RECIPE
Quinoa Salad with 3 herb dressing

Pumpkin and Chickpea Satay

Apple and Pecan Cake

Positively Flourishing
Find satisfaction and fulfilment in your life
Life is all about change. Some changes we instantly see as positive, they obviously make our lives better and we’re happy they’ve come along. But there’s also a large amount of change that we come across in life that leaves us feeling uneasy, maybe even outright scared or angry.

As human beings we like the constants in life, the routines that help us feel in control, which goes some way to explaining why change can makes us feel out of our comfort zone. In this issue of Good Food News we’ve got some great articles for you on resilience, looking at practical ways to help roll with and benefit from the changes that life brings.

We look at the fascinating area of positive psychology, explore how physical limitations don’t need to stop us from being active, and as always we’ve got some delicious recipes to keep you out of those food ruts we can all get stuck in!

Happy reading

Simon

Good Food News Editor
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good food news — October 2013
It takes more than just smiles and giggles to truly thrive in life. Dr Darren Morton looks at five areas where, when working in synergy, can promote the deepest levels of life satisfaction and fulfilment.
In 1997, Dr Martin Seligman was voted in as president of the American Psychological Association and decided to invest his energies and influence into a new field of psychology. Dr Seligman noted that psychology had traditionally concerned itself with the negative—devoting all its efforts on remedying dysfunctional psychological states. While there is value in this pursuit, Dr Seligman recognised that hardly ever was attention given to empowering “normal” individuals to move up the emotional ladder to a great place. Energised by this thought, Dr Seligman determined to spearhead the new field of positive psychology.

Positive psychology is not about “thinking yourself happy” or “wishful thinking”, rather it aims to scientifically understand and promote thriving individuals, families and communities in order to make “normal” lives more fulfilling. Initially, the positive psychology literature focused on happiness—what causes it, how to achieve it, and what it is good for. And while happiness has been found to be most beneficial—it improves both the quality and quantity of your life—it has been discovered that it takes more than just smiles and giggles to truly thrive in life. More recently, Dr Seligman has suggested that the higher ideal is to flourish. “Flourishing” is a more comprehensive measure of what it takes to truly live well. It covers five domains which, when working in synergy, promote the deepest levels of life satisfaction and fulfilment.

SO WHAT ARE THESE 5 DOMAINS?

1. Positive emotions

Intuitively, positive emotions have an important place in a flourishing life. Unsurprisingly, research has shown that people who have more positive emotions are more satisfied with their lives and they even tend to live longer. Humour and laughter, for example, have been shown to strengthen the immune system, decrease pain and reduce blood levels of damaging stress related hormones.

But while it’s great to enjoy positive emotions, it is impossible to ride an emotional high 24/7. We all experience difficult times in our lives. On top of this, positive emotions tend to habituate—even the best joke loses its hilarity after the third telling. Indeed, positive emotions are important as part of a flourishing life, but they should not be the sole goal.
2 Engagement

Have you ever been completely engaged in an activity, so much so that it was as if time became irrelevant? You looked at the clock and could hardly believe that hours had past? Perhaps you were reading a gripping book or catching up with a good friend. If you are lucky it sometime even happens at work—if it never does you might like to consider changing employment or at least finding a good hobby!

Not surprisingly, individuals who spend a good portion of their time absorbed in what they do, or “engaged”, tend to report higher levels of flourishing than those who lived a less engaged existence. Essentially, when we do what we love and love what we do it helps us flourish.

3 Relationships

Human beings discover a deep sense of wellbeing by loving and being loved. We’re relational creatures and connectedness helps us flourish. While it is true that relationships tend to magnify emotions—we can not only reach higher peaks with others, but deeper depths as well—having strong social ties appears paramount to a flourishing life.

For our own wellbeing, one of the best things we can do is to seek to strengthen our existing relationships and/or create new positive and supportive ones.

4 Meaning

Every one of us has a need to feel that our life is of significance and that it has meaning. Dr Seligman defines meaning as “belonging to and serving something that you believe is bigger than the self”. What does this mean? Well, basically, it’s almost impossible to flourish by being selfish. At an emotional level, we reap what we sow, so by looking outside ourselves and lifting others, we rise with them.

While different people derive a sense of meaning from different places, there’s little doubt that it’s difficult to flourish in life without it.

