

Recipes for healthy eyes

The Ocular Cookery Club

brought to you by

 **noctura**⁴⁰⁰ and Professor Grierson



Sharing inspiring recipes from the UK and beyond, with a focus on ingredients for optimal eye health.

Vegetables for Vision

Nature's Supplements for Eye Health
Ian Grierson PhD FRCPath



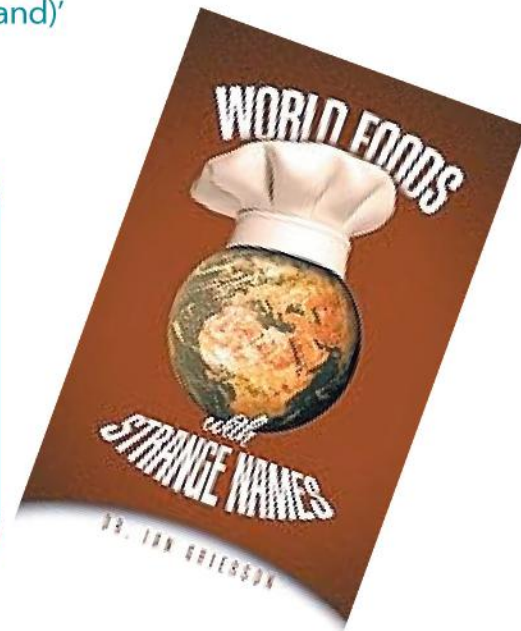
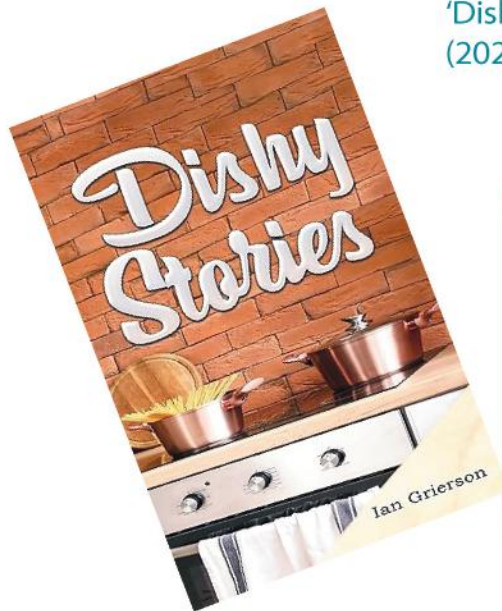
Our Story

Emeritus Professor of Ophthalmology in the Department of Eye and Vision Sciences, University of Liverpool, Ian Grierson has been awarded numerous international honours, he has published nearly 300 scientific articles and worked with several Eye Charities.

Ian was a key scientific advisor during the development of Noctura 400. He promotes better diet and has an interest in nutrition and health. He has published seven books on recipes and origins of food to date, the current ones being 'World Foods with Strange Names' (2022), 'Dishy Stories' (2024) and 'Dishes with Strange Names (GB and Ireland)' (2024).

Fruit for Vision

Nature's Supplements for Eye Health
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 **noctura**⁴⁰⁰

Noctura 400 is a non-invasive, safe and effective treatment for diabetic eye disease, in fact, the only current widely available treatment for early stage diabetic retinopathy



Available to purchase online and from selected optometrists, Noctura 400 gently treats your eyes while you sleep, preventing damaging hypoxia and subsequent bleeds.

'ACE' your Eyes

Vitamin A, C, E and the xanthophylls are key for eye health.

Vit. A, in the form of.....

retinol - meat, eggs, & dairy
Beta carotene - carrots, green
vegetables, tomatoes, apricots,
oranges

Vit. C, in the form of.....

virtually all fruits and veg - especially
citrus and tomatoes

Xanthophylls

Lutein and Zeaxanthin

Vit. E, in the form of.....

nuts, vegetable oils, mango, avocado

Contents

Soup & Salads

Avocado & Blue Cheese	4
Watermelon & Feta	5
Caldo Verde	7

Main Dishes

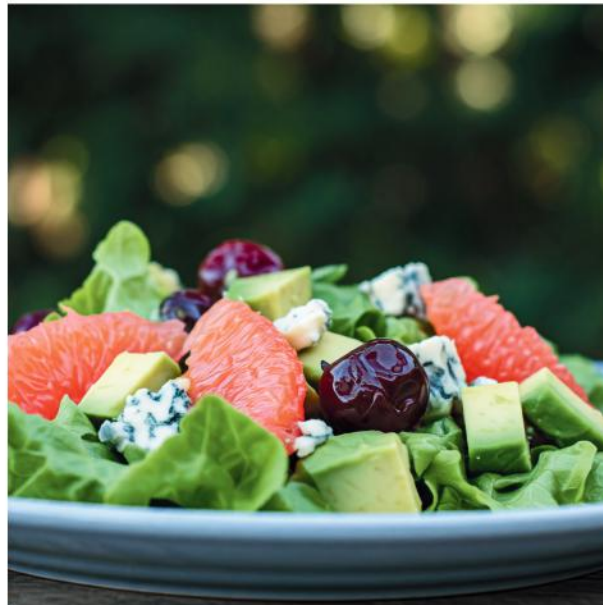
Meatballs with Cranberry Sauce	8
Ratatouille	9
Welsh Pie	10
Fish Florentine	11

