

a:care

KEEP CALM
STAY BALANCED
QUALITY LIFE BEYOND VERTIGO

Low salt diet may reduce the feeling of on spinning in tilting swaying vertigo.

FISH CARDILLO

This recipe is lower salt and sodium than other Cardillo recipes because it uses...

- Fresh, not canned, tomatoes
- Ground pepper and corn oil with no salt added
- Green onions



35
minutes



6
servings



115 mg
per serving

Nutrition Facts

Calories	170
Total Fat	4 g
Saturated	1 g
Cholesterol	45 mg
Sodium	115 mg
Total Fiber	3 g
Protein	20 g
Carbohydrates	13 g
Potassium	600 mg



Fresh Ingredients

- 4 teaspoons corn oil
- 1 large onion, sliced
- 3 or 4 medium-sized tomatoes, chopped
- 15 stalks green onions, chopped
- 1 teaspoon ground pepper
- ½ cup egg whites, beaten
- ¼ cup flour
- ½ kg red snapper
- ½ cup water

Procedure

1. Dust each fish with flour and fry.
2. Set aside on top of a paper towel.
3. Saute onion and tomatoes.
4. Add Fish and between egg whites.
5. Simmer for 5-10 minutes.
6. Add ground pepper. Stir.
7. Sprinkle with chopped green onions. Serve.



VISIT OUR WEBSITE DEDICATED TO VERTIGO

www.acare.ph

Reference: 1. Zatonski T, et al Current Views on Treatment of Vertigo and Dizziness. J Med Diagn Meth; 2014; 3(1)
2. Philippine Heart Center's Healthy Heart Cookbook

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