5 Accomplishment

Having a sense of accomplishment, achievement and mastery is an important part of a life that flourishes. Interesting, accomplishment can enrich our lives independently of some of the other domains discussed such as positive emotion or engagement. For example, tasks we don’t find fun or engaging are often the ones we get our greatest sense of accomplishment from.

Regardless of where we derive a sense of accomplishment from, whether it be work, sport or hobby, it is important we discover it in the pursuit of a life that thrives.

The idea that we don’t have to just “get by”, but can instead truly flourish, is one that really grips the imagination. It’s not hard to see why the field of positive psychology is attracting so much attention. To flourish is something we can all strive towards, and to do so we need to seek to build all five domains. What domain(s) do you need to strengthen?
Quinoa Salad
with 3 herb dressing

1 cup dry quinoa
1 ½ cups water
1 tsp extra virgin olive oil
2 garlic cloves, crushed
1 packet mixed cherry tomatoes, halved or quartered
1 small can of corn kernels, drained
2-3 spring onions or shallots, chopped

3 herb dressing
1 clove garlic
½ cup fresh basil
1 Tbsp fresh dill
2 Tbsp fresh chives
Approx. ¼ cup yellow tomato (optional)
2 Tbsp extra virgin olive oil
1 Tbsp fresh lemon juice (juice of half a lemon)
Pinch of salt
½ teaspoon nutritional yeast (optional)

1. Rinse the quinoa and place in a cook pot. Cover with the water and set on stove, placing the lid on the pot. Bring the water to the boil and then reduce the heat to let it simmer until all the water has evaporated.
2. In a fry pan, heat the oil and then add the garlic, mixed tomatoes corn and onion. Toss until heated through.
3. To prepare the dressing, place all ingredients into a blender and blend until smooth.
4. Ladle the quinoa into individual serving bowls. Looks great in glasses too! Top with the warm vegetable mixture and finally garnish with the herb dressing.

NUTRITION INFORMATION PER SERVE:
727kJ (174cal); Protein 8g; Total Fat 14g; Saturated Fat 2g; Carbohydrate 33g; Total Sugars 3g; Sodium 77mg; Potassium 541mg; Calcium 49mg; Iron 2.7mg; Zinc 1.8mg; Fibre 6g
Pumpkin and Chickpea Satay

¼ cup water
1 onion, chopped
2 garlic cloves, crushed
2 teaspoons grated fresh ginger
1 long red chili pepper, seeds and membrane removed, finely chopped (optional)
700g pumpkin peeled, chopped into chunks
1 cup reduced-fat coconut milk
½ cup low-sodium liquid vegetable stock
2 cups cauliflower florets
½ cup crunchy natural peanut butter
1 tablespoon low-sodium soy sauce
2 teaspoons honey
400g can chickpeas, rinsed and drained
¼ cup chopped fresh coriander
60g baby spinach leaves

1. Heat water in a large saucepan, then add onion and cook for 4-5 minutes until soft. Add garlic, ginger and chili and cook for 1 minute, stirring occasionally.

2. Add pumpkin and stir to combine. Pour in coconut milk and stock, and bring to a boil. Cover and reduce heat to simmer for 8-10 minutes until pumpkin is just cooked.

3. Add cauliflower, cover and cook for 3-4 minutes until cauliflower is tender. Add peanut butter, soy sauce, honey and chickpeas. Stir to combine and heat through. Stir in coriander and baby spinach leaves.

NUTRIENT ANALYSIS PER SERVING: 1612 kJ (386 cal); Protein 16g; Total Fat 19g; Saturated Fat 6g; Carbohydrate 31g; Total Sugars 17g; Fibre 10g; Sodium 434mg; Potassium 1305mg; Calcium 101mg; Iron 3.4mg; Zinc 2.1mg
Buckwheat Tabbouli

1 litre water
10g vegetable stock cube, crumbled
1 cup buckwheat kernels
2 bunches continental parsley, roughly chopped
1 cup semi-dried tomatoes, chopped
½ cup lemon juice
1½ tablespoons olive oil
1 clove garlic, finely chopped

1. Place water in a medium sized saucepan over a medium heat, bring to the boil.
2. Add the stock cube and the buckwheat and simmer for 20 minutes or until buckwheat is tender. Drain and discard the stock.
3. Transfer the buckwheat to a large salad bowl.
4. Add parsley, semi-dried tomatoes, lemon juice, olive oil and garlic to the buckwheat. Toss to combine and serve.