Desserts

Warm bananas & Chocolate	13
Blueberry Muffins	14
Apple Tart	15

Avocado & Blue Cheese

A light meal or side salad from Ian's 'Fruit for Vision' book. Originating from the House of Fraser salad bar, Glasgow in the 1970's, use this dish to elevate your Vit E. Serve this with crusty bread and a glass of white wine if appropriate .



Ingredients :

- 1 crispy Lettuce
- 3 ripe avocados
- juice 1 lemon
- 500g grapefruit* segments
- 400g cherries*
- 200g blue cheese

*tinned or fresh can be used

How To Make :

- 1 In a large bowl, rip up the lettuce.
- 2 Cut the avocados in half, remove the stones, scoop out the flesh and squeeze on some lemon juice. Roughly chop them and add to the lettuce.
- 3 Cut the grapefruit segments in half, and ensure the stones have been removed from the cherries.
- 4 Sprinkle the grapefruit and cherries over the salad and crumble the blue cheese on top.
- 5 Mix the lemon juice with a little sugar and / or olive oil if desired, and drizzle over the salad before serving.

Watermelon & Feta

If you haven't tried this combination yet - you should! This tasty salad combines naturally sweet and salty flavours and originates from Greece. It also stars in 'Fruit for Vision', and is rich in Vit C, Vit A and Lutein. Serve it alone, or with warm pitta bread.



Ingredients :

- 1/4 watermelon
- 225g feta cheese
- half cucumber
- juice 1 lime
- 2 tbsp olive oil
- salt & pepper

How To Make :

- 1 Peel, slice and cube the watermelon flesh
- 2 Cut the cucumber and the feta into small, thick chunks and add it to the watermelon.
- 3 Combine the lime juice and oil and drizzle it over the salad.

Struggling to get insurance due to diabetes?

We feel your pain!

In fact, we've developed so much experience in this field, we're specialists, and we're here to help you.



Andy Stevens,
Director,
More than Diabetes

"By treating diabetic eye disease early and potentially preventing progression to highly invasive later stage procedures, your life insurance premiums will be up to 75% cheaper which could save you £100's to £1000's over the term of your policy"



Here at More Than Diabetes we aim to provide advice and guidance to people with diabetes looking for life or travel insurance, and because we've partnered with several specialist insurance providers, you can expect a better price when buying through us.



Caldo Verde

Hearty and comforting, the greens in this soup have the highest content of lutein of all the vegetables, as well as plenty Vit A and C. Originating from Portugal, it's very often served at lunch with crusty bread.



Ingredients :

- 1 large onion
- 15ml (1tbsp) olive oil
- 1 or 2 garlic cloves
- 1 dark leafy cabbage
e.g. spring greens
sliced
- 600ml to 1 litre
chicken stock
- 1 large floury potato
cubed
- salt and pepper to
taste
- chorizo or Spanish
sausage (optional)

How To Make :

- 1 Slice and fry the onion and garlic gently in the oil until soft
- 2 Add the cabbage and gently fry to soften - about 10 minutes.
- 3 Add the chicken stock and the potato and bring to the boil. Simmer until the potato is soft.
- 4 It's up to you - blend the soup completely, or for an authentic texture, leave plenty of bits.
- 5 If using Spanish sausage, fry it in slices until fragrant, and use it to top the soup.
- 6 Season to taste, before serving.

Meatballs with Cranberry Sauce

It might sound warm, cosy and luxurious, but this recipe also packs a punch in terms of nutritional content. It's full of Vit C, and also proanthocyanins, great for stomach problems and urinary infections. If you can't get fresh cranberries - opt for frozen - nutritional value and taste are not lost during the freezing process! Serve with rice, potatoes or pasta.



Ingredients :

- 450g cranberries*
- 15ml (1tbsp) orange juice
- juice half lemon
- 4 tbsp brown sugar
- 2 tbsp redcurrant jelly
- 450g bag Swedish meatballs**

How To Make :

- 1 Fry the meatballs until brown, according to the pack, or your own recipe.
- 2 Place the cranberries in a pot with the orange juice and lemon juice
- 3 Add in the sugar and simmer, stirring frequently for 10 mins.
- 4 Add the redcurrant jelly and the meatballs, and cook for a further 10 minutes. Add a little orange juice if the sauce is too thick.

