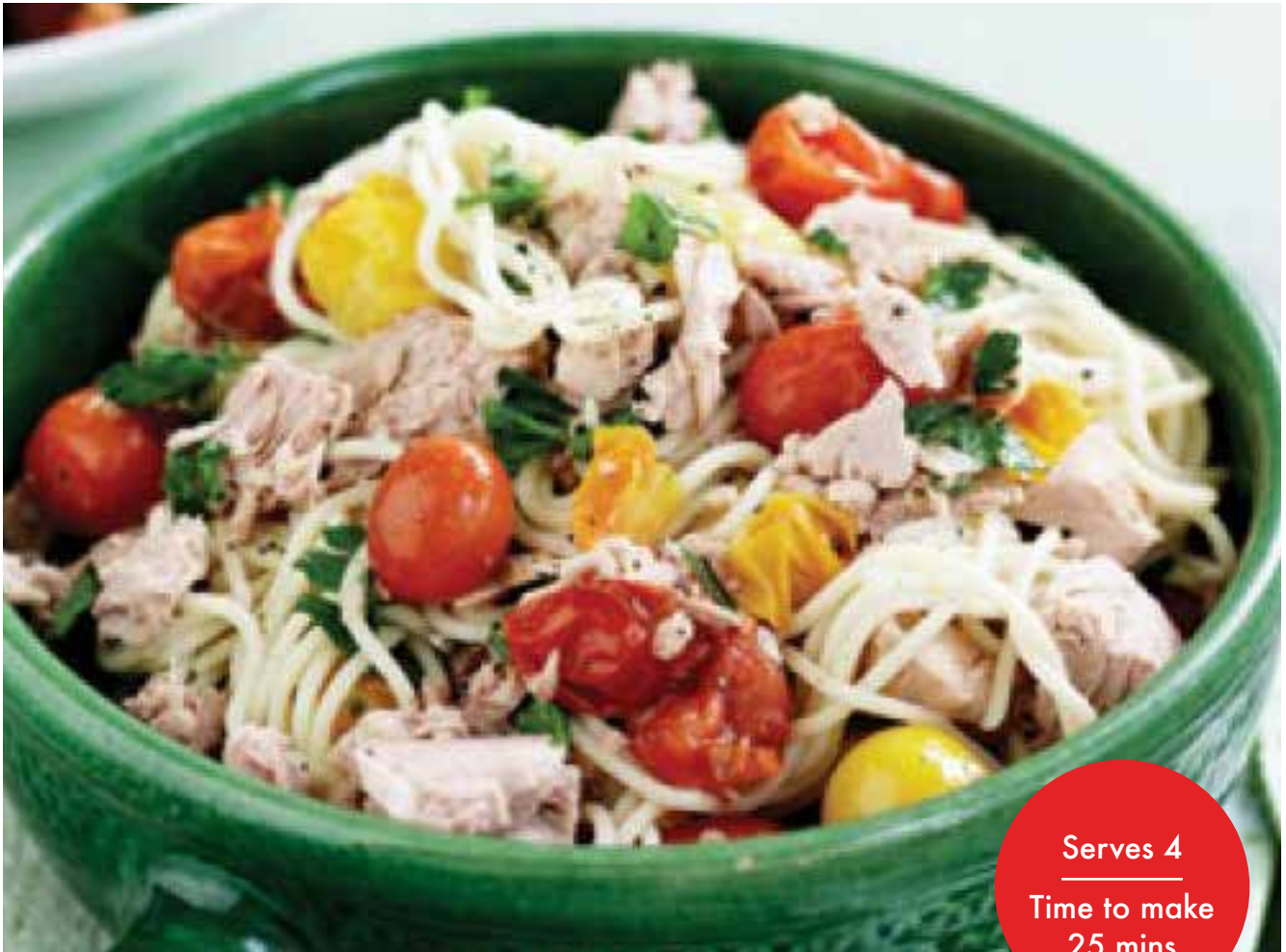
**3** Meanwhile, cook noodles in a large saucepan of boiling water, following the packet instructions, or until al dente. Rinse and drain.

**4** Return chicken to soup with the peas and sugar snap peas. Simmer for 2–3 minutes. Add the bok choy, and simmer until wilted and heated through.