Nutrient Analysis Per Serve:
1000 kilojoules (240 calories). Protein 8g. Fat 7g. Saturated Fat 1g.
Carbohydrate 33g. Total Sugars 11g. Sodium 350mg. Potassium 1440mg. Calcium 135mg. Iron 6.5mg. Fibre 7g.

Buckwheat, is the seed of a broadleaf plant related to rhubarb. While it is not a true grain, it is used like one in cooking. Despite the name, buckwheat contains none of the gluten found in wheat, making it safe for people with gluten allergy or coeliac disease.
Apple Pecan Cake

½ cup chopped pecans
1 apple, unpeeled and diced
1 teaspoon cinnamon
½ cup So Good Regular
½ cup pure maple syrup
1⅔ cups whole wheat flour
1 tablespoon baking powder
½ teaspoon salt (optional)
¾ cup apple sauce (unsweetened)
½ cup honey
1 tablespoon vanilla extract

1. Preheat oven to 175°C and lightly grease a 20-centimeter round cake pan.
2. Sprinkle the pecans in the bottom of the cake pan, followed by the diced apple and cinnamon.
3. In a small bowl, combine ⅓ cup non-dairy milk with maple syrup. Pour over the pecans and apples.
4. In another bowl, stir together flour, baking powder, salt, apple sauce, honey, vanilla and remaining non-dairy milk to form a batter.
5. Spread this batter evenly over the pecans and apples.
6. Bake for 30 minutes or until a toothpick/skewer comes out clean. Allow to cool.
7. Cool in pan, then hold serving plate on top of cake and flip over to serve.

NUTRIENT ANALYSIS PER SERVING: 769 kJ (184 cal); Protein 3g; Total Fat 4g; Saturated Fat <1g; Carbohydrate 33g; Total Sugars 21g; Fibre 3g; Sodium 346mg; Potassium 157mg; Calcium 33mg; Zinc 1.2mg

Variation
Instead of making Apple Pecan Cake, make Apple Pecan Muffins. Evenly distribute batter in muffin tins for individual servings and reduce baking time to suit.
E ven the most accomplished cooks, can struggle to keep putting new and interesting meals on the table night after night. It is easy to fall into a food rut when you are tired and lead a busy lifestyle. It can leave you feeling like you don’t have enough energy to put into thinking about the food you eat. Expanding your recipe repertoire not only makes eating more interesting, it also increases your nutrient intake, which can help prevent diseases, like cardiovascular disease, diabetes and cancer. To start to make your meals appealing again, try to include a wide selection of foods, aiming to eat around 30 different varieties of food each day. There a lot of things we can do to get out of a food rut, the following is some of our favourite tips.
TRY ONE NEW RECIPE A MONTH: Include a variety of ethnic meals. For example; Indian, Chinese and Mexican foods all use many different ingredients from each other. Experiment with the different herbs and spices these cuisines have to offer.

EAT SEASONALLY: Each season a new a range of fruit and vegetables are in abundance. Instead of buying the same old vegetables year round, try to cook meals with the more economical plentiful veggies the season has to offer. Buy one new vegetable each week and experiment. Don’t be afraid to use the internet to search for recipes using your new ingredient.

ASK FRIENDS AND FAMILY FOR THEIR FAVOURITE RECIPE: It can be less scary trying a recipe you know has turned out well for someone else. Your friends and family will also be able to offer you little hints on how they adapt the recipe.

TRY SHOPPING AT DIFFERENT LOCATIONS AND STORES: They may stock foods that you may not usually eat.

TAKE A COOKING CLASS: Why not get a friend to join you and make it a social outing as well.

ADAPT AN OLD RECIPE: Sometimes it’s not about making a whole new dish, it’s about changing those that you already enjoy. It may be as simple as adding some different herbs and spices, nuts or seeds to your favourite dish to add a new dimension of flavours. For example; instead of plain steamed vegetables, why not add lemon juice, zest and sliced almonds.

