RECIPES

Asian Bean Patties

Broccoli with Lemon Sauce

Balti-style Cauliflower

SUGAR

How much is too much?
As the days start to get colder and shorter, autumn’s the time of year where it’s easy to start to fall out of healthy habits. The comfort foods start to come out and the sunshine that used to entice you to get active outside hasn’t arrived when you get up in the morning, and is gone by the time you get out of work.

But challenges to some of our habits can be a good thing, they can force us to add some variety into a healthy routine so that it doesn’t become stale and can lead to new healthy habits we might never have thought of otherwise.

This issue we’ve got some great articles on how to continue a healthy lifestyle through the challenges the colder months can bring and some tasty recipes to add to your rotation to help avoid the dreaded recipe rut.

Happy reading

Simon
Good Food News Editor

Challenges to some of our habits can be a good thing, they can force us to add some variety into a healthy routine.
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Sugar has gotten a fair bit of attention over the last few years as rates of overweight and obesity continue to rise despite public health messages to try and turn the tide. Simon Barden looks at the controversy surrounding how much blame sugar should get for our current health situation and if it can be included in a balanced diet.
So how did we get here?

During the 1970s and 1980s as rates of heart disease continued to rise, public health messages became stronger about consuming diets low in fat. Now if this advice was put into action by using mainly whole foods prepared at home it can lead to a diet packed full of whole vegetables, legumes, fruit and wholegrains. But by this point in time, many people weren’t eating like this anymore, highly processed and convenience foods were starting to make up a larger part of the diet and the low fat message started to have an unintended consequence on these foods. In an effort to make many of these foods low in fat, but still highly palatable, some manufacturers started to include higher amounts of sugar to appeal to consumers. As the public health messages at the time were so focused on reducing fat, the sugar added to these products flew under the radar.

Where exactly is ‘here’?

Well a lot has changed in the world of nutrition since the 1980s. Research which has emerged over the last 30 years has given us a better understanding over the different types of fat found in the diet; which are harmful in excess and which are vital to a healthy diet. For the average person, a blanket goal of ‘eat as little fat as possible’ does not need to be followed as part of a healthy diet. Over this same period, we’ve also gotten a better understanding of how excess consumption sugar and refined starches can contribute to the development of chronic disease.

So what now?

Now that we’ve found out that excess fat isn’t the sole cause of the world obesity epidemic, does that mean that sugar is? It’s unlikely. If there’s anything to be learnt from the oversimplified low fat message of the 80s it’s that when we try to blame just one component of food for a multifaceted problem, we don't automatically end up eating better, we can also end up finding new ways to eat badly. Excess sugar in the diet can be linked to a number of health issues, but the evidence suggests that sugar doesn’t need to be completely avoided to build a healthy diet.
What’s recommended?

The Australian Dietary Guidelines advise us to limit our intake of foods and drinks containing added sugar, though currently do not provide a specific target quantity to aim for. In its latest guideline on sugar, the World Health Organisation (WHO) recommends that free sugars be limited in the diet to less than 10% of daily kilojoules, with a reduction below 5% being additionally beneficial. On top of sugar added to foods during processing, home cooking or at the dinner table, concentrated sources of sugar such as honey, fruit juices and fruit concentrates were also included in this. This percentage does not include sugar found naturally in whole foods such as fruit, vegetables, legumes and milk, which are not limited in the guidelines.

To put this in context, for someone consuming 8700 kJ a day, 5% of this daily energy intake would be about 26g or 6 teaspoons of sugar, less than the amount in a standard can of soft drink. The reason for the differentiation between foods naturally containing sugar and those with large amounts of added sugar or concentrated natural sugar (such as fruit juice) is due to the fact that foods that naturally contain sugar such as fruits, vegetables, legumes and milk generally contain sugar in smaller amounts and are also a great source of many important nutrients. However, concentrated sources of sugar or foods high in added sugars such as soft drinks and confectionery are often simply a source of empty calories.

So what does this mean in practice?

Like so many other dietary recommendations, keeping added sugars at the recommended level for good health isn’t as daunting as it might sound and is really about building a good base. It’s when a diet is filled with mostly highly processed and refined foods that the amount of sugar in it can rise to surprisingly high levels and a diet like this is the exact opposite of what guides such as the Australian Dietary Guidelines recommend. If your diet is mostly packed with a good base of foods like whole or minimally processed vegetables, fruits, legumes and wholegrains, then foods with moderate amounts of sugar, while not necessary to an overall healthy diet, can still be included in one.
As we approach the cold and flu season, you may be wondering what you can do to improve your immunity. Good nutrition has a role to play in supporting your immune system however, there are many remedies out there. Anne Scott shares some of the latest evidence with us.
VITAMIN C
Vitamin C is one of the most common nutrients people associate with preventing colds. However, research findings are inconsistent in terms of its effectiveness. It has been found that vitamin C may help to reduce the duration of symptoms in individuals who acquire a cold, however, it does not reduce the risk of getting a cold in the first place.

