



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

Weight Control

Have you tried various “diets” to try to lose weight only to find they didn’t work or that you couldn’t keep them up, or that you gained weight again afterwards?

Marcia’s talk this month is about reaching a healthy weight and maintaining it in a healthy way.

Please read the articles below on **5 ways to outwit your appetite and 7 tips for smarter snacking**

On the Menu:

- Greek-style Pea Stew with Mint
- Curried Poppy Seed Dahl
- Kohlrabi, Green Apple and Mint Salad
- Lentil, Olive and Semi-Dried Tomato Pasta Sauce
- Coconut Mango Ice Cream



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 28 Oct, 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.



You may have good intentions to limit your portions, but what happens when your appetite or cravings kick in? Your appetite is influenced by more than hunger. It's also influenced by the sight of food, the ambience of the room, and what the people around you are eating. That's why it's important to pay attention to external cues that tend to trigger overeating—for example, the size of your dinner plates.

It's also helpful to pay attention to your body's internal cues. Do you eat when you're actually hungry, or when you're bored? Do you tend to stop as soon as you're satiated, or keep eating until your plate is clean? Your own body and emotional state will serve as a better guide than a calorie count. Notice whether you tend to eat more in response to stress, anxiety, or nervousness, and think about strategies to avoid overeating when those moods strike.

Here are some ways to counteract common eating cues:

Hide snack foods—or better yet, don't buy them. People joke about the "see food" diet—you see it, you eat it. But it's not really a joke. You do tend to eat more snack foods if you see them lying around. If you have snack foods, put them in the back of a drawer, where you won't be tempted by the sight of them.

Serve in the kitchen. To discourage second helpings, pre-serve your portions onto each plate in the kitchen rather than bringing serving bowls to the dining table. Keeping the remaining food off the table makes it less likely you'll reach for more.

Don't multitask. Keep meals free of distractions: don't drive, watch TV, read, check email, or engage in another activity while eating. All of these can result in mindless eating. Instead, find a quiet spot and just sit down and eat. Multi-tasking while eating makes it easy to consume more food without even realising it—while you're reading or working on the computer, for example. In contrast, mindful eating—paying attention to what you're eating, while savouring the flavours, aromas, and texture of your food—can help you enjoy your meals more and eat less. (That goes for snacks, too.) If you're eating on your feet, you're not paying attention to your food.

Learn to distinguish hunger from cravings.

Next time your body is calling out for chocolate or chips, ask yourself if you're truly hungry. Physical hunger has a variety of indicators, including fatigue, lightheadedness, or an emptiness you feel in the pit of your stomach. A craving is more likely to be a sense of discomfort or agitation in your mouth or your head. Hunger disappears with any food you eat, while a craving is satisfied only by the particular food you're longing for. If you've recently eaten—and especially if the urge is for a specific comfort food like ice-cream—it's more likely to be a craving. If so, try distracting yourself. Go for a walk, call a friend, or put on some music and dance around the house. Most cravings go away in 15 or 20 minutes. Hunger doesn't. It only gets stronger.

Pace yourself. It's standard advice to chew slowly, so that you'll feel full after eating less food than if you ate quickly. Eating slowly doesn't always work, but when it does, the reason has as much to do with the brain as with the gut. Scientists have known for some time that the fullness of your stomach is only part of what makes you feel satisfied after a meal; the brain must also receive a series of signals from digestive hormones secreted by the gastrointestinal tract. The complex signals that control appetite are only partially understood, but by eating too quickly, you might not give this intricate hormonal cross-talk system enough time to work.

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7 tips for smarter snacking



It's a great idea to choose snacks wisely. But many foods that seem to be of great nutritional value just aren't. For example, bran muffins and cereal bars can be packed with unhealthy fats and added sugar. Even "fat-free" foods often contain lots of added salt and sugar.

Go for the grain. Whole-grain snacks can give you some energy with staying power. Try some whole-grain low-salt pretzels or tortilla chips, or a serving of high-fibre cereals.

Bring back breakfast. Many breakfast foods can be repurposed as a nutritious snack later in the day. How about a slice of whole-grain toast topped with low-sugar jam?

Try a "high-low" combination. Combine a small amount of something with healthy fat, like peanut butter, with a larger amount of something very light, like apple slices or celery sticks.

Go nuts. Unsalted nuts and seeds make great snacks. Almonds, walnuts, peanuts, roasted pumpkin seeds, cashews, hazelnuts, filberts, and other nuts and seeds contain many beneficial nutrients and are more likely to leave you feeling full (unlike chips or pretzels). Nuts have lots of calories, though, so keep portion sizes small.

The combo snack. Try to have more than just one macronutrient (protein, fat, carbohydrate) at each snacking session. For example, have a few nuts (protein and fat) and some grapes (carbohydrates). Or try some whole-grain crackers (carbohydrate) with some low-fat cheese (protein and fat). These balanced snacks tend to keep you feeling satisfied.

Snack mindfully. Don't eat your snack while doing something else — like surfing the Internet, watching TV, or working at your desk. Instead, stop what you're doing for a few minutes and eat your snack like you would a small meal.

Take it with you. Think ahead and carry a small bag of healthful snacks in your pocket or purse so you won't turn in desperation to the cookies at the coffee counter or the candy bars in the office vending machine.

Harvard Health Letter. October 2019