It's never too late to get stronger

Benefiting from fitness at any age

recipes

Naan bread with Sanitarium Marmite

Chia and Oat Chocolate Pudding

Delicious Breakfast Parfait
It’s interesting to ask people what they think of when they hear the words ‘strong’ or ‘strength’. If your experiences are anything like mine, you’ll get a whole range of different answers touching on subjects you never considered.

When I think of strength, the first thing that comes to mind is health. Why? Well, building strength in a number of areas is key to whole person health. So in this summer issue of Good Food News we’ve turned our focus on strength with some great articles on keeping your bones strong, ensuring your diet is sturdy, gaining the benefits of maintaining lean muscle (at all ages!) and shoring up your relationships so they’ve robust enough to help carry you through the ups and downs life brings.

And, as always, we’ve also got a great range of vibrant plant based recipes for you to try out!

Happy reading

Simon
Good Food News Editor
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Bone basics

Why are healthy bones important?

Our bones are responsible for many essential body functions including movement, production of blood cells, organ protection, muscle anchorage, storage of minerals and structural support. The adult skeleton has an amazing 206 bones, but these are not static. Your bones are constantly changing with your body continually building up and breaking down bone tissues as it is required. Optimal bone health requires a combination of balanced diet, regular weight-bearing exercise and the right levels of various hormones.

When should I start worrying about bone health?

Healthy bones are important for everyone, not matter what stage of life. When you are young (throughout your childhood and teens) your body is able to make new bones faster than it breaks down old bone, and as a consequence your bone mass increases. This is therefore, an important time to choose positive bone building lifestyle behaviours to increase as much as possible.

Most people reach their ‘peak bone mass’ (i.e. their maximum bone density when bones are at their strongest) around age 30. After this, bone
remodeling continues, however you lose slightly more bone mass than you gain, meaning that your bone mass is naturally geared to decline as you age. This is not good, because as your bone mass decreases, your risk of fracture increases.

There is some good news though! You can take steps during adulthood to protect bone health too, and in some cases, slow the decline of your bone mass. So, while it’s particularly important to take steps to build healthy strong bones during childhood and adolescence, there is always an opportunity for improving bone health.

**What can I do?**

Because bones are some of the most rigid, sturdy objects in the body, it makes it easy to forget that they are living tissues and can be lost if not looked after properly. The truth is however, that many of us are already doing things to keep our bones strong (with or without knowing it!). In most cases it is about increasing your awareness of bone health and making some small changes to optimise. There are 3 crucial elements to healthy bones.

**1. Calcium:**
Calcium is widely known for its importance in bone health— and for good reason. Its major role is to strengthen our bones and teeth. In many people’s minds though, calcium-containing foods are synonymous and limited to dairy products such as milk, cheese and yoghurt. However, these products are not the only source of calcium in the diet. There are also plant-based calcium sources such as broccoli, collard greens, calcium-fortified soy, oat, rice and almond products. There are also other nutrients and properties that promote bone health such as vitamin D, vitamin K, magnesium, potassium and isoflavones that have a positive role in healthy bones. So go out and give them a go too!

### Calcium in common foods

<table>
<thead>
<tr>
<th>FOOD</th>
<th>CALCIUM (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy milk, fortified with calcium (1 cup)</td>
<td>298</td>
</tr>
<tr>
<td>Full cream dairy milk (1 cup)</td>
<td>268</td>
</tr>
<tr>
<td>Tofu, set with calcium sulfate (½ cup)</td>
<td>202</td>
</tr>
<tr>
<td>Cheese (30g)</td>
<td>167</td>
</tr>
<tr>
<td>Soybeans (1 cup, cooked)</td>
<td>95</td>
</tr>
<tr>
<td>Kale (1 cup chopped, boiled)</td>
<td>94</td>
</tr>
<tr>
<td>Almonds (30 gm)</td>
<td>75</td>
</tr>
<tr>
<td>Baked beans (½ cup, canned)</td>
<td>51</td>
</tr>
<tr>
<td>Orange (1 medium)</td>
<td>41</td>
</tr>
<tr>
<td>Cabbage (1 cup shredded, cooked)</td>
<td>26</td>
</tr>
<tr>
<td>Broccoli (1 cup chopped, cooked)</td>
<td>26</td>
</tr>
<tr>
<td>Dates (2, pitted)</td>
<td>23</td>
</tr>
<tr>
<td>Rhubarb (½ cup chopped, raw)</td>
<td>16</td>
</tr>
</tbody>
</table>

Source: NUTTAB 2010

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*good food news* —Summer 2013/14
2 Exercise:
When we exercise, our muscles pull on our bones, which help to build more bone. This helps to keep our bones more dense and strong. The amount of exercise you need to do varies depending on the type of exercise you do, how long you exercise for and also your age. Bones respond better to particular types of exercise including weight-bearing exercise (e.g. walking, hiking, climbing stairs, tennis, team sports), resistance training (machine based or using free weights), high impact exercise (e.g. skipping, jogging, netball) and balance training (e.g. pilates). It is also important that exercises are varied and increase progressively over time to further stimulate bone growth.

