



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

Mystery Topic

The topic has yet to be determined and I'm sorry I can't reveal what it will be. So be prepared for a surprise!

Our menu features different international cuisines this month, from Greece to Asia and beyond. Here are some of the dishes which will probably be on the menu.

On the Menu:

- Ultimate Teriyaki Stir-Fry Asia
- Zucchini Fritters Greece
- Mujadara Middle Eastern
- Spiced Beans Indian
- Squash and Black Bean Quesadillas Mexican
- Butter Bean and Thyme Mash



2019 COOKING CLASS CALENDAR

Semester 1

- 25 February
- 25 March
- 29 April
- 27 May
- 24 June

Semester 2

- 22 July**
- 26 August
- 30 September
- 28 October
- 25 Nov

WHEN

Monday 22 July, 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.



Eating healthy, plant-based proteins such as beans and nuts instead of red meat may lower your odds of heart disease, new research finds.

Researchers analysed data from 36 trials that involved more than 1,800 people to see how different diets affect cholesterol, blood pressure, and other heart disease risk factors. When they compared diets with red meat to all other types of diets combined, there weren't any notable differences in cholesterol or blood pressure (although red-meat diets did lead to high levels of triglycerides, a type of fat in the blood).

But diets rich in high-quality plant protein sources, such as beans and nuts, resulted in lower levels of both total cholesterol and harmful LDL cholesterol when compared with diets with red meat. In comparison to red meat, plant-based proteins contain no cholesterol, less saturated fat, and more unsaturated fat and fibre, as well as other heart-healthy nutrients. In addition to being high in unhealthy saturated fat, red meat also contains iron and other substances associated with cardiovascular risk. The study appeared in the April 9 issue of *Circulation*.



An adequate intake of certain nutrients from food, but not supplements, is linked with a lower rate of death, according to a study in the April 9, 2019, *Annals of Internal Medicine*.

Researchers looked at the relationship between food and supplements and death from all causes among more than 30,000 adults. The results shows that adequate intakes of vitamin K, vitamin A, magnesium, zinc, and copper were associated with a lower risk of death from cardiovascular disease—but **only if they came from food** and not supplements.

They also found that excess calcium intake from supplements — more than 1,000 milligrams per day — was associated with a higher risk of cancer death. This amount is difficult to reach with food, but is easier with supplements.