

a:care

KEEP CALM
STAY BALANCED
QUALITY LIFE BEYOND VERTIGO

Low salt diet is good for the heart.

MUNGGO GUISADO

Made with vegetables, seafood, lean meat, and a small amount of corn oil, this recipe will be a sure hit with your family.



45 - 60
minutes



8
servings



350 mg
per serving

Nutrition Facts

Calories	160
Total Fat	3.5 g
Saturated	1 g
Cholesterol	35 mg
Sodium	350 mg
Total Fiber	8 g
Protein	13 g
Carbohydrates	19 g
Potassium	370 mg

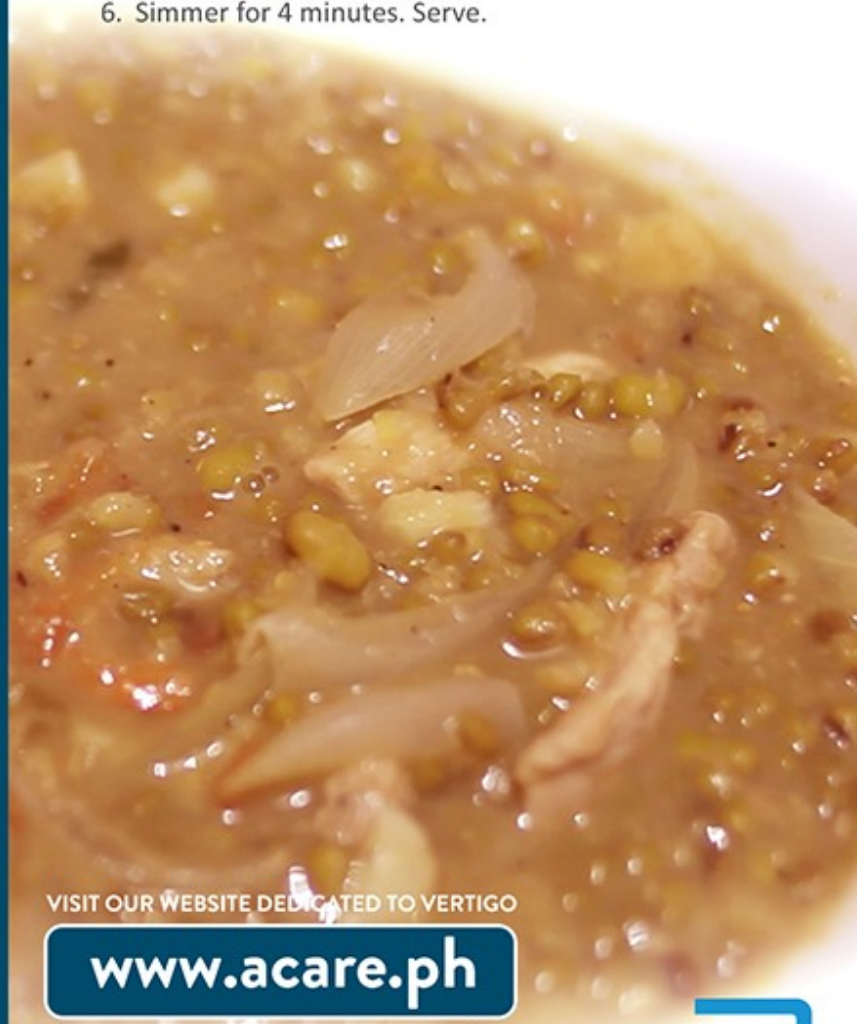


Fresh Ingredients

- 2 cloves fresh garlic, crushed (or 1 tablespoon minced)
- 1 cup white onions, chopped
- 1 cup (4 oz.) lean pork, thinly sliced
- 1 tablespoon corn oil
- 1 cup ripe tomatoes, chopped
- 4 cups water
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 cup (4 oz.) shrimp, peeled and de-veined
- 1 cup spinach leaves
- 1 cup precooked mung beans

Procedure

1. Combine olive oil, garlic, onion and tomatoes.
2. Add pork and saute until lightly brown.
3. Add water and simmer for about 15 minutes.
4. Add the precooked mung beans and simmer for 15 minutes.
5. Season with salt and ground pepper. Add peeled shrimps and spinach.
6. Simmer for 4 minutes. 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. Filipino-American Food Practices, Customs and Holidays American Dietetic Association, 1994

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