



Eat Ting

**LOSE WEIGHT · GAIN HEALTH
FIND YOURSELF**

Mpho Tshukudu and Anna Trapido offer healthy eating solutions based on traditional southern African food, and modern versions of time-honoured favourites. From gluten-free sorghum flapjacks to salads featuring low-GI, ancient grains, this book is all about great-tasting South African superfoods. Find out how to cook foraged traditional greens and explore new takes on nose-to-tail eating. How about a modernised *tshidzimba* with oven-roasted tomatoes? Or an updated *inhloko* with spiced pumpkin salad? Perhaps a comforting bowl of classic *mofokotso*? It's all here, plus many more innovative, delicious dishes that are very good for you too.



SALES POINTS

- Answers the unaddressed need for South African-specific nutritional guidance.
- Proudly South African.

PRICE	R325
ISBN	978-1-928209-55-3
DIMENSIONS	170 mm x 230 mm
EXTENT	224pp
ILLUSTRATIONS	120
BINDING	SOFT COVER WITH FLAPS

Eat Ting is not a diet book. Rather, it will make you fall in love with timeless African flavours – while also improving your health and wellbeing.

ABOUT THE AUTHORS

MPHO TSHUKUDU is a registered dietitian. She holds a BSc Dietetics and a postgraduate diploma in hospital dietetics from the University of KwaZulu-Natal. She is also a FirstLine Therapy practitioner and trained in Functional Medicine at the Institute for Functional Medicine. In her practice, she uses food and its nutritional compounds, stress management, sleep and exercise to promote optimal health.

ANNA TRAPIDO is a food anthropologist who has an MA from Cambridge University and a PhD from the University of the Witwatersrand. She is also a trained chef and author of the award-winning book *Hunger for Freedom: The Story of Food in the Life of Nelson Mandela*.

The superfoods to be found in South Africa are the heroes of this excellent book

– The Gourmand World Cookbook Awards

*Cook like your granny · Embrace traditional dishes
Look after your health · Tackle the Triple M challenge*