

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? Breakfast



On the menu

- ✚ Apple Buckwheat Pancakes
With Coconut Caramel Apples
- ✚ Chickpea Omelette
- ✚ Apple Cinnamon Breakfast Quinoa
- ✚ Overnight Oats and Quick Bircher Muesli
- ✚ The Big Breakfast with Scramble, Beans, Rosti and Balsamic Mushrooms
- ✚ Apricot - Orange Breakfast Delight
 - Monday 30 July 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

Hooked on Sugar?

Those little juice boxes that advertisers tout as a healthy alternative contain 20 grams of sugar—the equivalent of five teaspoons of sugar. Even a tiny 125 ml carton of 100 percent juice (with no sugar added) contains 16 grams—or four teaspoons—of sugar, approaching the six-teaspoon daily limit recommended by the World Health Organization. No wonder fruit juice and other beverages are often described as liquid candy!

It is estimated that the average American consumes about 22 teaspoons of sugar daily—that's more than three times the amount of sugar that is considered acceptable. Numerous scientific studies have shown that excess sugar consumption is associated with obesity, non-alcoholic fatty liver disease, insulin resistance, type 2 diabetes, high blood pressure, heart disease, gout, elevated uric acid levels, certain types of cancer, and elevated cholesterol and triglycerides.

Sugar consumption can even affect your appearance and how you age. A study conducted at Leiden University Medical Centre in the Netherlands and Unilever in the United Kingdom found that people aged 50 to 70 who had high levels of blood glucose looked older than those of the same age who had lower glucose levels.

Eating sugar also creates a can't-win cycle: Certain types of sugar, specifically high-fructose corn syrup, can stimulate hunger, and, consequently, affect how much food we eat. According to findings by Yale School of Medicine, “fructose possibly increases food-seeking behaviour and increases food intake.” In other words, the more sugar you eat, the more you want to eat . . . and eat . . . and eat. And it's not just more sugar that you eat; it tricks you into feeling hungry for all kinds of food.

Robert Lustig, M.D., a pediatric neuroendocrinologist at the University of California San Francisco asserts that excess sugar consumption sets up a vicious cycle by driving fat storage while also making the body think it is hungry. According to Lustig, all forms of sugar are poison. “High-fructose corn syrup and sucrose are equally bad,” he says.

So how can you cut all that added sugar from your diet? Here's a good starting point:

Don't believe the hype.

Fruit juice—especially with no added sugar—is supposed to be a healthy choice, right? Just because a company's marketing department is telling you their product is healthy, doesn't mean it's true.



For the healthiest option, avoid processed, packaged foods as much as possible, and increase your consumption of whole foods in their natural state. For example, orange juice may be better for you than orange soda—but an actual orange is the best choice.

Hunt down hidden sugar.

Sugar can be hidden in places you'd least expect, so you'll need to learn to be a label reader. Foods with unexpected sugar include salad dressing, sauces, yogurt, canned fruit, restaurant food, and frozen entrees. Remember that sugar can be labelled many ways, including molasses, dried cane syrup, brown rice syrup, invert sugar, sucrose, dextrose (or any name ending is "-ose").

Try healthier alternatives.

What's a special occasion without a cake, cookies, or a sweet treat? Fortunately, you don't have to give up celebrating when you cut back on sugar. Make your own healthier desserts sweetened with stevia or dates (but don't use artificial sweeteners, which, surprisingly, can cause weight gain). Scan Pinterest or the internet for tasty ideas. For everyday sugar cravings, grab a piece of fresh fruit or a small handful of raw almonds or walnuts. Fruit and nuts are packed with nutrients and fibre and also help to create a feeling of satiety.

Give it time.

As you cut back on your sugar intake, you'll be surprised how your taste buds change and how much better you feel. After eating healthy foods and no added sugar for 21 days or so you will feel more energetic—and no longer crave sweets. In fact, sugary foods after a few weeks off of sugar, will seem sickly sweet!