

The Science of

Healthy

Nigerian Foods

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The Nigerian Kitchen

Every products of The Nigerian Kitchen is made and presented with full confidence. The Nigerian Kitchen is the best place in the world for making delicious and tasty Nigerian foods; you will learn tips and tricks about Nigerian foods that the world is yet to imagine.

This eBook will address the issue of food presentation, decoration and also encourage healthy eating habit in Nigeria.

I was watching a Chinese movie and just learned that Chinese people eat lots of good looking foods while here in Nigeria we care very little about food colors or nutritional value.

Once it tastes good and looks delicious, we can go ahead and divulge a plate of it... or maybe two plates.

Little wonder the average Chinese man lives above 62 years while the African man staggers way below those numbers.

The Chinese eat lots of vegetables while we eat more of meat and agricultural products which sometimes have been drained of the follow-come nutrient through over-cooking, over-processing and over-refrigerating.

The reason for this book is not to enforce Chinese recipes on Nigerians but to stress the correlation between their healthy lifestyle and healthy eating habit and also proffer healthier Nigerian recipes that would ensure longevity and propel healthy living among Nigerians.

The Nigerian Kitchen is the biggest place in the world for making Nigerian foods; I feel I am the right person to address this issue. Well, I may not completely tackle the problem but... at least... hopefully I will begin the revolution, the call to make your foods healthier and also very appealing to the eyes

My utmost desire is that by the end of this read you would have learned what it takes to make both good looking foods and also what to add to make your foods healthier too.

Healthy Nigerian Foods.

Like I stated initially, most Chinese foods are very healthy looking, take a look at the food below. Even when it is properly cooked it is still garnished with healthy herbs, plants and vegetables that are vital for cellular health.



What you see above is a square meal for the average Chinese person, I can't say so much about the taste but it sure looks nice and healthy. Well, I believe that what makes a food healthy is the use of vegetable, herbs and natural nutrients

And what makes a food unhealthy is the uses of processed nutrients/ingredients and of course any method that drains/dilute the natural nutrient of a particular food.

Now let's see what the average Nigerian consumes per square meal. I am not going to use a very unhealthy food as example, recently I saw a woman that made stew with melted animal fat. She just went to the butcher's and collected animal fat for free, then melted them and used it as oil for making stew. Well... I didn't get angry until I saw the fat infested cow intestine she used as meats. I wouldn't say much about that kind of meals but that sure is the best way to commit suicide... slowly.

I learned that some people intentionally request for meat with fat, according to them, it tastes sweeter. I can go on to list all the crappy things we eat in Nigeria but let's keep that for another day.

Here is the kind of food we eat in Nigeria (on the average)



This is a combination of cooked rice and tomato stew plus fried chicken. It is not so bad but also not so healthy.

It would have been a lot better if we eat this kind of meal once in a day and then maybe a plate of fruit salad in the night but, well... I think I hear someone say “those are for the Chinese people and all ‘dem white people”.

As Nigerians, we also need to cultivate a healthy eating habit and do you even know that it is easier and more delicious to eat healthy foods?

The question is “What does it take to eat healthy foods?” that is the golden question that we are going to address here.

How To Make my Food Healthy.

Most people are scared of losing all the foods they enjoy in the name of ‘eating healthier foods’ but “I give you my word”, that is never going to happens

My suggestion is that it would be lovely and a lot better if we take the steps one after another. Most of the foods we eat in Nigeria can be greatly improved with the simple addition of vegetables, herbs and natural nutrients that are necessary for optimum health.

What you find below is another example of delicious plate of rice; you can go ahead and compare the difference with the plate of rice above. It doesn't seem like anyone is going to lose the foods they enjoy by adding carrot, green beans, peas and sweet corn.

Does it not look delicious and better than the plate above?



This is a lot healthier when compared with the plate of rice above; it is one of the ten recipes that are contained in the [Ten Delicious Rice Recipes \(eBook\)](#).

If you have the eBook you will learn how I made this food on page 3 (Recipe Number 1) —→ <http://tinyurl.com/ple5azb>

It is not possible to change the kind of foods that we eat in Nigerian but it is very easy, I suppose, to make them a lot healthier.

Instead of making just jollof rice with canned tomatoes, you can ditch the canned tomatoes and use fresh ones instead, then go ahead to add carrot, green beans and peas to get something like the food here —→



Now, we have seen that it take just a very little effort to make our foods healthier and the benefit of doing that is quite enormous, at the end we would build a stronger immune systems and ultimately improve our lives by improving what we eat. I am one of the people that believe that there is a correlation between healthy foods and healthy people.

The second best thing about making healthy foods is that you also make them to look very delicious while you are trying to make them healthy. Take a look at the image below, it is quite tempting to eat just the jollof rice; I bet good percentage of Nigerian just eat jollof rice the way it comes.



Sure it wouldn't kill anybody to eat the kind of rice above; after all it is a well-made plate of jollof rice, if you throw a well-fried chicken wing on top of it the average Nigerian would definitely fall for it.

But then, what would you say about this same rice with some vegetables



The different is just the use of cabbage and sliced tomatoes, not a lot but it sure makes a lot of difference. You can also add green beans, carrot and maybe peas too. May I also add that most salads with lots of cream are not so good to the body.