GARLIC
Garlic has traditionally been used for medicinal purposes (in addition to being used for flavour). This is thought to be due to its antimicrobial properties. A literature review revealed that one study has shown the incidence of colds was reduced in people taking a daily garlic supplement over a number of months. However, the authors stated further research is needed before strong conclusions can be made about the effect of garlic on common colds. In saying that, garlic is still a great option to add to your recipes!

ZINC
Research shows that the use of zinc supplements can reduce the duration and severity of cold symptoms when taken within 24 hours of noticing the first symptom and continued for the duration of the cold (approximately 1 week). Other studies have shown that consuming zinc from food sources in general, as part of a balanced diet, may also reduce the incidence of the common cold, however further research is needed. Food sources of zinc include sun-dried tomatoes, fortified breakfast cereals, nuts, seeds and legumes.

ECHINACEA
Despite popular belief, a recent literature review of Echinacea concluded that there is not enough high quality evidence to show that Echinacea helps to prevent or treat common colds.

TIPS FOR BOOSTING YOUR HEALTH IN THE LEAD UP TO WINTER

Eat a variety of fruit and vegetables and include wholegrains and legumes in your diet. This will provide you with a good mix of vitamins and minerals.

Drink plenty of water. Keeping hydrated is essential for optimal health. Our bodies are made up of approximately 70% water so it’s important to ensure adequate hydration to allow for normal bodily functions, including for our immune system.

Sleep well. It is believed that having adequate sleep is important for assisting your immune system.

Although it is believed that specific nutrients can have a positive effect on our immune system, the strongest evidence based advice available is to consume a balanced diet that includes a variety of foods rich in vitamins and minerals this winter. This can can easily be achieved by including fruit, vegetables, wholegrains, nuts, seeds and legumes in your day!
When it comes to health we tend to forget the important role our environment plays, especially in the workplace. Even the strongest willpower can be tested by the staff morning tea consisting of cake and chips. Nonetheless the social side of eating will always be around us, but having a group of like-minded people to support each other is the key to making lasting healthy changes in a workplace.

**Making Health Contagious**

We spend a big chunk of our lives at work, so it's only logical that a vital component of a healthy life is a healthy workplace. **Jemma O'Donnell** gives her top tips on making health contagious in the workplace.

**Aim to get your workplace on-board with some of these tips:**

- Set a day for everyone to bring a healthy lunch from home and then eat in a local park. Or in winter get a group together and organise a potluck lunch to share the cost and the preparation.
- Do you have a snack box or vending machine in the office? Then ask about getting in some healthy options like a mid-morning fruit delivery. Make the healthy choice the easy choice, by limiting the availability of treat foods.
- If you have a staff canteen, work with them to provide healthier options.
- Organise a walking group during lunch breaks. Or even try and have walking meetings.
- Standing up when you take a call is a great way to break up the sitting routine at your desk. The less sitting we do, the better.
- Found a great new healthy recipe—why not share it on your local intranet or staff newsletter?
- Think about entering a work team in local sports league or other local sporting events.
Balti-style cauliflower

1 tablespoon vegetable oil
1 onion, peeled, chopped
2 garlic cloves, crushed
1 cauliflower, cut into florets
200 grams firm tofu, cut into chunks
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground fennel seeds
½ teaspoon garam masala
½ teaspoon turmeric
pinch of ground ginger
½ teaspoon chilli powder
800 grams crushed tomatoes
¾ cup water
4 bunches fresh spinach, stems removed, roughly chopped
1-2 tablespoons lemon juice
Salt and pepper to taste

To serve, toasted cumin or fennel seeds

1. Heat the oil in a wok, or large frying pan. Add the onion and garlic and stir-fry for 2-3 minutes over a high heat until the onion begins to brown.

2. Add the cauliflower florets and stir-fry for a further 2-3 minutes until the cauliflower is starting to brown. Then add the tofu and allow that to brown too.

3. Add the coriander, cumin, fennel seeds, garam masala, turmeric, ginger and chilli powder and cook over a high heat for 1 minute, stirring all the time. Add the tomatoes and water.