3 Sunshine:
Vitamin D is essential to bone health as it increases the amount of calcium that is absorbed from the gut, adjusts blood concentration and helps with bone remodeling. Vitamin D forms in the skin when it is exposed to UVB radiation from the sun. Whilst there are some foods that contain vitamin D in small amounts, most of us get our vitamin D from sunlight exposure. In Australia, we need to balance the risk of skin cancer from too much sun exposure with achieving adequate vitamin D levels. UV radiation levels vary depending on location, time of year, time of day and the environment. For most people, adequate vitamin D levels are reached through regular daily activity and incidental exposure to the sun.

Good bone health is a combination of these three elements. You cannot focus on just one as all three are needed on a regular basis to maximise your bone health.
Resistance training, also called weight training or strength training has been around in some form or another for thousands of years. In Ancient Greece legend has it that wrestler Milo of Croton trained by carrying a newborn calf on his back every day until it was fully grown. Thankfully these days strength training has become easier to do (you don't need a calf) and people from all ages can benefit. Don't be scared by images of huge bodybuilders.

The benefits of strength training have been well researched and include:

- Improved muscle tone and posture
- Improved sleep
- Increased bone density
- Reduced risk factors for heart disease such as high blood pressure

Strength Training

There is many benifits to strength training, Michael Marthick has some suggestions on how to make the most of your surroundings to keep fit.
It is recommended that you do strength training at least two days a week for 20–40 minutes per session. This is especially important if you are over 40 as we lose muscle mass with age.

There are many ways you can strengthen your muscles and soft tissue, whether it's at home or in the gym. You may want to try the following options:

- **BODY WEIGHT**: this includes hundreds of exercises such as squats, push-ups, lunges and the plank. Can be done anywhere and cost nothing!

- **FREE WEIGHTS**: such as hand weights. If you don’t have any weights, water bottles and cans of food can be great options.

- **WEIGHT MACHINES**: usually gym based, these provide controlled movements which can be good for beginners.

- **RESISTANCE BANDS**: these are a great low cost option, are very portable and take up virtually no space.

Before doing your strength training exercises, you need to warm up for a few minutes. Dynamic stretching and light aerobic exercise such as walking or cycling are great warm up activities. Remember if you have not exercised in a while have a check-up with your GP before starting.

Resistance exercise doesn’t have to mean expensive gym memberships and daunting equipment. For a great set of resistance exercises you can do in your own home with everyday equipment, check out this great video from Dr Darren Morton.
Y
ears ago, not much attention was paid
to the medicine of ageing. People
haven't been living beyond 65 for that
long, after all. What people certainly do notice
with the passage of the years is that their mus-
cles and joints are not as 'free' and they have
trouble doing everyday activities. We generally
all fall into the trap of spending so much of our
life taking the perfect functioning of our bodies
for granted.
Obviously, there are lots of changes to the
body past the age of 45. One to focus on is
muscle mass. This is one area that can be dra-

matically improved.
Loss of muscle starts around the age of 30,
and by the time you reach 70, you may have
lost about 25% of your muscle mass. This is
known as sarcopaenia. Some of this loss is
due to the aging process itself; muscle fibres
and tendons don't repair or reproduce as effi-
ciently.
However, a lot of this is due to inactivity and
disuse. Studies have shown that older adults
who do strength (resistance) training regularly,
this is two to three times per week, can regain
a substantial amount of this loss. Studies have
shown that a two to threefold increase in
strength can be accomplished in three to four
months during training in older adults.
What a lot of this research shows is that the
amount of adaptation and positive gains in
elderly people is comparable to that in younger
people. Therefore you are never too old to start
benefiting from the results of strength training.

Age is no barrier to fitness as Michael Marthick has discovered.

It’s never too late to get stronger
MARMITE IS BACK
To celebrate the return of Sanitarium Marmite, here are two great recipes starring our favourite spread.

Naan bread with Marmite
This flavoursome twist on traditional Naan is sure to be a hit at your next dinner party.

