

Fantastic fishy foods

KAMEYA CHINSAMY

You probably already know that you're supposed to be eating fish at least twice a week.

Fish are a lean, healthy source of protein—and the oily kinds, such as salmon, tuna, sardines, etc—deliver those heart- and brain-healthy omega-3 fats you should be getting in your diet. For fish, the most valuable nutrient status would probably go to omega-3 fatty acids. For this reason, the fish containing the most omega-3 fatty acids should be at the top of your list. However, these are not necessarily the fish that are the lowest in fat.

Note that when you choose one fish over another, you're making some trade-offs. Some of these are small and insignificant; if you eat dairy products regularly, you don't need to worry about how much calcium is in your fish.

Other choices matter more: mackerel, for example, contains a high amount of omega-3 fatty acids, but it also derives half of its overall calories from fat, including saturated fats. You would do better choosing salmon or tuna, unless you're on a tight budget. Here's how fish

rate according to different nutrients.

- Best sources of omega 3 fatty acids: salmon, albacore tuna, mackerel, lake trout, sardines, herring.

- Highest in protein per serving: tuna; salmon, snapper, swordfish. Most fish are similar in protein content. Best source of protein in grams per calorie of fish are: lobster, shrimp, tuna, cod.

- Highest vitamin B-12 content: clams, mackerel, herring, blue fin tuna, rainbow trout, and salmon.

- Highest in iron: clams, shrimp, mackerel, swordfish.

- Lowest in iron: snapper and sea bass.

- Highest in zinc: crab, lobster, swordfish and clams.

- Highest in calcium: canned salmon with bones.

- Highest in total fat, saturated fats, and calories: mackerel.

- Lowest in total fat and saturated fat: lobster

- Highest in cholesterol: shrimp, mackerel, lobster.

- Lowest in cholesterol: yellowfin tuna and snapper

Mogul, mom and mentor

DUSCHANKA HITZEROTH

For some, entrepreneurship is worked on and refined daily while for others, it is embedded in every fibre of their being.

This is true for Executive Director at Non-Profit Company (NPC) Zikulise Community Upliftment Project, Julie Jonson.

The centre, which aims to eradicate poverty and joblessness, was established in 2004 to train and develop people in income generating skills.

Zikulise, which translated from isiZulu means 'grow oneself', has since its inception experienced phenomenal growth and trained more than 4 000 people.

'The organisation is fund dependent and has had some challenges; it has become harder to get grant funding so we try to have as many fund-raising initiatives, to pump profit back into the organisation, as possible.'

'Zikulise also does corporate event gift packing which is an additional source of income for the centre,' she said.

Aiming to shine light in the lives of others and give them hope, Zikulise aims to initiate a school enrichment project.

'We have put together a presentation of all our courses which we showcase at schools, whether it is entrepreneurial skills or just craft skill development, so we can teach the youth. Once they leave school, they are equipped

with an income generating skill of some sort, in the event they cannot find employment.'



Executive Director at non-profit company Zikulise Community Upliftment Project, Julie Jonson

PHOTO: Duschanka Hitzeroth

Power in your hands

Originally from Bloemfontein, Julie moved to Empangeni in 1986 and started a pottery business.

'It was operative for 18 years. Pottery has always been a great passion of mine. I started teaching classes and later opened the business where it soon became a big factory in which we would mould and sell ceramic ware,' she said.

'I learnt a lot from running my own business and I want to transfer what I have learnt to other people.'

'I want people to realise they can work with their hands, make something and sell it. The power is literally in your hands.'

Create new items

'All my experiences through working at a legal firm, when I was younger, to running my own business for many years, lead me to the NPC project I now run.'

'I love doing product development in my spare time and exploring my creative side.'

'I crochet and knit, too, and create new items to consider whether they would sell in our shops,' said Julie.

Passionate about entrepreneurship and teaching others to empower themselves, this business-savvy beauty also enjoys a tasty pasta dish and a good book.

'One of my favourites is 'The Bourne Identity' by Robert Ludlum,' she said.

Driven by the fact that she is fulfilling God's will for her life, Julie said tough times are to be expected.

'Times get tough now and again, but everything is an exciting challenge.'

'I maintain that when things go pear-shaped, God is my strength,' she said.



Every choice has a consequence

NIKKI BUSH

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21st Century Parenting

NIKKI BUSH

'Each one of us must make the miracle happen....It starts within us, with the recognition that we do not live in a vacuum. Each one of us is a constituent part of a greater organism: our community, our country, our continent, our world.' - Archbishop Desmond Tutu in his Freedom Day article in the Sunday Times of 31 April 2012.

What The Arch is referring to relates to the importance of bringing up children who will be contributing citizens (in time, actions and money), rather than people who will just take, consume and expect without giving of themselves in return.

To this end, we must bring up our children to make responsible choices precisely because they don't live in a vacuum.

Being responsible means making the most appropriate choices, or taking the most appropriate actions, in any given situation. Choice and responsibility go hand-in-hand leading to respect for self as well as for others and for property.

Tutu calls on parents to teach their children values at every level of the socio-economic scale.

My feeling is that when we teach responsibility, we are actually teaching values – what is good or bad, right or wrong, acceptable or unacceptable.

What are the consequences of good or bad value choices? It starts

with learning to look after possessions – books; games and toys; tidying up; helping with chores and respecting each other, in the home.

So, it all boils down to understanding the connection between consequences and choices.

Our children need to learn to make good choices rather than bad ones:

- If you choose to leave your towel on the floor, you are choosing not to watch TV tonight.

- If you choose not to do your homework tonight, you are choosing to be in trouble with your teacher tomorrow.

- If you choose not to eat your supper, you are choosing not to have pudding.

By using the words 'you choose' you are empowering your child with the opportunity to take responsibility for their own actions or face a consequence that they don't like.

When things get personal, it becomes a very real learning experience for a child, rather than a theoretical one.

Children learn best through the consequences of their own actions: 'If I choose this, then I choose for this to happen.'

This is a great foundation for making good judgement calls and taking personal responsibility for them.

It is a vital step in creating a child who will be a responsible citizen in society one day.

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