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Adhealth Newsletter

News and information from the Erina Seventh-day Adventist Health and Wellbeing Team

This Month

This month's class will be on **Monday, March 30** at **6:45 pm** at the Central Coast Adventist School In the Food Technology classroom.

Marcia has given birth to a beautiful little girl called Carlia. and can't be with us this time.

The talk will be on **how a plant-based diet can control weight and prevent/improve diabetes.**
Our recipes have a Brunch theme:

- Breakfast Burritos
- Scrambled Tofu
- Oatmeal Pancakes
- Polenta with Sundried Tomato
- Pineapple and Almond Couscous
- Breakfast Balls

Welcome to the 2015 series of Vegetarian Cooking Classes

Our aim is to support you on your journey to optimum health and well-being.

Each month we provide you with new tasty and delicious vegetarian recipes and help you cook them.

We start off the night with a short presentation with helpful information about balanced eating and a healthy lifestyle.

You need to book for each class. Just ring Cheryl on 0403 848242 or email cheryl011148@dodo.com.au.
The cost is only $15 to cover the costs of ingredients.

Keep these dates free!

April 27 **May 25** **June 29**

Six simple ways to smarter, healthier eating

We all know how to eat well but how do we make that leap from our current habits to healthier ones?
Here are six ways you can eat healthy, delicious meals, and really enjoy what you're eating.

1) **Ditch whole milk**

Not only does this reduce saturated fat in your diet, it shaves off calories.
How: Switch to 1% or nonfat milk, or low fat non-dairy milks, cheeses and yoghurt. Can't bear to go cold turkey? Step down more slowly to 2% milk, then 1% en route to nonfat, if possible.

2**) Harness the power of nuts (and seeds)**

Almonds, cashews, hazelnuts, peanuts, pecans, and pistachios pack plenty of beneficial nutrients, including vitamin E, folic acid, potassium, and fiber. Although many nuts are high in fat, the fat is mainly unsaturated — a healthy choice.
How: First, put nuts on the grocery list. Nuts are high in calories, so it's best to enjoy them in place of other snacks, not in addition, and to keep serving sizes small.

3) **Taste food before you salt it**

Break the autopilot habit of reaching for the salt shaker.
How: For two days, don't put any salt on your food at all. A short break can help reset your taste buds. Then, leave the salt shaker in the cabinet, so it becomes a bit of an effort to reach for it. Make a ritual out of truly tasting your food before you decide if it needs tweaking. Try using fresh herbs and spices.

4) **Pack your own lunch**
This makes healthy food choices readily available to you at work or on an outing. And since you are controlling portion sizes, you can make sure that you're not supersizing your meal. Plus, it saves you money.
How: When you are cooking, cook extra so that you have leftovers for lunches. Or keep fresh salad vegetables in your fridge and get up a little earlier so you can make a salad to take.

5) **Eat five (or more) vegetables and fruits a day**

It's a nutrient-packed way to fill your plate that is generally low in calories.
How: First, for one week, keep track of how often you eat fruits and vegetables. One serving equals one-half cup of chopped fruit or most vegetables; for raw leafy vegetables like lettuce and spinach, a serving is one cup. Once you have your baseline, try adding one fruit or vegetable serving a day.

6) **Plan meals that are delightful, delicious and healthy**

In an ideal world, food delights all our senses: it looks beautiful, smells heavenly, and tastes delicious, and its textures feel and even sound satisfying. Start thinking about food as something to really savor and enjoy.
How: Pencil in time to prepare and savor one or two special meals a week. Once you've assembled great ingredients, set a gorgeous table. Take a moment to truly take in scents, companions, and surroundings, and if you like, give thanks.

For 42 simple changes to help you exercise more, eat healthier, stress less, and live a happier, more fulfilling life, check out Simple Changes, Big Rewards from Harvard Medical School.