



CLINIC

Dr. Dilis Clare MBBCh, DRCOG, BSc (Herbal Medicine)
Apothecary & Clinic
9 Sea Road
Galway
Tel: 091 583 260
www.drclare.ie

Dietary Essential Fatty Acids

Oily fish Recommended 2-3 portions per week.

Sardines: Try these on toast. Tinned in brine, oil or tomato is fine (olive oil is preferable). Try sardines in the blender with lemon juice, black pepper and a tsp. of mayonnaise or yoghurt.

Mackerel: Try these fresh - simply grill them and then add lemon juice. Tinned/canned is readily available. Treat as sardines above. Vacuum packed smoked mackerel is also readily available and convenient. A natural smoking process is preferable when possible (it usually says so on the packaging).

Salmon, wild or organic if possible:

Available fresh in season and buy for the freezer. Tinned wild salmon is readily available. Vacuum packed smoked or roasted wild salmon may be available. Organic salmon is an option but significant chemical pesticides may be permitted with environmental implications. Check local resources.

Only Fresh tuna: Available from fishmongers or large stores. (Note: tinned tuna is not a rich source of essential fatty acids)

Nuts and Seeds

Unsalted, uncoated nuts and seeds, **with the exception of** peanuts and pistachios.

Examples:

Seeds: Sunflower, sesame, pumpkin, nigella, chia, freshly ground linseeds and hempseeds.
Nuts: Almonds, pine nuts, walnuts, brazil nuts, hazelnuts, pecans, cashews.

Suggested amounts are **two to three tsp. every day**. Add to cereal, yoghurt and stir-fries. Make a mix with raisins and have a small handful to help with sugar cravings.

Nuts and seeds are also high in Zinc and other minerals.

If constipated, grind linseeds in a coffee bean grinder. This gives fibre, essential fatty acids and a rich source of minerals. **Always take with water with linseeds.**

Vegetables

Avocados-2 per week. Buy them to ripen for the following week.

Suggestion: Squeeze lemon juice and a little sea salt.