

Adhealth News

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

How to Avoid Overeating

One expert on nutrition and behaviour change has developed a number of behavioural techniques for reducing ingestion of unhealthy calories. Brian Wansink, a Cornell professor and author of *Mindless Eating*, has identified five situations where people are particularly at risk of overeating. He has called them “meal stuffing,” “snack grazing,” “restaurant indulging,” “party bingeing,” and “desktop or dashboard dining.”

To reduce meal stuffing, Wansink suggests using a smaller plate, and serving the meal from the stove, not from the dining table. “Our research shows you eat 22% less on a 10-inch than on a 12-inch plate.”

To reduce snack grazing, keep the snacks at least six feet away from your desk or from wherever you are sitting. The distance forces you to think before you grab another bite, and Wansink’s research shows that it can translate into a 125-calorie reduction in your daily energy intake (every little bit helps).

The same distancing advice applies to party bingeing. You should also put no more than two items on your plate on any trip to the snack table and start with the bulky, low-calorie stuff — the raw vegetables.

Wansink also advises people not to try more than a couple of his techniques at one time. “We find that if people can maintain changes for a couple of months, they will then make a second, or third, or fourth change,” he says.

Special Program This Month

Monday, 28 Nov is the final class for the year. It is going to be a different format. We have invited a special guest speaker, **Teresa Rutherford**, an inspirational community educator in all things organic and sustainable. She is passionate about Environmental Awareness and Chemical Free Eating and Living. Her workshops include: Living with Less chemicals, Non-Toxic Cleaning practices, Natural Body Care and Natural Baby Care, No Dig Gardening, Kitchen and Balcony Gardening, Growing Bean Sprouts, Worm Farming, Composting.

For a decade now she has been facilitating workshops to encourage participants to rethink their use of chemicals in the home and offers alternative Non-Toxic Cleaning Products to make or buy, in a fun relaxed atmosphere.

Instead of cooking, you will be able to sit back and enjoy some **Celebration Food** that we have already prepared for you as a little end-of-year party. You will receive copies of the recipes. Here are some of the dishes you will get to taste:

- ◆ **Sweet Potato and Leek Roulade**
- ◆ **Cashew Roast**
- ◆ **Tofu Balls**
- ◆ **Beetroot Dip**
- ◆ **Stained Glass Bars**
- ◆ **Blueberry Icecream**
(made entirely from fruit)

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

Walnut Mushroom Pate

3 tbsp olive oil
350g sliced fresh mushrooms
1/2 onion, sliced
2 cloves garlic, minced
100g firm tofu, mashed
1/2 cup walnuts
1/4 tsp salt
1/4 tsp black pepper (optional)
1 green capsicum, seeded and chopped

1. Sauté the mushrooms, capsicum, onion and garlic in olive oil until the onions turn soft, about 5 minutes.
2. Put the mushrooms mixture and tofu in a food processor or blender and puree until smooth.
3. Add the walnuts, salt and pepper, and puree again until smooth.
4. Chill the vegetarian pate thoroughly before serving. Serve your pate with bread or crackers.

Figs with Cinnamon, Almonds & Walnuts

1 cup fresh orange juice
1 cinnamon stick
2 star anise
12 small fresh figs
1/4 cup blanched almonds
1/4 cup roughly chopped walnuts

1. Place the orange juice, cinnamon and star anise in a small saucepan over medium heat.
2. Bring to a simmer, reduce the heat to low and add the figs.
3. Poach the figs for 10 minutes then remove from the heat and allow to cool.
4. Continue to simmer the orange poaching liquid until reduced slightly.
5. To serve, spoon the figs into serving bowls and scatter with almonds and walnuts.



Walnuts

Some say these tree nuts look like a brain. Could they really be brain food? And what about their heart benefits? Like other nuts, walnuts have many health benefits. Read on to find out how eating a handful of walnuts each day could help you stay well and live longer!

Walnuts have anti-inflammatory properties, which means they can help protect you from developing chronic diseases such as heart disease. They are rich in polyunsaturated fats (the good ones) – including omega-3 – and supply a concentrated package of important nutrients, such as arginine and potassium. These nutrients have been shown to help your heart and blood vessels stay in good shape.

Whole nuts, eaten 4-5 times per week or more compared to less than once weekly, have been linked in several very large studies with about a 50 % lower risk of heart attack! Who would have thought food could be so powerful? If cholesterol is your concern, incorporating a handful of walnuts in your daily diet will help you lower your LDL cholesterol – the bad one.

Walnuts are also a good source of fibre and protein. For this reason, they play an important role in weight management, and can help you to feel fuller for longer, while dampening the effect of carbohydrates on your blood sugar levels.

As for the brain, there is some research to suggest that walnuts could enhance cognitive function (who couldn't do with a boost?) due to their anti-inflammatory effects and the other beneficial impacts they exert on the tiny blood vessels in your grey matter!

Choose walnuts that look crisp and plump with a light skin colour or shell your own if you want real freshness. Keep them in an airtight container in the refrigerator for up to 4 months or freeze to extend their shelf life.