



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

Heart Disease and Diabetes-

Diet can prevent and manage them

Did you know that plant-based diets not only appear to guard against getting diabetes in the first place, they may successfully treat the disease better than the diabetic diets patients typically are placed on, benefiting both weight and cholesterol? And they greatly reduce coronary heart disease risk. Marcia will explain much more.

On the Menu:

- Gado Gado
- Barley and Wild Mushroom Risotto
- Fluffy Bulgur Pilaf with Eggplant
- Pasta with Creamy Sauce & Baby Spinach
- Butter Bean and Thyme Mash
- Fig and Vanilla Polenta Pudding

WHEN

Monday 24 June, 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

Please bring some containers.



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



From kombucha to sauerkraut, gut health is all the rage – and for good reason.

Increasingly linked to a range of healthier outcomes, new products are entering the market each week aimed at tweaking or balancing the billions of bugs living in your bowels. While the growing fascination and evidence might see strange potions on your supermarket shelves, the real hero of gut health has actually been hiding in plain sight all along. It is fibre!!

What are the benefits of fibre?

Fibre has been with us since day one. It's the roughage and the crunch in our fresh fruits, vegetables and seeds. Different to probiotics which add additional bacteria to your digestive system, fibre fuels the growth and diversity of your very own microbiome, now thought to be linked to a range of beneficial health outcomes.

Fibre also slows down digestion, keeps you feeling full for longer, regulates blood sugar levels and helps to lower cholesterol. But the benefits of fibre in your gut don't stop there. A lesser-known benefit is its ability to reduce your risks of chronic disease, including cancer of the bowel.

A lack of fibre plays an influential role in the development of bowel cancer. Experts speculate that the power of fibre in preventing bowel cancer is because fibre itself isn't absorbed by the body.

How can a compound that isn't absorbed encourage a healthy digestive system and prevent cancer?

There are actually a few different types of fibre, all performing different functions to prevent the development of bowel cancer.

Soluble fibre can latch onto sugars, fats and cholesterol as they pass through your digestive system. This means the latter three are digested and absorbed more slowly. The result? Soluble fibre regulates blood glucose levels and reduces the absorption of unhealthy fats and cholesterol into the blood.

You can find soluble fibre in whole grains, oats, apples, strawberries, citrus fruits and seeds like chia seeds or flaxseed.

Fermentable fibre, also known as **resistant starch**, is what feeds the bacteria in your gut. It means 'good' bacteria can thrive, maintaining a diverse and healthy microbiome.

Eat plenty of unprocessed whole-grains, lentils and brown rice to get your fermentable fibre fix.

Lastly, **insoluble fibre** doesn't break down in your body, so it acts as a broom, sweeping out any waste and toxins as they move along your digestive tract. This bulk reduces constipation and prevents the build-up of chemicals which may cause inflammation or even cancer in the long-term.

Dark leafy vegetables, avocados, nuts, beans and cauliflower are all high in insoluble fibre.

Hints for getting more fibre

Start by making simple switches, like choosing whole grain bread, wholemeal pasta and brown rice over their more refined siblings. Keep plenty of fruit and vegetables on your bench and in your fridge so that it's convenient to incorporate them into any dish you're creating. And put all those old jars to use by filling them with a variety of seeds, nuts and high-fibre snacks like crunchy, spicy, roasted chickpeas.

Doing right by your gut might seem confusing – but it doesn't have to be. Whether it's for the billions of bacteria inside you, or the health of your digestive tract itself, increasing your daily fibre intake is a simple, affordable and important first step.