- 3 ½ cups plain white flour
- 1 Tbsp salt
- 1 tsp honey
- 30g active dry yeast
- ¼ cup lite soy milk or dairy milk
- 125g natural unsweetened yoghurt
- 1 egg, lightly beaten
- 3 Tbsp margarine, melted
- 2 Tbsp Sanitarium Marmite, warmed
- 2 Tbsp snipped chives
- 2 Tbsp poppy seeds (optional)

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1. Mix together flour, salt, honey and yeast in a large bowl. Warm milk in a pot on a low heat until it is lukewarm. Reserve 1 tablespoon of yogurt and add rest to milk and blend thoroughly. Mix the milk and yoghurt mixture, egg and margarine into dry ingredients.

2. Knead dough with your hands until it is soft and springy. Or, an electric beater with a dough hook or a food processor can also be used.

3. Rinse a metal or glass bowl with hot water, dry it and put dough in it. Place in a warm place, until risen to double the original quantity, about 1 hour. ‘Punch down’ the dough and then divide the dough into 8 balls, cover them and keep aside for 15 minutes.

4. Preheat oven to 220°C. Put an ungreased baking sheet into the oven to preheat for about 10 minutes. Carefully, remove baking sheet from the oven and line with baking paper or tin foil. Flatten one of the balls gently between your hands. Lay on floured surface and spread over Sanitarium Marmite and sprinkle with chives. Fold over and then shape dough with both hands to make a teardrop shape, pulling at each end.

5. Lay each on the baking sheet and press it gently to stretch it to about 15-18 cm in length, maintaining the teardrop shape at all times. Make 2-3 similar shapes at a time and brush with reserved yogurt, then sprinkle with the poppy seeds if desired.

6. Bake on the top shelf of the oven for 10-12 minutes, or until puffed and browned. Serve warm with tomato chutney.

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**Nutrition Information**

PER SERVE: 1051kJ (250cal); Protein 10g; Total Fat 5.6g; Sat Fat 1.2g; Carbohydrate 41g; Sugars 2.1g; Sodium 968mg; Potassium 257mg; Calcium 73mg; Iron 4mg; Fibre 2.7g

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To punch down dough simply means that when the dough has expanded it needs to be hit with a fist to deflate some of the air, to make it workable.

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**Naan** is traditionally cooked in a special Indian oven called a Tandoor. It is just as easy to cook in the oven on a high heat.
Black bean, eggplant and Sanitarium Marmite dip

A dip with a difference, high in fibre, low in fat and bursting with flavour.

1 eggplant, ends trimmed
spray olive oil
400g can black beans, drained
2 cloves garlic, peeled
¼ cup plain unsweetened low fat yoghurt
½ tsp ground cumin
1 Tbsp fresh ginger, grated
4-5 Tbsp lemon juice
1 Tbsp tomato paste
1 Tbsp Sanitarium Marmite
2 Tbsp finely chopped fresh coriander or basil or flat leafed parsley (optional)

1. Preheat oven to 200ºC. Slice the eggplants in half lengthways. Spray each side lightly with oil spray. Place on a baking tray lined with baking paper. Bake in oven for 25 minutes. Remove from the oven and allow to cool.

2. Scoop out the flesh from the eggplants and place in a food processor with the black beans, garlic, yoghurt, cumin, lemon juice, tomato paste, Sanitarium Marmite and salt.

3. Puree, then transfer to a serving dish. Stir in the coriander (or basil) if using. Serve with crudité and garlic pita breads.

4. Cover and refrigerate for up to 5 days if needed.

NUTRITION INFORMATION PER SERVE: 302kJ (72cal); Protein 6g; total fat 1g; sat fat 0.4g; Carbohydrate 9.5g; sugars 2g; sodium 124mg; potassium 295mg; calcium 32mg; iron 2.1mg; fibre 4.5g

Tips
Serve with bruschetta as a snack.
**Tamale Polenta Pie**

A Mexican inspired polenta pie chocked full of fibre and protein. Beans, vegetables and spices topped with fluffy polenta that bakes golden. Stores well in the fridge for next day work lunches, and left over dinners.

1. Preheat the oven to 170ºC. In a large sauce pan or fry pan, sauté onion, red peppers and garlic in water. Add the beans, corn kernels and chopped tomatoes. Stir occasionally and season with the cayenne pepper, ground cumin, and ½ a stock cube.

2. In a separate crockpot, boil 3 cups of water, and add 1 cup of dry yellow polenta with the remaining dissolved ½ stock cube. Stir continuously until the polenta has become thick and fluffy.

