

# Adhealth Newsletter

Nov, 2016

News and information for the friends of the Vegetarian Cooking Classes at CCAS from the Forresters Beach Seventh-day Adventist Health and Wellbeing Team



## Our Purpose

- to help you achieve optimum health and wellbeing.
- to present helpful information about balanced eating, keeping disease at bay and enjoying a long and fulfilling life
- to provide you with new tasty plant-based recipes and help you cook them

## This Month's Topic

### The Festive Season

This month our nutritionist, Marcia will be talking about **healthy eating during the festive season.**



The silly season is a major contributor to overweight, with many people gaining an average 0.5kg by the end of December, according to US research. Why? Many of us let go of all dietary restraint and there are more opportunities to overeat and over-drink as part of the party celebration mood.

Christmas is hardly a time to be trying to shed excess kilos. Be realistic – a more achievable goal is to **keep your weight stable** over the festive season and simply not put on any.

## This Month's Menu

We have selected some special festive dishes for our final class for the year and we will set them up as a buffet dinner on tables in the other room to celebrate the end of our year. The recipes are

- **Quinoa Salad with Toffee Walnuts**
- **Baked Cashew Loaf**
- **Stuffed Sweet Potatoes**
- **Pumpkin Cannelloni**
- **Zucchini and Kale Quiche with Sweet Potato Crust**
- **Stained Glass Bars**

The date will be Nov 28. The time is 6:45 and it is held at the Central Coast Adventist School, Penrose Close, Erina.

Just for this month, please contact **Helen Stubberfield** to book in. Her phone number is **0405 124173** and her email address is [hstubby@gmail.com](mailto:hstubby@gmail.com)

We still only charge \$15.

(Don't forget your containers.)

## Foods to Avoid

Eating these foods regularly can set the stage for heart disease, high blood pressure, diabetes, and even some cancers.

### Added Sugar

Research cites soft drinks and other sugar-sweetened beverages as the primary source of added sugar and a major contributor to weight gain.

### Dairy and Margarine

The saturated and trans fats hiding in these foods will clog your arteries and expand your waistline. Use natural nut butters or avocados for healthy fats.

### Processed and High-fat Meats

Bacon, ham etc are less healthy than protein from nuts, beans, soy, and whole grains. They are loaded with salt and contain at least 50-percent saturated fat!

### White Carbohydrates

Opt for whole-grain bread, pasta, rice, cookies, cake, or pancakes. And you can always make your own homemade cookies or bars using grains such as oatmeal, and less sugar and unhealthy fats.