4. Bring to the boil and then reduce the heat, cover and simmer for 5-6 minutes until the cauliflower is just tender.

5. Stir in the chopped spinach, cover and cook for 1 minute until the spinach is tender. Add enough lemon juice to sharpen the flavour and season to taste with salt and pepper.

6. Serve sprinkled with toasted cumin or fennel seeds.

PER SERVE: 880kJ (210 cal); Protein 15g; Total Fat 8g; Saturated Fat <1g; Total Carbohydrates 21g; Total Sugars 19g; Sodium 662mg; Potassium 1587mg; Calcium 348mg; Iron 7mg; Fibre 13g

Define

Balti is a style of cooking adapted from Pakistan. It involves a fast cooking and serving method to ensure the flavours of all the spices are retained.
Asian bean patties

Great as a hamburger pattie or served with rice and stir fry vegetables

2 x 400 gram cans red kidney beans, drained and rinsed
3 teaspoons of Red Curry paste*
1 egg
1 lemon or lime, juice and zest
½ cup chopped coriander
1 red onion, finely chopped
¼ cup flour, plus extra for dusting
Salt and pepper to taste

DIPPING SAUCE:
¼ cup sweet chili sauce
¼ cup lime juice

1. Place the beans in a food processor with the curry paste, egg, lime or lemon juice, zest, coriander, onion and flour and process until the mixture comes together. Season with salt and pepper.

2. Roll into balls then flatten into patties. Dust each pattie lightly with flour. Heat a non-stick pan and spray with canola spray. Over a medium heat cook each pattie for 2 minutes on each side until golden brown.

3. Serve warm drizzled with sauce and accompany with a fresh green salad.

PER SERVE: 1027kJ (246 cal); Protein 20g; Total Fat 3g; Saturated Fat <1g; Carbohydrate 36g; Total Sugars 4g; Sodium 65mg; Potassium 793mg; Calcium 80mg; Iron 5.2mg; Fibre 13g

*Tip
Often curry pastes are not vegetarian. Maesri and Cock brand are vegetarian and available from most Asian supermarkets.
**Broccoli with lemon sauce**

A simple combination of fresh flavours that brings broccoli to life.

1 cup salt-reduced vegetable stock  
2 lemons, juice and zest of  
2 tablespoons flour  
4 tablespoons cold water  
2 egg yolks, beaten  
1 head broccoli, cut into florets  
70 grams slivered almonds, toasted  
handful mint leaves

1. Heat stock and lemon zest in a small saucepan and bring to a boil.  
2. Blend the flour to a runny paste with 4 tablespoons of cold water and whisk into the boiling stock. Stir in the lemon juice.  
3. Remove stock mixture from heat and slowly pour beaten eggs in while whisking well. Pass the sauce through a sieve, to remove any lumps and then return to the cleaned saucepan.  
4. Steam broccoli florets in a steamer or microwave on HIGH for 2 minutes, and then put into a serving dish.  
5. Return the sauce to the heat for 1 minute, stirring continuously. Do not allow the sauce to boil or it will curdle.  
6. Spoon sauce over steamed broccoli florets and sprinkle over toasted almonds and mint leaves to garnish. Serve with pasta or as a side to a main meal.

**PER SERVE:** 730kJ (175cal); Protein 12g; Total Fat 10g; Saturated Fat <1g; Carbohydrate 9g; Total Sugars 4g; Sodium 326mg; Potassium 640mg; Calcium 92mg; Iron 1.6mg; Fibre 6g
**Sweet Potato and rosemary foccacia**

2–3 large sweet potatoes, washed  
4 teaspoons active yeast  
1 cup warm water  
3 teaspoons sugar  
500 grams high grade flour  
2 eggs, at room temperature, beaten  
½ teaspoon salt  
¼ cup olive oil  
¼ cup rosemary leaves  
¼ cup black olives, pitted and sliced (optional)

1. Preheat oven to 180°C. Bake the sweet potato’s whole for about 40 minutes until tender. Let the sweet potatoes cool, then remove skin and push through a sieve to yield about 200g puree.

2. In a small bowl mix the yeast with warm water and sugar. Set aside for 10 minutes until the mixture bubbles and expands.

3. Place the flour in a large bowl and make a well in the centre. Place the yeast mixture, eggs, salt, olive oil, and sweet potatoes puree into the well. Mix altogether to make a soft, elastic dough.

4. Knead for 10 minutes on a lightly floured surface, and then place back into clean bowl and cover with plastic film. Set aside in a warm place for 1–1 ½ hours to rise.