3. Add the bean mix into a casserole dish and cover with the polenta. Put the dish into the oven uncovered and cook for about 20 minutes or until the polenta has turned golden and the bean mix is bubbling. Serve with chopped fresh coriander as a garnish.

**Nutrition Information Per Serve:**

1974kJ (472cal); Protein 19g; Total Fat 4g; Saturated Fat <1g; Carbohydrate 84g; Total Sugars 9g; Sodium 553mg; Potassium 890mg; Calcium 85mg; Iron 4.4mg; Zinc 2.0mg; Fibre 16g

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**Easy Variation**

You can sprinkle with grated cheese on top before placing the dish in the oven for an extra cheesy taste.
Chia and Oat Chocolate Pudding

A guilt free, chocolaty sweet treat that’s high in fibre and a source of calcium. Delicious served cold or warm.

1 ½ cup milk or milk alternative, more as needed to thin out
¼ cup chia seeds
½ cup oats
2 Tbsp cocoa or carob powder
1 Tbsp pure maple syrup, honey or agave nectar
Shaved chocolate for garnish (optional)

1. In a large bowl, starting with the milk, whisk together all of the ingredients.
2. When the mixture is smooth and all lumps are gone, place it in the fridge for 1-2 hours, or until thick. Give the mixture a good stir, adding more milk if desired and serve chilled.

Tip: For winter, you can heat the pudding in the microwave and serve it warm.

Serving Suggestions
Try adding fresh fruit such as blueberries, raspberries and or strawberries, or maybe some roasted almonds or hazelnuts for a delicious crunch.

Nutrition Information Per Serve: 935kJ (224cal); Protein 8g; Total Fat 10g; Saturated Fat 2g; Carbohydrate 24g; Total Sugars 9g; Sodium 92mg; Potassium 453mg; Calcium 204mg; Iron 1.6mg; Zinc 1.2mg; Fibre 9g
Delicious Breakfast Parfait

This is a gourmet Sunday breakfast or can be a dessert too. It requires overnight soaking, but is oh-so-worth-it!

1 cup oats
1 Tbsp chia seeds
1 cup milk or milk alternative
1 ripe large banana (mash half, chop other half)
1 tsp cinnamon
1 Tbsp ground flaxseed (optional)
Dash of vanilla extract (optional)
1 punnet of strawberries, chopped
Punnet of blueberries
¾ cup roasted nuts (such as hazelnuts or almonds)
Honey (optional)

1. Add the oats, chia seeds, milk, the mashed banana, cinnamon and vanilla extract into a bowl, mix well, and place in the fridge overnight, or for at least a few hours.
2. In the morning, stir the oat and chia mixture and add more milk if required to create a smooth consistency. Stir well.
3. Layer this mixture with the fruit (chopped ½ banana, strawberries and blueberries) into individual breakfast bowls or glasses (looks pretty!) and top with the roasted nuts.
4. Just before serving, drizzle a small amount of honey on top.

**Nutrition Information Per Serve:** 980kJ (234cal);
Protein 6g; Total Fat 13g; Saturated Fat 1g;
Carbohydrate 21g; Total Sugars 8g;
Sodium 40mg; Potassium 368mg;
Calcium 96mg; Iron 1.6mg; Fibre 6g

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**Tip**

For an even creamier dessert layer and top with a strawberry cashew cream.
As a vegetarian, there are a few key nutrients where attention is needed to ensure adequate intake is achieved. Iron, zinc, omega-3 fatty acids and vitamin B12, are all considered nutrients of concern, however, as Susan Buxton explains, how, with some planning, these areas of concern can be met.
Iron

There are two sources of iron found in food: haem iron and non-haem iron. Haem iron is only found in animal products and is more readily absorbed from food than non-haem iron which is the only source found in plant foods. For this reason it is commonly thought that vegetarians have a higher rate of iron deficiency compared to omnivores. However, studies have shown that the amount of non-haem iron absorbed by the body is determined by the body’s need. People with low iron stores will be able to absorb more than those with adequate stores and will also excrete less. By eating foods high in iron (whole grains, legumes, nuts, seeds, green leafy vegetables and iron fortified cereals) along with a good source of vitamin C (citrus fruits, berries, tomatoes, capsicum, broccoli and cabbage) with each meal, you can help to increase the amount of iron your body absorbs.

Zinc

The main concern in regards to vegetarians and their zinc intake is that the foods high in zinc are generally also high in phytates which inhibits the absorption of zinc. Generally vegetarians have been shown to have similar or lower zinc status to non-vegetarians, as the effect of phytates can be minimised by modern manufacturing and cooking methods. If zinc absorption is decreased, the body is able to adapt by absorbing more and reducing losses. This can be protective in preventing deficiencies. Good sources of zinc include whole grains, tofu, fortified breakfast cereals, dairy products, legumes, nuts and seeds.

