

# Submit your recipe to the 'Macula Menu'

To highlight the importance of good nutrition we are asking you to contribute a recipe to our 'Macula Menu' which will be shared on the Foundation's website in April. Simply complete the recipe template below and send to the Foundation. The 'Macula Menu' will be highlighted in Macular Degeneration Awareness Week, 24 to 30 May 2015.

Please note that submitted recipes must be original recipes or one you have adapted yourself. They must reflect a healthy, well balanced diet and include a variety of nutritious ingredients from any of the five food groups listed below. We'd particularly like recipes which include eye friendly ingredients such as dark green leafy vegetables and fish.

The 5 Food Groups:

- Lean meats, poultry, fish, eggs, tofu, nuts and seeds
- Vegetables, legumes and beans
- Fruit
- Grain (cereal) foods, wholegrain and/or high fibre varieties (low GI)
- Milk, yoghurt, cheese

Name \_\_\_\_\_

Address \_\_\_\_\_

Suburb \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Recipe name \_\_\_\_\_

Number of servings \_\_\_\_\_ Preparation time \_\_\_\_\_ Hours \_\_\_\_\_ Minutes

Brief Description \_\_\_\_\_

## Ingredients

**Quantity**

Eg: 1/2

**Measurement**

Select from  
cup/mls/gms/tbsp/tsp

**Ingredient**

Eg: almonds

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Please turn over

