

NEXT STOP- ITALY

Home of the
humble Zucchini

ZUCCHINI REIMAGINED

HEALTHY WAYS TO SNEAK IN
YOUR 2 & 5

3 BENEFITS

1: Cholesterol lowering: Contains soluble fibre which can decrease LDL (bad) cholesterol in the blood.

2: Improved satiety/fullness: Soluble fibre in the flesh and Insoluble fibre in the skin increases stomach stretch and slows down gastric emptying which makes you feel fuller for longer.

3: Improves eye health: Zucchini is high in carotenoids lutein and zeaxanthin which can prevent macular degeneration.

3 WAYS TO USE IT

...As long as we remember this one thing; Zucchini and Cucumber are not the same thing!

- **Zucchini Bread:** Use it to bulk up your morning toast, sandwich, or to have with hot soup during these cool days.

Recipe Alert! <https://cookieandkate.com/healthy-zucchini-bread-recipe/>

- **Zoodles:** Zucchini noodles are a growing trend and are a simple way to healthify your spaghetti bolognese by swapping your pasta with quirky looking veggies.
- **Zucchini Slice:** Like quiche but better. Keeps well in the fridge for up to a week. Handy on-the-go snack!

Recipe Alert!

<https://www.donnahay.com.au/recipes/lunch/basic-zucchini-slice>

Williamson, C. (2004). Foods that Harm, Foods that Heal. Nutrition Bulletin, 29(4), 367-368.

<https://doi.org/10.1111/j.1467-3010.2004.00457.x>

Byrd-Bredbenner. (2016). Wardlaw's perspectives in nutrition (Tenth edition.). New York, NY: McGraw-Hill.

