

Skin and hair: how to feed them after the summer!

NUTRI-lipidomics *Molecular nutrition and healthy diet*



The “food” for skin and hair

The beauty of our hair and our skin fades away with the summer. The diet can help especially if we choose vitamin F (linoleic acid and alpha-linolenic acid) sources food.

Vitamin F is sensitive to heat and light, and food containing it should therefore be consumed preferably fresh or in any case after a short cooking time and at a not very high temperature.

Mackerel rolls with walnut cream

Today we have thought for you, a recipe based on blue fish, mackerel and walnuts, cheap foods and valuable sources of vitamin F.

Recipe

Ingredients (2 people)

- 2 filleted mackerel (4 fillets) 250 g
- 6 walnut kernels 20 g
- 1 tablespoon of Extra Virgin Olive oil 20 g
- 2 Sanmarzano tomatoes 100 g
- parsley 10 g
- Wholemeal breadcrumbs 50 g
- Chia seeds 20 g
- Salt to taste



Method:

Blend the walnut kernels with the parsley, the skinless tomatoes and a little bit of salt. Add 40 g of breadcrumbs and if the mixture is too stiff, add a little water.

Dispose the mackerel fillets on a chopping board resting on the skin side and distribute the cream previously obtained on the fillet. Roll up the fillets and place them in a baking dish, next to each other.

Sprinkle with the remaining breadcrumbs and the chia seeds, season with oil and bake at 120 ° C for 20 minutes.

Nutritional values per recipe and per person:

	Kcal	Protein g	Carbs g	Sugar g	Fats g	Saturated g	Mono- unsaturated g	Poli- Unsaturated g	Fibers g
Mackerel	327,5	48,2			15,7	4,5	3,8	4,3	
Walnut	130,8	3,0	2,74	0,52	13,0	1,2	1,8	9,4	1,34
Evo oil	176,8				20	2,76	14,6	2,1	
Tomatoes	18	0,88	3,89	2,63	0,2	0,028	0,031	0,083	1,2
Parsley	3,6	0.29	0,63	0,085	0,079	0,013	0,029	0,012	0,33
Integral breadcrumbs	123,5	6,5	20,64	2,78	1,67	0,37	0,8	0,3	3,4
Chia seeds	97,2	3,30	8,40		6,14	0,66	0,46	4,73	6,88
Total for recipe	877,4	62,17	36,03	6,0	56,8	9,53	21,52	20,9	13,15
Total per person	438,7	31,08	18,0	3,0	28,4	4,77	10,76	10,45	9,71

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The diet advises, written in the article, are not intended to be a substitute for a personal nutrition plan and should be adapted to specific cases.

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