



# Newsletter

Health information and news about the Healthy Plant-based Cooking Club



## 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

### Benefits of Ancient Grains and Legumes

Have you tried spelt, quinoa, teff, amaranth, millet, sorghum, Kamut or freekeh? They are recently enjoying a surge in popularity but are they really better for you than the traditional ones?

And what about Mung Beans, Black Beans, Adzuki Beans and Borlotti Beans etc?

Marcia is going to speak about these ancient grains and legumes and their benefits and we will be featuring them in our recipes.

### On the Menu:

- Cauliflower and Quinoa Balls with Masala Sauce
- Millet and Lentil Hash
- Burrito Stuffed Capsicum
- + more surprises



## 2019 COOKING CLASS CALENDAR

### Semester 1

25 February

25 March

29 April

**27 May**

24 June

### Semester 2

29 July

26 August

30 September

28 October

25 Nov

### WHEN

Monday 27 May, at 6:45pm for 7:00pm

### WHERE

Central Coast Adventist School, Penrose Close, Erina, in the Food Technology classroom

### HOW MUCH

\$15 per night

### BOOKINGS

Bookings necessary for each class, unless you have booked for the semester.

Phone Cheryl on 0403848242 or 43259213 or email [cheryl011148@gmail.com](mailto:cheryl011148@gmail.com)

Please bring some containers.



There's a **silver lining** in a recent study that found older women who were sedentary for long chunks of time had a much higher risk for developing cardiovascular disease than women who sat less. The observational study, published Feb. 22, 2019, in *Circulation*, analysed activity patterns of more than 5,000 older women (ages 63 to 97) for a week, and then followed them for another five years.

Both the total time spent sitting each day and the duration of each period of inactivity was measured with fitness trackers. The key finding: **an additional hour of total sedentary time was associated with a 12% higher risk for cardiovascular disease** during the follow-up period, and when that sitting time was made up of long uninterrupted sedentary sessions, the risk was far higher (as much as 54%) than when it was accumulated in short, regularly interrupted bouts of sedentary time.

**The silver lining:** reducing sedentary time by an hour per day was linked to a 12% lower risk for cardiovascular disease and a 26% lower risk for developing heart disease during the study period.

Even better: researchers say the one-hour reduction each day doesn't have to be accumulated at one time. The moments spent jumping up to get a glass of water, running out to your mailbox, or darting across the house to get the phone can all add up. The key is to interrupt your sitting time with activity that will get your heart and lungs pumping.

When it comes to brain health, plant-based foods pack a powerful nutritional punch, and at the top of the list are **leafy greens**. In fact, they contain a clever combination of nutrients that can help your entire body – from your head to your heart.

## Healthy heart

A diet full of fruit and veggies can help prevent against heart disease. In particular, leafy greens may help with your ticker with a recent study founding a link between vitamin K levels and a healthy heart structure. Vitamin K is found abundantly in veggies like kale, parsley, broccoli, spinach, iceberg lettuce and cabbage. An analysis of studies on these powerful plants has also shown they may help reduce the incidence of cardiovascular disease.

## Good mood food

Dark leafy greens like kale and spinach are packed with magnesium, which boosts your mood, combats tiredness and helps your body produce energy.

## Cancer protective

Many leafy green veggies contain fibre, folate, and a range of carotenoids which some researchers believe may help reduce your risk of cancer by acting as an antioxidant – they remove nasty “free radicals” (reactive compounds formed in the body from external factors like smoking and sun damage) from the body before they can cause any harm.

## Building bones

When you think of calcium, you might not think of leafy greens, but you can actually get a boost from foods like kale, broccoli or bok-choy. Calcium is needed for far more than healthy bones and teeth. It helps with nerve and muscle function to keep us moving.

The great thing about leafy greens is you can eat them throughout the day – blend into a green smoothie or chop finely into an omelette for breakfast, use as a base for your salad at lunch, or add to a stir-fry and reap the benefits.