

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

## Ways to Boost Bone Strength This Month

This report from Harvard Medical School on May 30, 2013 is a reminder of what Marcia spoke about in our April class.



crucial to bone health, such as magnesium and

phosphorus.

- **Maintain a reasonable weight**

This is particularly important for women. Menstrual periods often stop in women who are underweight — due to a poor diet or excessive exercise — and that usually means that estrogen levels are too low to support bone growth.

- **Don't smoke and limit alcohol intake.**

Smoking and too much alcohol both decrease bone mass.

- **Don't consume too much protein, salt or soft drinks.**

All of these have been linked to decreased bone health.\*

- **Make sure your workouts include weight-bearing exercises.** Regular weight-bearing exercise like walking, dancing, or step aerobics can protect your bones. Also include strength training as part of your exercise routine.

- **Talk with your doctor about your risk factors.** Certain medical conditions (like celiac disease) and some medications (steroids and others) can increase the chances that you will develop osteoporosis. It's important to talk with your

doctor to develop a prevention strategy that accounts for these

## Immune Boosters



Our next class is on **Monday June 24** starting at **6:45 pm**. This is the time of the year when we need our body's immune system to really function well. This month Marcia will tell us how to boost our immune system.

### This Month's Menu

Once again you will be cooking healthy vegetarian dishes that also taste delicious. Here are some recipes on the menu.

- Carrot and Coriander Soup
- Beefless Burgers
- Asian Peanut Stir-fry
- Curried Poppy Seed Dahl

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.

### Quotable Quote

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.  
Buddha

The best prevention for bone-thinning osteoporosis begins early — during the first two decades of life, when you can most influence your peak bone mass by getting enough calcium and vitamin D and doing bone-strengthening exercise. If you are over age 20, there's no need to be discouraged. It's never too late to adopt bone-preserving habits.

If you are a man younger than 65 or a premenopausal woman, these five strategies can help you shore up bone strength as a hedge against developing osteoporosis.

- **Monitor your diet.**

Get enough calcium and vitamin D, ideally through the foods you eat rather than from supplements. Dairy products may be a source of calcium. (However they can also be high in saturated fat, have no fibre and contain no protective phytonutrients.) Sources of well-absorbed calcium from plant foods include calcium-fortified soy milk and juice, calcium-set tofu, soybeans and soynuts, bok choy, broccoli, collards, Chinese cabbage, kale, mustard greens, okra, legumes and seeds.\*

A growing number of foods, such as orange juice, are calcium-fortified. Fruits, vegetables, and grains provide other minerals

## This Month's Recipe

### Kohlrabi Hints



Kohlrabi is a white vegetable that you might not be familiar with. It is a fantastically versatile vegetable with a taste and texture somewhere between cabbage and broccoli stems. Try these suggestions.

1. Sliced thin and eaten raw. When raw, kohlrabi is slightly crunchy and mildly spicy, like radishes. You can toss them in a salad or eat them on their own with a drizzle of good olive oil and a sprinkling of sea salt.

2. Made into fritters. Shred the vegetable and mix with an egg and a few tablespoons of flour. Heat oil or butter in a flat skillet, drop on small mounds, and flatten slightly with the back of your spatula. Turn after a few minutes, and serve when both sides are crispy.

3. In soup. It is particularly nice in a creamy, pureed soup with mild spices so that sweet kohlrabi flavor can really shine through. Also, try adding it to recipes for Cream of Potato, Cream of Broccoli, and even Cream of Mushroom soup!

4. Roasted. When roasted in the oven the outside of the kohlrabi caramelizes, and the flavor sweetens and mellows. You can slice the kohlrabi thin for toasted "chips" or cube it. Try tossing it with other roasted veggies like eggplant and potatoes for a hearty side dish.

5. Steamed. This is kind of a cheat-suggestion because kohlrabi can be used in literally *anything* once steamed. We throw steamed kohlrabi into frittatas, stir-fries, and pasta dishes. We also like to puree it with a little cream and simple spices.

## Eat Those White Vegetables?

We've always been told that eating colorful fresh fruits and vegetables has many health benefits. They contain nutrient packed pigments and antioxidants that provide energy and other benefits to our bodies. Consequently, it is recommended that we have three to five servings of fruits and vegetables every day.

But what about white foods? Some nutritionists urge us to stay away from white breads, rice and pastas, but what about white produce? There are potatoes, garlic, onions, mushrooms, cauliflower, onions, turnips and kohlrabi just to name a few. Are these white fruits and vegetables just as nutritious? Well according to a new study, authors are exploring the state of nutrition science on white vegetables, especially potatoes, in supporting a healthy, well-balanced diet.

According to the study, potatoes and other white vegetables are just as important to a healthy diet as their colorful cousins.

"It's recommended that the variety of fruits and vegetables consumed daily should include dark green and orange vegetables, but no such recommendation exists for white vegetables, even though they are rich in fiber, potassium and magnesium," says the supplement's editor Connie Weaver, PhD, distinguished professor of nutrition science at Purdue University. "Overall, Americans are not eating enough vegetables, and promoting white vegetables, some of which are common and affordable, may be a pathway to increasing vegetable consumption in general."



The authors identify evidence that demonstrates how the inclusion of white vegetables can increase intake of shortfall nutrients, notably fiber, potassium and magnesium, as well as help increase overall vegetable consumption among children, teens and adults in the U.S.

Some of the report's key findings are:

- ✚ Color does not necessarily predict nutritive value of a vegetable. In fact, white vegetables, including nutrient-dense potatoes, contribute important amounts of essential shortfall nutrients to the American diet across all age groups.
- ✚ Vegetable intake, including consumption of starchy vegetables like potatoes, is about half of what is recommended by the 2010 Dietary Guidelines for Americans.
- ✚ Improvements in cooking oils, coatings, preparation methods and processing technologies are enhancing the nutritional profile of the white potato in all forms, making an already healthy package even healthier.

The [Advances in Nutrition supplement](#), "White Vegetables: A Forgotten Source of Nutrients," was published last month by the American Society for Nutrition.