**5** Divide noodles between four serving bowls. Ladle over hot soup and garnish with shallots.



# Roasted tomato and tuna spaghetti



Serves 4

Time to make  
25 mins

## Ingredients Instructions

250g red grape tomatoes  
250g yellow grape tomatoes  
1 tbsp olive oil  
2 cloves garlic, crushed  
½ cup reduced-salt vegetable stock, heated  
2 x 185g cans tuna in spring water, drained, flaked  
250g spaghetti  
Parsley, chopped, to garnish  
Mixed green salad, to serve

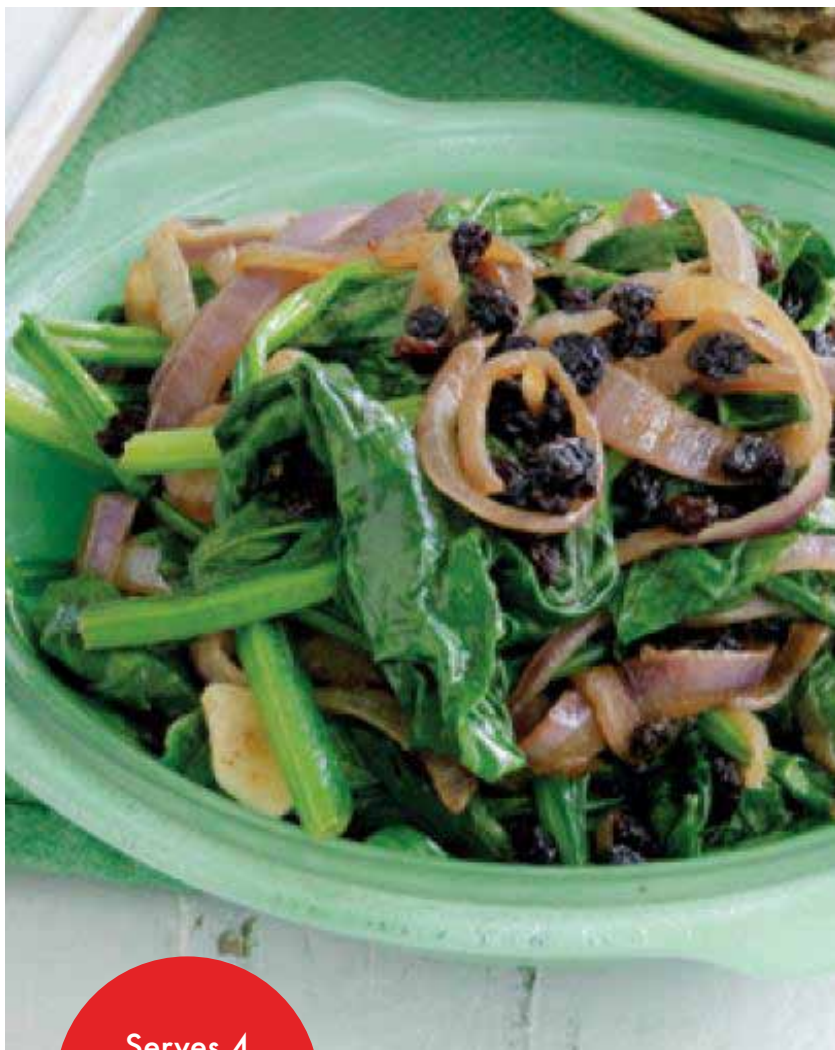
- 1** Preheat oven to 200°C. Line a baking tray with baking paper. Toss tomatoes with oil and garlic and place on tray. Roast for 15 minutes, or until tender.
- 2** Meanwhile, cook spaghetti according to packet instructions. Drain well and return to saucepan.
- 3** Add hot stock, roasted tomatoes and tuna to spaghetti and toss carefully to combine.
- 4** Garnish pasta with parsley and serve with salad.

## Variations

Add feta and chopped, pitted olives for a Mediterranean twist.



# Wilted spiced spinach with currants



Serves 4

Time to make  
15 mins



## Ingredients

- 1 tbsp olive oil
- 1 large red onion, thinly sliced
- 3 cloves garlic, thinly sliced
- 2 tsp ground cumin
- 2 small bunches (about 550g total) English spinach, trimmed, rinsed
- 2 tbsp currants

## Instructions

- 1 Place a deep non-stick frying pan over high heat and drizzle with olive oil. Cook onion, stirring occasionally, for 5 minutes, or until soft.
- 2 Add garlic and cumin and cook, stirring, for 1 minute.
- 3 Add spinach and cook, tossing with tongs for 2 minutes, or until leaves are just wilted. Stir through currants and season with black pepper.

## TIP

Try silverbeet or kale as a spinach substitute. They are both rich in lutein and zeaxanthin, too.



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Foundation Australia**

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**Disclaimer:**

Please note, any changes in diet or lifestyle should be undertaken in consultation with your doctor.  
To learn more about macular disease, contact MDFA.