*fresh or frozen

**or your own meatball recipe

Ratatouille

Packed with antioxidant colourful vegetables, this really is the epitome of the healthy mediterranean diet. Originating from Provence, ratatouille is perfect served hot with rice, or cold with a baguette and your choice of meat or cheese cold cuts.



Ingredients :

- 2 medium aubergines
- 4 courgettes
- 450g chopped tomatoes*
- 2 red peppers
- 2 large onions
- 2 garlic cloves
- 60ml (4 tbsp) olive oil
- bunch of coriander (optional)
- 15ml (1tbsp) vinegar
- black pepper to taste
- a pinch of sugar if desired

*canned or fresh

**optional - do this if you're sensitive to bitterness in aubergine.

How To Make :

- 1 Cube the aubergines and chop the courgettes into circles.
- 2 Place them in a colander with a sprinkling of salt and leave them for an hour.**
- 3 Cut the peppers into strips and prepare the tomatoes.
- 4 Chop the onions coarsely and the garlic finely.
- 5 Cook the peppers, onions and garlic in the oil in a deep pan, until they soften a little - about 5 minutes.
- 6 Add the tomatoes, aubergine, courgettes and vinegar and cook for about 50 minutes with the lid off.
- 7 Add the coriander, boil off any excess liquid, season with pepper and sugar before serving.

Welsh Pie

Leeks are full of lutein, antioxidants and minerals. This recipe uses the green tops, which are even richer in nutrients, but are often discarded. It's a real winter warmer!



Ingredients :

- 1 onion
- 600g leeks with tops
- 200g unsmoked back bacon
- 25g butter
- 30ml (2 tbsp) olive oil
- seasoning
- few sprigs of parsley
- 1kg potatoes
- 150ml chicken stock
- 50g cheddar cheese (or more if desired)

How To Make :

- 1 Chop the onions and leeks (including tops).
- 2 Chop the bacon into strips, and pan-fry all three in a big pan for 7 minutes in the oil and butter. Season well with pepper and half of the chopped parsley.
- 3 Peel the potatoes and slice thinly.
- 4 Butter a gratin dish, and layer the leek mix and potatoes alternately, ending with potatoes on top. Sprinkle on some salt, and press the mixture down.
- 5 Add the stock to the pie until it has reached the top layer of potatoes.
- 6 Bake at gas mark 6 / 200°C for 50 mins until the potatoes are tender and the liquid absorbed.
- 7 Grate the cheese and spread on top with the remaining parsley. Return to the oven for 10 minutes before serving.

Fish Florentine

Legend says that this dish originates from somewhere between France and Italy, when Catherine de Medici brought a love of spinach from Florence to Paris in 1533. A sophisticated dish, extremely high in lutein and Vitamin C, and certainly a feast for the eyes!



Ingredients :

- 450ml fish or vegetable stock
- 30ml (2tbsp) white wine
- 675g young spinach
- 50g butter
- 2 lemons
- 6 skinned plaice fillets
- pinch ground ginger
- seasoning

How To Make :

- 1 Season the plaice with salt, pepper and ginger. Roll the fish up, and secure with cocktail sticks.
- 2 In a pan heat half the stock with half the wine and the juice of half a lemon, and simmer the fish in it for around for 10 minutes.
Meanwhile heat the remaining stock and wine in a large pan. Add all the spinach and let it wilt down and cook (5-8 minutes).
- 3
- 4 Remove and layer the spinach in a buttered gratin dish. Sprinkle with the juice of half a lemon.
- 5 Arrange the rolls of cooked fish on top of the spinach, season, and use the remaining lemon for garnish.



Diabetes Research & Wellness Foundation

Diabetes Research & Wellness Foundation (DRWF) is a registered charity founded in 1998 to raise awareness of all types of diabetes and associated complications.

DRWF provide information and support to promote good self-management and to enhance quality of life.

Whilst funding vital diabetes research to establish the causes, prevention and treatment of type 1 and type 2 diabetes; develop improved management and treatment options; and ultimately find a cure.

DRWF aims to ensure that people have access to the right information and support to develop a proactive self-care approach to successful self-management, to ensure that they are ***"staying well until a cure is found..."***

DRWF is committed to providing high-quality, clearly communicated, evidence-based healthcare information.

We do this to ensure that people with diabetes can make informed decisions about their health and improve outcomes, safe in the knowledge that our information is trustworthy and reliable.

To this end, we are members of the Patient Information Forum (PIF). An independent, not-for-profit organisation that represents more than 300 organisations across the NHS, voluntary, academic, freelance and commercial sectors.

