

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? Unusual Grains



On the menu

- ✚ Fragrant Buckwheat and Quinoa Pilaf
- ✚ Middle Eastern Freekeh Bowl
- ✚ Millet Burgers
- ✚ Thai Curry, Tomato and Vegetables Soup with Farro
- ✚ Black Rice Stir-Fry
- ✚ Creamy Coconut Barley with Strawberry Chia Jam
- ✚ Baked Millet And Apple Breakfast Cakes
 - Monday 30 April at 6:45pm for 7:00pm
 - Central Coast Adventist School, Penrose Close, Erina, in the Food Technology classroom
 - \$15 per night
 - 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

Why choose wholegrains?

Wholegrains are an important part of a healthy diet and are packed with nutrients that'll have you feeling great.

Wholegrain foods contain all three layers of the grain, just as nature intended. This includes the:

- outer bran layer
- inner germ layer
- endosperm.

When a grain food is refined, for instance in white bread, the outer layers of the grain are removed and with them many of the fibre, minerals, vitamins and phytochemicals. In fact, up to 70% of these beneficial nutrients can be lost.

While some refined grain products, like refined flour, can then be enriched with some of the vitamins and minerals that are lost during processing, many of the phytochemicals and micronutrients can't be replaced.

Benefits of wholegrains

Wholegrains provide key health benefits, including:

- protection against heart disease and stroke
- reduced risk of type 2 diabetes
- improved bowel health
- lower cholesterol and blood pressure
- and protection against some cancers.

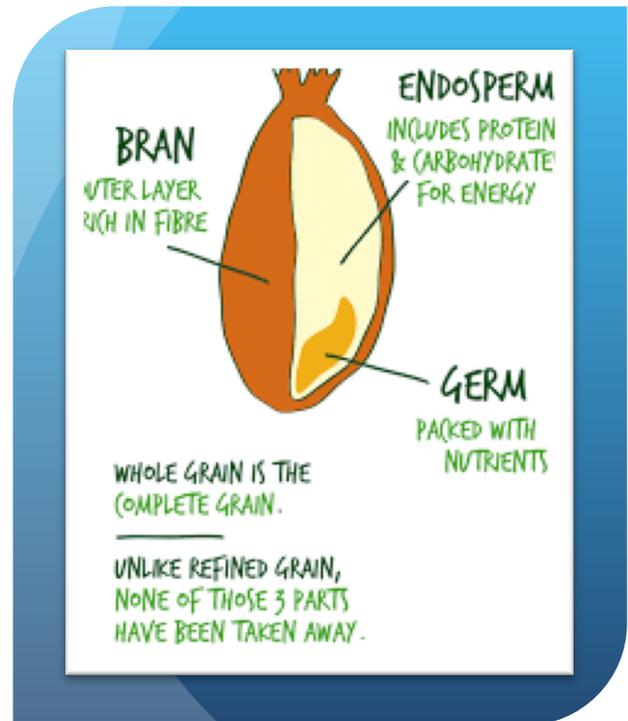
Wholegrains can also:

- help you manage your weight
- improve your blood sugar control, creating a feeling of fullness and discouraging overeating
- help to fight fatigue and boost concentration.

Nutritionally, wholegrains contain carbohydrate, protein, fibre and a wide range of minerals and vitamins such as magnesium, iron, iodine, zinc, B vitamins (folate, thiamine, riboflavin, niacin) and vitamin E.

Did you know?

Australians don't eat enough wholegrains. The recent Grains for Health Report showed that Australian intakes of wholegrains are far below the daily recommendation for good health. It also found that our intake of wholegrains is falling - driven by the myth that eating grains can lead to weight gain.



How many wholegrain foods should I eat?

Adults and children should aim for between four and six serves of grain foods a day, at least two thirds of which are wholegrain or high cereal fibre.

What is a wholegrain?

Wholegrain foods include brown rice, barley, rye, traditional rolled oats, bulgur, sorghum, buckwheat, millet, quinoa, corn on the cob, corn kernels, semolina, polenta, wholegrain breads, wholegrain pasta and wholegrain breakfast cereals.

A serve of wholegrain would be:

- 1 slice (40g) of wholegrain bread
- ½ medium wholegrain roll or flat bread
- ½ cup of cooked brown rice, barley, buckwheat, bulgur, quinoa
- ½ cup of cooked porridge (from traditional rolled oats)
- 2 wholegrain breakfast cereal biscuits
- ⅔ cup (30g) of wholegrain cereal flakes
- ¼ cup of muesli
- 3 (35g) wholegrain crackers.

Did you know?

By eating 2-3 serves of wholegrain foods each day, you can reduce your risk of developing chronic disease by 20-30%!