Unfortunately, most times, the sweetest ones are not always the healthy ones. Although if you experiment a lot with foods you will learn to make some healthy foods that are also very pleasant to the tongue.

I always urge cooks to experiment wildly with foods; you don't need to be scared of blending different ingredients or trying a combination of different foods. By so doing you will discover tricks and ideas that will blow the minds of people

Lastly, like I already said; most times it takes just a little artistic twist to make a delicious and healthy Nigerian food. You can chose to add fluted pumpkin (vegetables) when you make tomato stew or tomato sauce for yam.

Experiment wildly with fruit and vegetable, you have absolutely nothing to lose but definitely so much to gain.

Although we have almost addressed the issue of beautifying Nigerian food, I am just going to spend a couple of minutes more on the subject. I believe this subject is more important than the one we just treated.

Other Health Tips

According to “The Doctors Book of Home Remedies”, a powerful book that has sold over 16 million copies, doctors advised that good dieting is one of the ways to reduce high blood pressure and other blood related disorder.

They advised that you,

- 1 Eat lots of fruits daily.
- 2 Eat lots of whole grain (rice, corn, millet, sorghum, wheat instead of eba).
- 3 Use low-fat dairy foods and lesser meat.
- 4 Avoid too much salt, use enough but not too much, (Important).
- 5 Get enough potassium (from fresh foods of all kinds – fruits and vegetables)
- 6 get enough calcium and magnesium (From milk, biscuit bones etc)
- 7 Reduce the use of red meat (you can try white meats like fresh chicken and turkey) it is also better to use cow tripe, pkomo etc. Fishes are great supplement for meat; they contain Omega-3 that is responsible for fighting heart diseases and maintaining normal blood pressure.

Good Looking Nigerian Foods

One of the reasons I wrote the [Ten Delicious Rice Recipes eBook](#) was to encourage the preparation of delicious and good looking rice in Nigeria.

I kind of got tired of eating the usual rice/tomato stew and decided to add a little twist to all of it. You will notice the difference between plate A and plate B



I think I like the B plate better.

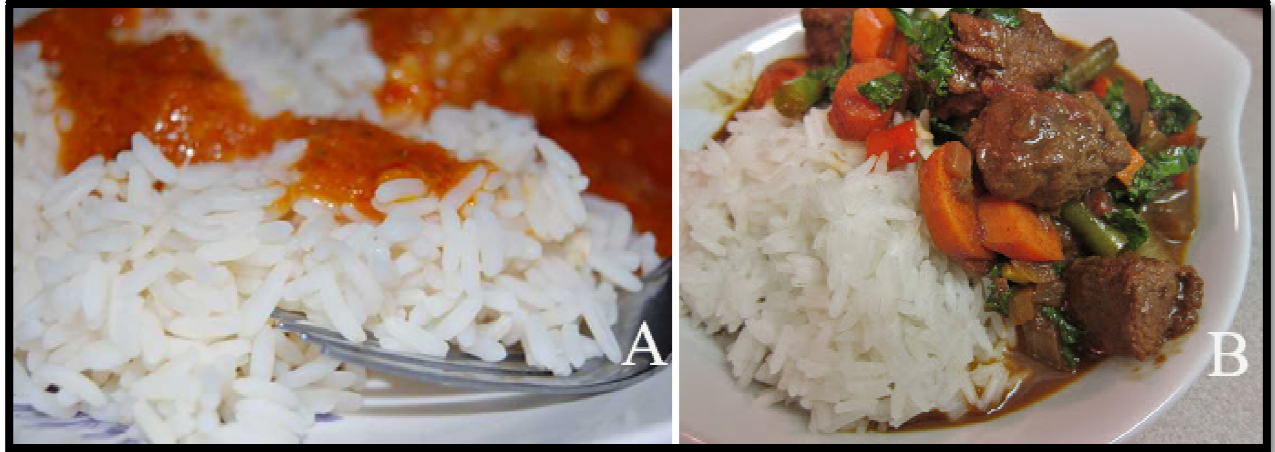
Up till this moment Nigerian cuisines have not be noticed around the world, the reason is not because we don't have the requirements to make good looking foods the reason is just that we have ignored that aspect of our culture.

Creativity is one of the good qualities of a great cook, I wouldn't have achieved that delicious looking food if I just made rice and stew, I decided to also make beans and fry plantain in other to add a little artistic twist and make them look good.

I don't know about others but when foods a delicious looking and well presented it kind of set my mind at peace while enjoying it. Most people are

good at serving rice with stew spread all over the top and then a piece of meat at the center.

That method has gone extinct; you don't do that anymore in the time and season we live in. check out the two plates of rice below and tell me the one you would truly like to eat.



For me, I think B looks a lot nice and delicious. When you try to make it look delicious you also end up making it healthy.

Thanks for reading this wonderful eBook; I do hope that you would implement some of the tips and tricks outlined in this eBook. You stand to benefit immensely by eating healthy food, you will succeed in maintaining healthy cells and ultimately ensure a healthy lifestyle.

This is a product of the Nigerian kitchen. You can learn more about The Nigerian Kitchen here → <http://allnigerianfoods.com/the-nigerian-kitchen>

It's a wonderful place for making delicious Nigerian foods

Our premium eBook – <http://tinyurl.com/ple5azb>

Chy P. Anegbu