

Newsletter

News and information for the friends of the Vegetarian Cooking Classes at CCAS from the Forrester's 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

What's on this month? A Meal in a Salad



On the menu

- + Asian Soba Noodles
- + Balsamic Lentil and Roasted Beetroot Salad
- + Chopped Kale Power Salad
- + Rainbow Power Greens Salad With Black Eyed Peas
- + Spinach Fruit Salad
- + Fresh Salad with Bean Balls

- Monday 26 March at 6:45pm for 7:00pm
- Central Coast Adventist School, Penrose Close, Erina, in the Food Technology classroom
- \$15 per night or \$60 upfront for Semester 1
- Bookings necessary for each class, unless you have booked for the semester
- Phone Cheryl on 0403848242 or 43259213 or email cheryl011148@gmail.com
- (Don't forget your containers.)



2018 Cooking Class Calendar

Semester 1

26 February

26 March

30 April

28 May

25 June

Semester 2

30 July

27 August

24 September

29 October

26 Nov

10 foods that boost your brain power!

When it comes to feeling great, a wholefood plant-based diet comes out on top. Fruits, vegetables and grains are ideal nosh to nourish your body and your brain. So, to help fend off the fuzzies and keep your memory sharp, give these 10 brain foods a try.

1. Berries

These little guys pack a serious nutritional punch. Berries are bursting with antioxidants and phytonutrients, which helps boost cognition, coordination and memory. So, whether you're after a healthy snack or something to boost your morning smoothie, a handful of berries is a no-brainer.

2. Leafy greens

It's no secret that green leafy veggies, such as spinach and kale, are great for your health. Not only do they help support the immune system and keep an ageing brain sharp, they are also a source of iron and a rich source of folate.

3. Nuts

Don't let brain fog get the better of you – enjoy a handful of nuts a day to improve mood and help with clarity and clear thinking. They are the perfect at work snack to help beat 3.30-itis.

4. Seeds

Seeds such as flax and chia contain vitamin E, which is an antioxidant and omega-3 fats that may help your brainpower. You can sprinkle them on salads, mix them in smoothies or add them to your favourite cereal ready to take on a busy day.

5. Pomegranate

There's a reason why you're seeing this delicious fruit in healthy salads and it's not just because of its good looks. Pomegranates are packed with powerful antioxidants that help protect your brain and memory.

6. Cruciferous vegetables

Don't let the name scare you off! The cruciferous vegetable family refers to everyday veggies such as broccoli, cauliflower, cabbage and Brussels sprouts. This versatile bunch is rich in vitamins and minerals that may help improve memory.



7. Garlic

Eating garlic does more than ward off coughs and sniffles. Research shows the phytonutrients found in garlic may help prevent the onset of dementia and Alzheimer's disease.

8. Tomatoes

Tomatoes are a rich source of lycopene. It's the nutrient that makes them red and it also has potent antioxidant properties that may help combat the development of dementia.

9. Extra virgin olive oil

This pantry staple is the perfect choice for everyday cooking and salad dressings. Not only is olive oil full of good fats, it's also rich in phytochemicals that help to enhance blood flow in the brain.

10. Whole grains

Whole grains are rich in phytonutrients and B group vitamins that are important for cognition and an ideal energy source for maintaining concentration throughout the day.