REMEMBER THERE ARE NO MISTAKES: Don’t worry if you over cook something the first time, just don’t be afraid to try it again. Remember to write a note on the recipe as a reminder for next time you make it. Even making one small change at a time can give you the encouragement to make a bigger change, so why not try one of the above ideas today to get you out of your food rut.
Exercise for those with physical limitations

The benefits of exercise are well known. However, for some people simple daily tasks can cause pain, or are just unachievable. Exercise might be the furthest thing from their minds. Exercising with these physical limitations, such as back pain or spinal injury can be challenging. Therefore, being creative with exercise options is important.

Arm bikes (also known as ergometers) are a great option for people with lower body pain or who have experienced body trauma. They allow aerobic exercise to be undertaken across a range of fitness levels. Improvements are also seen in upper body strength. If you are using a heart rate monitor to measure intensity consider that arm cycling will give you a higher heart rate than leg cycling. Blood pressure will also increase more, which is important for people with hypertension (high blood pressure) to consider.

Training in the water also has amazing benefits. The buoyancy of the water will take most of the weight off your joints, allowing for more pain-free activity. However water also provides a resistance that challenges your muscles and cardiovascular system. Exercise can be as simple as walking up and down the pool, using foam/plastic water ‘dumbbells’ or a foam buoyancy belt to allow ‘aqua jogging’, which can prove a very challenging workout!

The human body is an amazing thing. It can adapt to most things presented to it. However it can also adapt quickly to doing nothing by losing muscle, bone and the oxygen carrying capacity of your body. Arm cycling and water activities are just two options given here. Find what works best for you and go for it!
Many people know the behaviours that signify good health—physical activity, healthy food choices, avoid smoking and so on, yet still find it difficult to implement those activities into their lives, all the while knowing “better”. When the hardest part of change is actually making a start, how can we optimise our focus and direction? This is where goal setting comes in. Goals are the very thing that provide fuel for our tank as we journey towards our optimal healthy lifestyle. Goals are the why behind the what of healthy lifestyle and require deep reflection and consideration when developing.

How do you know if you are truly ready to change?
The Stages of Change Model was developed to help understand the complex process a person uses to change their habits and integrate into their lives. The process is made up of various steps:

- **Pre-contemplation**: not interested in change, nor can they see the need to change.
- **Contemplation**: acknowledge that there is a problem but are not yet ready or sure of wanting to make a change.
- **Preparation**: in the process of getting ready to change.
- **Action**: made real and overt changes or modifications to their lives and are starting to live their ‘new’ life.
- **Maintenance**: working to consolidate any changes in their behaviour, to maintain the ‘new’ status quo and to prevent relapse or temptation.

There will always be both advantages and disadvantages of making any health behaviour change. Use your values and decide priorities to help guide and motivate you. Remember to keep your goals short, simple and SMART (Specific and strategic, Measured, Achievable, Realistic and results-orientated and Timed). Ultimately, you are the only person responsible for your own health.
Do you enjoy doing lots of things you’re not good at? If you’re like most people, the answer to that question is no, but often we spend much of our work and personal lives focusing on our weaknesses and how we can improve them. While there’s certainly something to be said for striving to get better at things, a life focused on operating in our areas of weakness can be frustrating and unfulfilling.

Focusing on our strengths, our natural abilities and preferences, can help us feel engaged and productive in work and everyday life. This doesn’t mean that weaknesses shouldn’t be identified and addressed, it just means that there’s a real benefit to maximising our strengths and operating within them as much as possible.

The reality of life is that we all find ourselves facing our weaknesses regularly, but working towards our strengths can be a great step to being happier and more productive.

**TIPS FOR OPERATING TOWARDS YOUR STRENGTHS:**

**IT’S ABOUT THE JOURNEY, NOT THE DESTINATION:** At work we all get certain tasks that just have to be done, but often times there are multiple ways to do them. Rather than just looking at the outcome, look at the process and how you can operate to your strengths to achieve a set goal.

**KNOW YOUR ROLE:** We can often fall into the trap of thinking we have to be good at everything, but nothing is further from the truth. By limiting the burdens you take on outside your areas of strength, you can reduce frustration and boost productivity.

**BE A TEAM PLAYER:** Great teams are a group of people with unique and complementary skills. Know when to ask work mates or friends and family for help outside your areas of strength.
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**Nutrition Guide**

Serving suggestions and garnishes are not included in recipe analysis. Energy values rounded to the nearest 10 Kilojoules and to the nearest 5 Calories.

If you would like a copy of any of the references for the articles featured in this newsletter, please feel free to contact the Good Food News team.

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