



# 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

### Foods That Fight Inflammation

Many people think of inflammation in terms of visual signs: swelling, bruising and so on. But in truth, uncontrolled inflammation plays a role in almost every major disease, including cancer, heart disease, diabetes, Alzheimer's disease and even depression.

Marcia will explain how we can dial down the inflammation by eating foods that fight inflammation and avoiding foods that promote it.

#### On the Menu:

- Bolognaise with Lentils
- Sweet Potato Noodles With Crispy Kale
- Oat Nut Burgers
- "Meatloaf"
- Walnut Cookies
- Chia Blueberry Jam



### 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 26 August**, 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.

# Ultra-processed foods appear to cause overeating and weight gain

# Brushing up on heart health

August, 2019



Eating food that's ultra-processed — not just chips or cookies, but also things like breakfast cereal, deli meat, or canned fruit in syrup — makes people overeat and gain weight, compared with eating food that's unprocessed. That's according to a small randomised controlled trial published online May 16, 2019, by Cell Metabolism. It involved 20 men and women who stayed at a research facility for a month and were randomly assigned to one of two diets.

One group was given ultra-processed foods (such as a breakfast of a bagel with cream cheese and turkey bacon), and the other group was fed unprocessed foods (such as a breakfast of oatmeal with bananas, walnuts, and skim milk). After two weeks, participants were switched to the opposite diets.

Both diets were evenly matched for total calories, macronutrients, fibre, sugars, and sodium, and participants were allowed to eat as much or as little as they wanted. But they ate more calories when they were eating ultra-processed foods, compared with when they ate unprocessed foods, and they gained more weight on the ultra-processed diet.

Why? It's not exactly clear, but researchers did find that appetite-suppressing hormones decreased and hunger hormones increased when people ate processed foods.

Bottom line: Eat whole, unprocessed foods with as few ingredients as possible.

*Harvard Health Letter*



Taking good care of your teeth — including twice-daily brushing and at least yearly professional cleanings — seems to be linked to better heart health, according to a study in the April 7 European Heart Journal.

The findings were based on data from nearly 248,000 healthy adults ages 40 and older who were part of a national health screening program in Korea. Researchers tracked study participants for a median of 9.5 years and noted higher rates of heart-related problems among individuals who had periodontal (gum) disease or who had lost teeth.

After adjusting for possible confounding factors, such as high blood pressure and diabetes, researchers estimated that one additional toothbrushing session per day was associated with a 9% lower risk of cardiovascular disease. In addition, going to the dentist for a professional cleaning at least once a year was associated with a 14% lower risk. A number of earlier studies have come to similar conclusions, highlighting the importance of good oral hygiene.

*Harvard Health Letter*

**“Every time you  
eat or drink,  
you are either  
feeding disease  
or  
fighting it.”**

— Heather Morgan, MS, RLC