

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

## New Australian Guidelines

The National Health and Medical Research Council (NHMRC) has just brought out a new set of Guidelines called *Eat for Health Australian Dietary Guidelines 2013* based on current research, with some significant amendments to their old one.

### Focus on healthy weight

The new guidelines put a much greater emphasis on 'healthy weight', since obesity is such a strong driver for most medical conditions and is now recognized as contributing to a shortened life-span. Also, as we all know well, prevention is a smarter tactic given weight loss can be so difficult to achieve and even more difficult to maintain.

### A body mass index of 40-45 can reduce your life expectancy by 8-10 years!

An increased calorie intake from processed snack foods, sugary drinks and fast foods is mostly to blame for being overweight.

The NHMRC advises that a realistic and sustainable weight loss goal, with clinical benefits that your doctor can measure, is 1-4 kg per month. Slow and steady does it; not a crash diet.

### New exercise goals

The level of exercise required to prevent weight gain in healthy people who are not overweight has increased. For the general population 45-60 minutes of daily exercise are required to prevent weight gain and 30 minutes more for a formerly obese person.

### Plenty of vegetables and legumes

A wide variety of nutritious foods is still recommended, but the emphasis on 'plenty' is reserved only for the food group: *vegetables and legumes*. This is not surprising really, since these foods are vital for a healthy waistline and contain a broad range of phyto-nutrients and of course, fibre.

### Slow carbs

Research clearly shows that the refined and high-GI carbs are bad. So the guidelines have upped the bar from 'preferably wholegrain' to now mostly wholegrain and/or high-cereal fibre varieties. So white bread is out and quinoa and barley are in.

### Meat limit imposed

Processed and cured meats are no longer recommended in the protein food group due to their strong link with bowel cancer. Limit red meat to 450g per week per adult.

### Low-fat dairy after the age of two

Low-fat dairy products remain the best pick for everyone aged two years and older, so give little kiddies low-fat milk drinks and cheese, unless you want to speed up their artery clogging. Of course, fortified dairy alternatives are also recommended for those who prefer to go dairy-free.

### Drink to your health

Plain water is backed as the perfect drink to reduce your risk of weight gain, type 2 diabetes, dental caries and cardiovascular problems, which have been associated with guzzling sugary or highly caffeinated beverages.

## This Month Legumes



Our next class is on **Monday July 29** starting at **6:45 pm**. Marcia, our nutritionist will be speaking about **Legumes**.

Beans, the butt of countless flatulence jokes, are often written off as food for poor people, or cheap substitutes for meat. Given what beans can do for health, they should be seen as food fit for royalty—or at least for anyone wanting to get healthy or stay that way.

### This Month's Menu

We have been trying out some exciting new recipes that we know you will love. Here are some recipes on the menu.

-  Honey & Soy Tofu Steaks
-  Shepherdess Pie
-  Pumpkin Risotto Cake
-  Creamy Tomato Soup
-  4C Salad (a winner)

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

### Sweet Potato Stacks



You could use purple sweet potato for this recipe.

3 Tbsp oil  
2 clove garlic, minced  
½ Tbsp dried thyme  
½ Tbsp dried rosemary  
500g round sweet potatoes  
salt and pepper

1. Preheat the oven to 180°C.
2. Combine oil, garlic, thyme and rosemary in a small saucepan and gently warm over low heat until fragrant but the garlic is not brown. Remove from the heat and set aside.
3. Wash the sweet potatoes, pat dry and thinly slice them.
4. Brush a 9 muffin tin with the garlic oil with a pastry brush. Put a sweet potato slice in the bottom of a muffin tin and brush it with a thin layer of garlic oil. Layer another slice of potato and brush it with the garlic oil. Repeat until it stacks up to the top of the muffin tin.
5. Continue until all sweet potato slices are used up.
6. Bake the sweet potato stacks in the preheated oven for 30-40 minutes or until the sweet potatoes are golden brown and cook through. Serve immediately with any main entrees or as a snack.

#### Note:

Heat up leftovers in oven for 5 minutes before serving.

## Protective Purple Sweet Potatoes

Purple sweet potatoes, like many deep red and purple foods, contain relatively high levels of a group of phytochemicals called anthocyanins that are well-studied for their cancer-preventive properties.



In mice, study authors added the purple sweet potato to the diet of one group. Two other groups of mice consumed a cream-fleshed potato or a purple-skinned potato.

A new lab study, published in [Molecular Nutrition and Food Research](#), suggests that these sweet potatoes may play a role in protection from colorectal cancer.

The study conducted both a cell and animal study. The cell experiment compared the effects of anthocyanin extracts from the purple sweet potato to those found in berries and other red fruits on human colon cancer cells. The anthocyanins from the purple sweet potato extract inhibited the growth of colon cancer cells significantly more than the comparison extract.

After six weeks, researchers counted the aberrant crypt foci, early signs of changes in the colon that may lead to cancer. The mice eating the purple sweet potato-enriched diet had fewer large- and medium-sized formations of these abnormal formations compared to the other groups.

More research is needed to find out exactly why the purple sweet potato had this effect.

Try purple sweet potato mashed, baked or in soups, curries, pies and quiches.

## Eight Steps To Limit Strokes

Women can't do anything about two leading contributors to stroke—age and family history. But there are many other stroke risk factors they can control. Stroke-reducing steps include:

**Lower blood pressure** Uncontrolled high blood pressure doubles or even quadruples stroke risk. Monitoring blood pressure and, if it is elevated, treating it, can go a long way to preventing stroke.

**Lose weight** Obesity and the complications linked to it, including high blood pressure and diabetes, raise the odds of having a stroke. For people who are overweight, losing as little as 10 pounds can lower stroke risk.

**Exercise more** Exercise contributes to losing weight and lowering blood pressure, but it also stands on its own as an independent stroke reducer. One study in the journal *Stroke* found that women who walked three hours a week were less likely to have a stroke than women who didn't walk.

**Take a baby aspirin** The landmark Women's Health Initiative study found that women over age 65 who took a daily baby aspirin lowered their stroke risk. Aspirin helps by preventing blood clots from forming. However, it's important for anyone considering daily aspirin use to talk with a doctor first. [Harvard Women's Health Watch](#) June 2013