

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

Heart Healthy Living: It's Also Cancer Prevention Living



Don't be surprised if the next time you have a cholesterol test, your doctor talks to you about a plant-based diet – vegetables, fruits, whole grains and legumes.

New guidelines released on November 12 by the American Heart Association and the American College of Cardiology for heart healthy living highlight that how you eat and move for heart health are what we know can also help you prevent cancer.

They include lifestyle, drug and obesity management recommendations. For the first time, the recommendations for heart healthy eating focus on overall eating patterns, rather than just saturated fat or sodium. They also align with American Institute for Cancer Research's recommendations for cancer prevention, including limiting sugary beverages, red meat and salt/sodium.

Some Key Thoughts from the AICR Conference

1. *Preparation matters.* Gently steam broccoli; chop or blend yellow/orange fruits and vegetables to increase bioavailability.
2. *Variety matters.* A varied diet that includes lots of vegetables, fruits, whole grains and other plant-based foods offers multiple weapons, somewhat like "combination chemotherapy."
3. *Lifestyle matters.* Decisions I make about diet and exercise cause epigenetic changes that are even passed on to later generations.

Here are key take-aways from the new heart health guidelines:

- Choose a diet with plenty of vegetables, fruits and whole grains and nuts.
- Limit your sweets and sugar-sweetened beverages.
- Limit red meats.
- Reduce trans fat and saturated fat (5% to 6% of total calories for saturated fats).
- To lower blood pressure, reduce sodium.
- Be physically active for 40 minutes, 3-4 times a week, at moderate-to-vigorous intensity.

These specific diet and physical activity guidelines reduce cardiovascular disease risk regardless of their effect on weight according to the report.

There are separate guidelines for management of overweight and obesity.

As we talk about healthy eating our focus more and more is on total diet and eating patterns because studies are showing that plant-based diets – put together in a variety of ways – lead to a longer and healthier life.

This Month Smart Festive Fare



Our next class is on **Monday November 25** starting at **6:45 pm.** Marcia, our nutritionist will be speaking about **eating smart through the festive season.**

Is it possible to celebrate with healthy food? Can we survive the silly season without putting on the kilos? Marcia has some practical helpful suggestions for us.

On This Month's Menu

This month our recipes have a definite festive flavour.

- ✚ Rice Paper Rolls
- ✚ Tofu and Vegetable Stacks
- ✚ Quinoa and Fig Salad
- ✚ Stuffed Sweet Potato
- ✚ Pumpkin Pie

How to Book

Bookings are essential for each month so that we can buy the right amount of ingredients.

Please email or ring Cheryl on 43284912 or 0403 848242.

If you have booked and find you can't come please let me know so that I can tell people on the waiting list that they can come.

The cost is \$15 payable on the night.

This Month's Recipe

Warm Quinoa Salad with Edamame & Tarragon

1 cup quinoa
2 cups vegetable broth
2 cups frozen shelled edamame,
thawed (green soy beans)*
1 tablespoon freshly grated
lemon zest
2 tablespoons lemon juice
2 tablespoons extra-virgin olive
oil
2 tablespoons chopped fresh
tarragon or 2 teaspoons dried
1/2 teaspoon salt
1/2 cup drained and diced
bottled roasted red peppers
1/4 cup chopped walnuts,
preferably toasted **

1. Toast quinoa in a dry skillet over medium heat, stirring often, until it becomes aromatic and begins to crackle, about 5 minutes. Transfer to a fine sieve and rinse thoroughly.
2. Meanwhile, bring broth to a boil in a medium saucepan over high heat. Add the quinoa and return to a boil. Cover, reduce heat to a simmer and cook gently for 8 minutes. Remove the lid and, without disturbing the quinoa, add edamame. Cover and continue to cook until the edamame and quinoa are tender, 7 to 8 minutes longer. Drain any remaining water, if necessary.
3. Whisk lemon zest and juice, oil, tarragon and salt in a large bowl. Add peppers and the quinoa mixture. Toss to combine. Divide among 4 plates and top with walnuts.

* available in Asian stores

** To toast walnuts: Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

Is Sitting Harmful? Soy and Flaxseed

Sitting for long periods of time is now linked to a number of health concerns including obesity and metabolic syndrome. It also seems to increase the risk of death from cardiovascular disease and cancer.

One recent study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

- a nearly 50% increased risk of death from any cause
- about a 125% increased risk of events associated with cardiovascular disease, such as angina or heart attack

Sitting in front of a TV isn't the only concern. Any extended sitting – behind a desk or the wheel – can be harmful.

Even exercising doesn't seem to significantly offset the risk.

Rather, the solution seems to be less sitting and more moving overall. Try standing while talking on the phone or eating lunch. If you work at a desk, try raising it somehow and standing at it.

Walk laps with your colleagues rather than gathering in a conference room for meetings. You could position your work desk above a treadmill.



The impact of movement can be profound. You'll burn more calories, losing weight and increasing energy.

Even better, any muscle activity prompts the metabolism of fats and sugars, which stalls when you sit, increasing your health risks.

Both soy protein and flaxseed significantly lowered total cholesterol, according to a study at University of Toronto, Ontario, Canada. Soy contains isoflavones, which may act like the human hormone estrogen. A plant-based structure similar to estrogen is called a phytoestrogen. Estrogen has been found to protect the body against coronary artery disease and high cholesterol. It may improve the flexibility of arteries, reduce the build-up of cholesterol-rich plaque within blood vessels and prevent the process that leads to additional plaque production and damage to artery walls.

Some studies have suggested that phytoestrogens in soy could provide these same protective effects, which might help to explain why Eastern countries with higher levels of soy in their diets also have the lowest incidences of heart disease in their populations.

Preliminary studies suggest soy protein may indeed lower cholesterol levels, reducing the risk of coronary artery disease and carotid artery disease.

Like soy, flaxseed is a rich source of lignans, another type of phytoestrogen. In the study, researchers compared the effects of flaxseed and soy protein with those of milk protein (casein). Results showed that both phytoestrogens reduced total cholesterol levels, whereas the milk protein did not.