5. When dough is twice the size, remove from bowl and press onto a well-oiled 20 x 30 centimetre baking tin. Leave to rise further for 20 minutes.

6. Preheat oven to higher temperature of 200°C. Press knuckles into top of dough and spray with olive oil, sprinkle with rosemary leaves and olives if desired.

7. Bake bread in oven for 30–35 minutes, until golden and bread is springy to touch.

*Tip*  
This recipe can be made with any variety of sweet potato.

**PER SERVE:** 1480kJ (354kcal); Protein 10g; Total Fat 9g; Saturated Fat 2g; Carbohydrate 58g; Total Sugars 4g; Sodium 155mg; Calcium 52mg; Iron 2.7mg; Fibre 4g
An Active Autumn

With the colder months come shorter days, which adds another obstacle to staying active. **Simon Barden** gives his favourite tips for keeping active in autumn.

Each season brings a new set of challenges for keeping active and with the days getting colder, they also get shorter, with less time to get active in the sunshine. But just because it’s dark when you leave work doesn’t mean you have to ditch your workout, here are our favourite ways to stop short days from short changing your daily activity:

**Get out with a group:** Going for a run in the dark by yourself can be downright scary, so use the shorter days as a great reason to get social with your exercise. Look for exercise groups in your local area that run a set route or meet at a well-lit park, dress in your brightest colours and get social and stay safe while getting your after work pick me up.

**Keep it indoors:** Gyms can be one great option for keeping active when nature conspires against you, but they’re not the only options. You also can get a great workout without any equipment in the comfort of your own home. YouTube is full of freely accessible workout routines and there are some great smartphone apps like 7 Minute Workout for those wanting to keep some convenience and structure in their workouts.

**Take advantage of the sun while it’s there:** With the temperature dropping, exercising in the middle of the day doesn’t hold the hazards it can during summer. Why not break up a day of sitting at work with a lunchtime workout outside to get active, get some fresh air and some vitamin D from the sun?
We can't control the ups and downs in life, but we can control how we deal with them. **Simon Barden** gives his top tips on building resilience.

**Learning to bounce back**

Resilience is not about ignoring the hard things in life or suppressing our feelings about them, it’s about handling these events in a healthy way and identifying the reasons for the response you are having. Resilience also isn’t something that you just are or aren’t born with, it can be built up and we can all experience the benefits of improved resilience. Here are our tops tips for building resilience:

- **Hard times are a part of life**, learning to accept that difficult situations are going to occur and are not always in your control is the first step to building resilience. While the situations may not be in your control, your response to them is, identifying where you have control is a great first step for dealing with difficult situations.

- **Build off past experiences** to get confidence and practical tools for the future. Remembering the realities of past bad situations and the consequences of them helps to bring context to the challenges you are facing. It is easy to think the world is going to end when you come up against a problem, but it helps to remember that it didn’t the last time something like this happened.

- **Identify why you feel how you feel.** Resiliency isn’t about putting on a brave face or grinning and bearing it. More often than not we have very valid reasons for the way we feel and they should be acknowledged. By identifying the sources of your emotions you can also identify the areas you need to deal with and make sure you’re not letting these issues unfairly overflow into other areas of your life.
Your guide to the best mid-week meal time savers

If preparing quick family meals each night seems to fall into the 'too hard' basket, this guide will provide you with some ideas to get you started.

We know you want to create meals that are easy, healthy and affordable. So here are some top time-saving tips that will get you prepared in no time:

📍 **Think ahead:** Put some time aside to prepare for the upcoming week by planning your meals, and writing a shopping list. This means you can get organized and save money, while only having to shop once! Stock up on basic key ingredients such as pasta, rice, couscous, onions and canned beans. Paired with veggies and sauces these can be made into meals within minutes to provide a quick, healthy option.

📍 **Double up:** Next time you’re cooking and you have a few extra minutes—make more. Use your freezer to your advantage, with recipes like quiches, tarts, lasagnes and pies that can be frozen and reheated during the week.

📍 **Freeze it:** For ingredients such as sauces where there is often lots left behind, place the extra in ice cube trays and when frozen transfer to plastic zip lock bags. Perfect to take out as you need, and saves wasting money on unused food.

📍 **Rediscover the microwave:** It’s great for more than defrosting! Baked potatoes can be pre-cooked, then popped in the oven for extra crispiness, while frozen vegetables can be steamed to perfection in half the time.

We all lead busy lives and getting a healthy dinner on the table can be a constant challenge. By including these basic tips into your weekly routine you can save yourself time and eat well too.
Sanitarium Recipe of the Week

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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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