Omega-3

Polyunsaturated fatty acids

As vegetarians do not eat oily fish, they may find their intake of omega-3 essential fatty acids lacking. These essential fatty acids need to be supplied in the diet as the body cannot produce them. Alpha-linolenic acid (ALA) can be converted into docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) which are important but low or virtually absent from vegetarian and vegan diets respectively. The process of converting ALA to DHA and EPA is slow and inefficient, therefore, it is important to include adequate amounts of chia seeds, flaxseeds, canola oil, walnuts and sea vegetables and limit the amount of sunflower, safflower, corn, grapeseed and sesame oils in your diet.

Vitamin B12

Vitamin B12 is found almost exclusively in animal products such as meat, seafood, poultry, dairy products and eggs. Therefore, it is a concern for many vegetarians and especially vegans. One study found that over half of vegans and 7% of vegetarians were deficient in vitamin B12. Vegetarians that consume both eggs and dairy should have adequate vitamin B12 intakes, as long as they consume these foods regularly. Vegans on the other hand will need to rely on supplementation or the consumption of fortified food. Good vegan sources of vitamin B12 can include soy milks, yeast spreads and vegetarian meat based analogues. Check labels to ensure products are fortified. Remember the body can only absorb small amounts of vitamin B12 at a time so it is beneficial to spread your intake throughout the day.
Dealing with dairy free

There are a number of reasons people might choose to avoid dairy products, including lactose intolerance, allergies or concerns for animal welfare. But whatever the reason, it should be remembered that for most of us consuming a modern diet, dairy products often provide a significant amount of our daily calcium and for those following a plant based diet, they can also be an important source of vitamin B12.

So does this mean we need to find ways to eat dairy to have a balanced diet? Well, the good news is that if you need or want to avoid dairy products, there are a range of convenient alternatives available that can provide similar nutrients. Fortified plant based milks are one great alternative, but it’s important to remember whenever choosing such a product, check on the label to make sure it’s fortified with calcium and vitamin B12.

For years, a large range of soy milks have been available, but in the last few years non-dairy options have really exploded with grain and nut based milks such as rice milk, oat milk and almond milk all becoming readily available in major supermarkets.

Dietary calcium is an important part of bone health, but it’s important to remember that there’s more than one place to get it. Fortified non-dairy milks, as well as a diet containing surprisingly good sources of calcium such as tofu, almonds, cannellini beans and even oranges can be used to meet calcium needs on a dairy free diet.
Forgiveness is a concept that we're all pretty familiar with. Whether it is through giving or receiving, forgiveness has made a significant impact on the key relationships many of us have. And having been on either end of this, we all intuitively know the powerful effect forgiveness can have on our emotional health. But did you know it can also have a significant impact on our physical health?

In his book *Forgive to Live*, Dr Dick Tibbits takes readers on a great journey about the power of forgiveness and provides practical tools that can help with choosing a life of forgiveness. As part of his work on forgiveness, Dr Tibbits conducted a study looking at forgiveness training and hypertension—high blood pressure. What the study found was that forgiveness can be a clinically effective tool in reducing anger and for those people whose raised anger level is contributing to hypertension, practicing forgiveness was effective in reducing high blood pressure.

We know, intuitively, that true health is the result of a lifestyle, not a handful of habits. Our physical and emotional health both need to be nurtured in a way of life that allows the whole person to flourish.

The great thing is that research continues to give amazing insight into whole person health, with interventions targeted at physical, emotional and spiritual health often crossing over and having a positive impact in all areas of health.
Sanitarium Lifestyle Medicine Services has a FREE Recipe of the Week email service.

Subscribe and once a week you will receive a scrumptious plant-based recipe that’s easy to whip up and is guaranteed to be a winner with family and friends. Our recipes also come with a nutrition profile and useful cooking tips.

The free Recipe of the Week email is great for solving the problem of ‘what’s for dinner?’ and perfect for cooking inspiration. So why not join up now?

To join, just visit our website www.sanitarium.com.au Click Newsletter Subscriptions at the bottom of our main page and follow the prompts.
Sanitarium Lifestyle Medicine Services have a team of qualified nutritionists and dietitians who work together to help people enjoy the benefits of healthy food and a healthy lifestyle. We would like to help answer any questions you may have on health and nutrition. Whether it’s nutrition advice for you or your family or for delicious healthy recipes, just give us a call or contact us via our website. We look forward to hearing from you.

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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