As part of the PIF TICK, DRWF is committed to making sure all its information is reliable, evidence-based and accessible, to ensure we are a "trusted information creator".

Join the Diabetes Wellness Network

To find out more about becoming a member of the Diabetes Wellness Network and receive the quarterly newsletter

Diabetes Wellness News, visit:

**[www.drwf.org.uk/
diabetes-wellness-network](http://www.drwf.org.uk/diabetes-wellness-network)**



Diabetes Research & Wellness Foundation

Healthy eating for diabetes

By:
Azmina Govindji RD MBDA
Consultant Nutritionist and
Registered Dietitian



Staying well until a cure is found...

Scan here to view the full series of DRWF information leaflets



**To view the full series of DRWF Diabetes Information Leaflets visit:
www.drwf.org.uk/understanding-diabetes/information-leaflets**

"Staying well until a cure is found..."

Warm Bananas & Chocolate

Healthy and delicious! Consuming a small amount of dark chocolate every day could reduce the risk of type 2 diabetes and heart disease, according to new research. Dark chocolate has a high cocoa content and also high levels of flavonoids, molecules that can prevent cell damage. Bananas contain Vit A and C, and also Potassium, which is great for dry eyes.



Ingredients :

- dark chocolate - chips or squares
- 1 banana per person

How To Make :

- 1 Cut the chocolate into small pieces if using squares
- 2 Split the banana lengthways down the middle (inside curve), but leave the skin attached.
- 3 Open the space and fill the opening with as much chocolate as possible, and peel the skin away from the gap a little so that the melted chocolate will go under the skin and not on top.
- 4 Then wrap the banana in tin foil.
- 5 Put the banana onto a BBQ, or in the oven at 180°C, for about 5 minutes.
- 6 Remove from the heat, remove the foil and allow to cool a little. Serve with spoon, perhaps with cream or ice cream and a rum 'n' coke alongside, if appropriate.

Blueberry Muffins

Known as 'Nature's candy', and a 'superfood', blueberries contain vitamins A, C & E, and a valuable anthocyanin, which makes them blue. and is especially good for eyes. This recipe, an American classic, contains much more fruit than shop-bought muffins, and taste great!



Ingredients :

- 220g plain flour
- 50g sugar
- 15ml (1tbsp) baking powder
- 2.5g (1/2 tsp) salt
- 120g butter
- 2 eggs
- 180ml milk
- 300g blueberries

How To Make :

- 1 Preheat the oven to 200°C (400°F /gas mark 6)
- 2 In one bowl, mix the flour, sugar, baking powder and salt.
- 3 Melt the butter, and put half of it in a second bowl with the eggs and milk. Whisk the mixture, and pour it into the dry mixture.
- 4 Gently blend the mixture to a lumpy consistency, before folding in the blueberries.
- 5 Coat the muffin containers with the remaining melted butter, and spoon the mixture into the muffin containers.
- 6 Bake in the middle of the oven for up to 30 minutes, before serving.

Apple Tart

Apples are full of carotenoid and flavonoid antioxidants, as well as vitamin C. Apple tart is eaten all over Europe, and is a great way of increasing your intake of fruit, alongside a cup of tea. This recipe is credited to a Mary Fittin from London.



Ingredients :

- 240g short crust pastry
- 60g margarine
- white of an egg
- 2.5ml (1/2 tsp) ground cinnamon
- 30ml (2 tbsp) golden syrup
- grated rind and juice of 1 lemon
- 30g granulated sugar
- 60ml flaked almonds
- 450g peeled, cored and chopped Bramley apples

How To Make :

- 1 Gently cook the apples in a closed pan with the syrup, sugar, margarine, cinnamon and lemon juice and rind, until the apples are soft. Leave the mixture to cool.
- 2 Ideally use an 8 inch detachable bottom tin. Roll out the pastry and line the tin. Then brush the pastry with egg white.
- 3 Fill the case with the apple mixture and sprinkle the almond flakes on top.
- 4 Cook for 30 minutes at 190°C until golden coloured.
- 5 Let the tart cool, before enjoying a slice on it's own, or with cream or ice cream.

The Ocular Cookery Club - Vol. 01

The Ocular Cookery Club volume 01 has been brought to you by your Noctura 400 Team, with the intention of sharing recipes that are healthy for the eyes with all our valued customers.

Noctura 400 is key in the treatment and prevention of diabetic eye disease, but nutrition too is important, with some vitamins and antioxidants crucial for maintaining optimal eyesight.



Your Noctura 400 Team

(Duncan, Ralph, Moira, Anna, Maryam, Martin, Anja and Richard)

Noctura 400 is manufactured by PolyPhotonix Medical, Sedgefield, County Durham, UK.

01740 625 555

