

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

The Facts about Eggs

Cracking The Code

Eggs are a cheap, tasty source of high-quality protein, minerals, vitamins and phytonutrients such as carotenoids. But research shows that eating one egg a day can significantly increase your risk of developing type 2 diabetes. And if you already have diabetes, enjoying an egg sandwich or poached egg on toast every day can double your risk of heart attack, stroke and premature death!

Some findings suggest that healthy people do not experience a rise in blood cholesterol levels by eating up to six eggs per week. But leading nutrition scientists are warning that egg yolks should not be eaten indiscriminately, without considering your genetic predisposition, overall food habits and risk of heart attack.

While it's now clear that dietary cholesterol has a minor role compared to saturated/trans fats in raising your blood cholesterol levels, it's not just about your fasting cholesterol level. Dietary cholesterol (including from egg yolks) can still increase inflammation and promote dangerous plaque formation inside your arteries. A Canadian study showed people who eat five eggs per week over 40 years have two-thirds the amount of plaque formed as one-pack-a-day smokers over the same period.

Eating Tips

If you have pre-diabetes, diabetes or are at increased risk of developing heart disease, existing evidence warrants this caution: continue to limit your intake of eggs to two per week.

For those with no health risks, up to six eggs per week probably won't raise your cholesterol level if your diet is also low in saturated fat. But remember, it's not just about cholesterol levels.

If you choose to eat eggs

- Go for free- or open-range eggs.
- Take your eggs soft-boiled or poached—they don't contain oxidised cholesterol—or make an egg white-only omelet.
- Use natural egg substitutes more often. Try scrambled tofu for breakfast and ground flaxseed or pureed prunes to bind and thicken in cooking and baking.

From nutritionist Sue Radd.

Sue is the author of *The Breakfast Book* and co-author of *Eat to Live*. She has an excellent web-site and an e-letter that is worth subscribing to. Just google Sue Radd.

This Month

Smart Festive Food

On Monday October 29, the topic for the talk is [Eating Smart for the Festive Season](#).

For better or worse, with celebration comes food. If you have been working very hard at eating healthy, losing weight, or maintaining your weight, this may be a difficult time for you. The last thing we want to do is over-indulge in all the delicious food that surrounds us during the holiday season. Come and hear Marcia's tips for enjoying the celebrations healthfully.

This Month's Menu

Our recipes this month have a festive flavour. You're sure to find something different and special that you will want to serve your guests over the holiday season.

- ✚ Sweet Potato and Leek Roulade
- ✚ Stuffed Sweet Potatoes
- ✚ Couscous, Orange and Spinach Salad
- ✚ Stained Glass Bars
- ✚ Beetroot Burgers

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.

This Month's Recipe

Chickpea Scramble

Here is a recipe which provides a no cholesterol, high fibre, high nutrition alternative to Scrambled Eggs.

Chickpea flour is also called Besan Flour.

Optional suggestion:

Add some colour and more flavour with chopped purple onion, capsicum or peas.

Ingredients:

1 cup of chickpea flour
 2 tsp ground coriander
 1 1/2 tsp sea salt or to taste
 1/2 tsp cayenne pepper (optional)
 1/2 tsp turmeric
 1/2 tsp cumin
 1 1/2 cups of water
 2 Tbsp olive oil
 2 Tbsp cilantro, (coriander) chopped
 optional: pita bread

Directions:

- In a medium size bowl, mix the flour with salt and spices.
- Gradually add water, while whisking the whole time. Whisk until the batter is smooth and thin.
- Heat olive oil in a skillet over medium-low heat. Pour the batter into the pan.
- Stir constantly, and cook for 5-8 minutes, until the mixture resembles soft scrambled eggs.
- Serve with chopped cilantro and (optionally) on pita bread.

Happiness Connection



Happiness and mental health increase the more fruits and vegetables you eat, peaking at seven servings a day, finds a new study that focused on how a healthy diet links to mental health.

Study researchers pulled data of approximately 80,000 randomly selected individuals from three British studies. The surveys included information on diet and seven measures of wellbeing, including life satisfaction, happiness, nervousness and feeling low.

Mental wellbeing appeared to rise with the number of daily portions of fruit and vegetables people consumed. Wellbeing peaked at seven portions a day. The authors worked to adjust for numerous factors that could affect the link, such as weight, marital status, income, illness and physical activity.

As the study points out, the link is cross-sectional and does not show cause-and-effect.

Quotable Quote

“Let food be thy medicine and medicine be thy food.”
 Hippocrates

Sleep and Heart Health

Getting sufficient sleep helps protect against heart disease and stroke.

Recent research shows that people who get less than six hours of sleep daily are twice as likely to have a heart attack or stroke. They are also 60 percent more likely to develop congestive heart failure compared to those who get seven to eight hours of sleep.

The results of the study are based on data from more than 3,000 people over the age of 45 who participated in the U.S. Health and Nutrition Examination Survey. The findings are important. They remind healthcare professionals to look for warning signs that could lead to heart disease or stroke when a patient has insomnia or trouble sleeping.

Inadequate sleep is linked to:

- Glucose intolerance resulting in higher blood sugar levels and risk of diabetes
- Hyperactivation of the sympathetic nervous system resulting in higher stress hormones.
- An increase in heart rate and blood pressure.
- An increase in inflammatory markers indicating higher inflammation.
- An increased risk of obesity.

All of the above are linked to a higher risk of heart disease and stroke. If you want to maintain a healthy heart be sure to get seven to eight hours of sleep daily.