

Adhealth News

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News and information for those attending the health programs sponsored by the
Erina Seventh-day Adventist Church

Early Bird or Night Owl?

Your sleeping patterns could be placing you at risk of weight gain.

According to a recent study of 52 people from the US published in the International Journal of Obesity, people who went to bed late consumed an extra 248 calories (1036 kJ) each day.

Overall, late sleepers were found to eat twice as much fast food, half as many fruits and vegetables and down more soft drinks. But an increase in their calorie intake was probably not the only cause for their weight gain. According to one of the researchers involved in this study, timing of meals is also important. Eating when you're meant to be sleeping can wreak havoc for your metabolism, and potentially lead to weight gain on its own accord.

Another study reveals that people who don't get enough sleep produce a particular hormone which promotes overeating and as a result are at greater risk of gaining weight.

Today there is a ubiquitous intrusion of personal, social and cultural activity on the time, which would have been previously used for sleep. Yet getting a good night's sleep should be a priority area for our health and wellbeing. Not only can adequate quantity and quality of sleep help keep your weight in check, it'll also improve your judgement, creativity, initiative, decision making as well as boost your mood. Not to mention that when we have less sleep, we get irritated with those closest to us!

This Month's Program

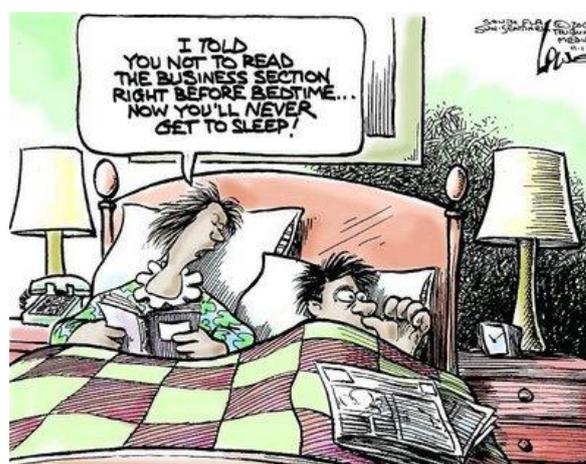
Our next class will be this **Monday, 31 Oct.** We are giving you a copy of a new recipe book called *Nourish*. Some of the recipes from the book which we will be making are:

- ◆ **Fresh Beetroot and Ricotta Wraps**
- ◆ **Pasta with Roast Vegetables and Pecans**
- ◆ **Nepalese Vegetable Curry**
- ◆ **Lumberjack Cake**

Next month we are going to do something a little different. We have a special guest speaker coming to speak to us - more about that in next month's newsletter. BUT you get to taste some great food without having to cook it yourself! We are going to provide the food and all you have to do is sit and listen - and eat, of course.

Please remember that bookings are essential. You can ring **0403 848242** (or **43284912**) or email cheryl011148@dodo.com.au.

Our charge is \$15 per night.



Date Recipes

Couscous, Orange and Spinach Salad

- 2 c (500 ml) vegetable stock
- 2 c couscous
- 2 Tbsp oil
- 1 bunch (about 650g) English spinach
- 1 medium red pepper
- ¾ c chopped pitted [dates](#)
- 3 medium oranges, segmented
- 3 green shallots, chopped
- 1 c (150g) unsalted roasted cashews

Orange dressing

- 3 Tbsp low fat dressing
- 1 tsp grated orange rind
- 1/3 c (80 ml) orange juice
- ½ tsp sugar

1. Add stock to pan, bring to boil, stir in couscous, remove from heat and stand for 3 minutes. Add oil and stir through well.
2. Boil, steam or microwave spinach until just wilted, rinse under cold water, drain on absorbent paper.
3. Quarter pepper, remove seeds and membranes. Grill pepper, skin side up, until skin blisters and blackens. Peel away skin, chop pepper.
4. Combine couscous, spinach, pepper and remaining ingredients in bowl, add orange dressing and mix well.

Fruit Spread

- 1 cup dried apricots, chopped and soaked
- 1 cup drained crushed pineapple
- 1/2 cup unsweetened pineapple juice
- 1 cup dates

1. Cook apricots and dates with pineapple juice until a smooth paste.
2. Add crushed pineapple, mix well or blend in a blender. Cool and refrigerate.
3. Use as a jam substitute or a topping for pancakes.

Dates

Did you know this little oval shaped fruit not only tastes great, but is packed full of healthy nutrients? Dates are an excellent source of fibre – both soluble and insoluble – which helps keep your cholesterol down, sustains you for longer and can aid your bowel habit. If you suffer from constipation, enjoy a few dates each day to help you become more regular.

This fruit is also an excellent source of potassium - important to help control your blood pressure. Further, dates are a good source of iron, which is needed to carry oxygen around your body. And they are simply loaded with antioxidants, which can help boost your immune system.

Traditionally, dates come from Asia and the Middle East and have been loved for centuries. Dates are now grown in Australia and it's pleasing to know you can get fresh dates all year round. Store your dates in an airtight container in the fridge for up to three weeks.

While dried dates have some of the same health benefits as fresh ones, they do contain up to twice the amount of sugar and calories due to their lower moisture content – so, as the saying goes, fresh is best if you're going to tuck in!

The easiest way for you to have a few dates is to nibble on them in between meals in place of other sweet morsels. You can also stuff fresh dates with soft cheese, almonds and other fillings, or add dates when baking muffins or fruit salad.

