

News and information for those attending the monthly Vegetarian Cooking Classes at the Central Coast Adventist School or other Health Programs sponsored by the Erina Seventh-day Adventist Church

Longer Life

Being active and eating plenty of fruits and vegetables may lengthen the life among women in their seventies, suggests a new study published in the *Journal of the American Geriatrics Society*.

In the study, scientists looked at carotenoid levels and activity habits of 713 participants of the Women's Health and Aging Studies. At the start of the study, the women were 70 to 79 years old. Carotenoid levels (phytochemicals found particularly in yellow/orange foods) are a key marker of fruit and vegetable consumption. Among the participants, slightly over half were sedentary; 20 percent were moderately active and slightly over a quarter were in the most active group.

After tracking the women for five years, the scientists found that the women who were the most physically active were more likely to survive during the study compared to the least active. And having high levels of carotenoids also improved survival, when compared to the lowest levels. The women who were most physically active and had the highest fruit and vegetable consumption were eight times more likely to survive the five-year follow-up period than the women with the lowest levels.

Mind Matters

In a study on aging and cognitive impairment conducted by the Mayo Clinic, researchers enrolled 926 seniors ages 70-93 in the study. Each participant completed a mental acuity test and a survey of lifestyle factors to measure their exercise habits, calorie intake, and mental activities. The researchers found two lifestyle factors that were strongly linked to a lower risk of early-stage dementia, or mild cognitive impairment.

Seniors who exercised regularly and engaged in regular computer use had a 64 percent decreased risk of developing mild cognitive impairment (MCI).

So both physical activity and mental challenges are important for healthy brain function.

The National Alzheimer's Association recommends the following:

- Eating primarily a plant-based diet, high in brightly colored fruits and vegetables and low in saturated fat and cholesterol.
- Maintaining a healthy weight.
- Maintaining a healthy blood pressure.
- Keeping blood sugar level within a healthy range.
- Getting adequate vitamin D and B-12.
- Limiting alcohol intake.
- Staying mentally, socially, and physically engaged in life.

This Month

Heart Health

Did you know that it is possible to dramatically reduce or even reverse your chances of suffering from heart disease – even if you have a family history of heart problems? On Monday night 25 June, Marcia will explain the type of diet and lifestyle that will help you keep your heart in top condition.

Menu

Here are some recipes we will be cooking on Monday:

-  Roasted Vegetable Pasta
-  Pumpkin Delight
-  Potato Samosas
-  Black-eyed Bean Salad
-  Apple Cake

Bookings

Bookings are essential so that we can buy the right amount of ingredients. Please email or ring Cheryl on 0403 848242. The cost is \$15 payable on the night.

Newsletter on the Web

If you wish to view the newsletter on line or look at previous newsletters, go to erina.adventist.org.au/ and click on **Health News**.

This Month's Recipe



Lentil Vegetable Hotpot

- 1 tablespoon oil
- 1 onion, chopped
- 1 carrot, chopped
- 6 small potatoes, halved
- 450g sweet potato, peeled and cubed
- 410g can Indian-style tomatoes
- 415g can brown lentils
- 2 tablespoons tomato paste (no added salt)
- 1 cup water
- 10g low-salt vegetable stock cube
- 200g green beans, sliced
- parsley to serve

1. Heat oil in a large saucepan and sauté onion until soft.
2. Add carrot, potato and kumara and sauté for 1 minute.
3. Stir through tomatoes, lentils, tomato paste, water and stock cube. Bring to boil, then reduce heat and simmer for 25 minutes or until vegetables are cooked.
4. Add beans and cook for a further 5 minutes or until tender. Sprinkle with chopped parsley.
5. Serve with couscous or brown

Bowel Cancer Resistant Starch Protects

Western diets are typically low in fibre and have been linked with a higher incidence of bowel cancer. Even though Australians eat more dietary fibre than many other western countries, bowel cancer is still the second most commonly reported cancer in Australia. Dr David Topping, from CSIRO's Food Futures Flagship, said this is referred to as 'the Australian paradox'. "We think the answer is that we don't eat enough resistant starch," Dr Topping said.

Resistant starch is sometimes called the third type of dietary fibre (in addition to soluble and insoluble fibre) and is found in legumes, some wholegrain breads and cereals, bananas, potatoes, pasta and rice.

The recommended intake of resistant starch is around 20 grams a day, which is almost four times greater than a typical western diet provides. Twenty grams is equivalent to eating three cups of cooked lentils. CSIRO, National Science Agency of Australia - April 26

Sit less. Move more.

If you sit too much, you increase your risk for early death, Australian researchers found in a recent study. Their finding supports similar studies. People who spend 8-10 hours sitting daily have a 16-percent increased risk of early death. Those who sit 11 hours or more daily have a 41% increased risk of early death.

Napping Good for Your Heart

Getting adequate sleep to feel well rested is a challenge for many people, especially as they get older.

In a recent study at Weill Cornell Medical College, researchers found that napping increased a person's overall sleep time per day without causing daytime drowsiness. Researchers also found that napping improved cognitive performance. In other words, it helped the brain work better.

The findings suggest that a daily nap can add to total sleep and improve daytime mental function. A daytime nap can have both health and productivity benefits.

A study on napping reported in the Archives of Internal Medicine showed how taking a nap could benefit the heart. In this study, those who took an "occasional" nap decreased the risk of a fatal coronary event by 12 percent. Those who took regular naps decreased their risk by 37 percent. And employed men who took a regular nap decreased their risk of a fatal heart attack by 64 percent. These are amazing differences.

If you have trouble getting adequate rest at night, you might try a midday nap. Getting that extra 20 minutes or more of sleep daily appears to be an easy way to improve your health and mentally perform your best.