

How many of you have tried the Frozen Strawberry Jam recipe from the last Health News No.2? It's different, but a nice change from the usual jam. Yes, it has sugar in it but only a third of what ordinary jam has! Try experimenting with less sugar or try a healthy alternative. Also, try making frozen jam using other fruits. You're going to have fun and it is something your children can help you with.

How many of you don't buy bananas? Maybe the following facts will show why you need more of this moreish fruit. **Bananas** contain three natural sugars – sucrose, fructose and glucose combined with fiber. This is why a banana can give an instant, sustained and substantial boost of energy. May be that is why athletes first choice of fruit is a banana!

Bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier. Is that why people suffering with depression feel much better after eating a banana?

Bananas contain B6 which regulates blood glucose levels, which in turn can affect your mood. This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert. *There you go teachers, let your pupils go bananas!* It is said that the expression "going bananas" is from the effects of bananas on the brain.

Bananas have a high content of fiber and can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

So, let us enjoy the banana and if you don't like them over-ripe then make them into the recipe at the end of this article.

APPLES I know you have all heard the saying "**An apple a day keeps the doctor away**". Why? They have four times the antioxidants of tea; at least a dozen potentially cancer cell inhibiting compounds; help keep the cardiovascular surgeon away; help lose weight eating more apples than pies; fight ageing; plenty of fiber and no added sugar or salt; eat skin too for extra goodness.

FOOD RULES

We have already touched on the issue of how complicated eating can be and we began with rule **No.1 – EAT FOOD**. The challenge being is to choose real food and avoid the "industrial novelties" being called food.

Let's take a look at some further food rules:

Rule No.2 Don't eat anything your great-grandmother wouldn't recognize as food

Imagine your great-grandmother (or grandmother, depending on your age) at your side as you roll down the aisles of the supermarket. You're standing together in front of the dairy case. She picks up a package of Go-GURT Portable Yoghurt tubes – and hasn't a clue what this plastic cylinder of coloured and flavoured gel could possibly be. Is it a food or is it toothpaste? There are now thousands of foodish products in the supermarket that our ancestors simply wouldn't recognize as food. The reasons to avoid eating such complicated food products are many and go beyond the various chemical additives and corn and soy derivatives they contain, or the plastics in which they are typically packaged, some of which are probably toxic. Today foods are processed in ways specifically designed to get us to buy and eat more by pushing our evolutionary buttons - our inborn preferences for sweetness and fat and salt. These tastes are difficult to find in nature but cheap and easy for the food scientist to deploy, with the result that food processing induces us to consume much more of these rarities than is good for us. The great-grandma rule will help keep most of these items out of your cart.

Rule No.3 Avoid food products containing ingredients that no ordinary human would keep in the pantry

Ethoxylated diglycerides? Cellulose? Xanthan gum? Calcium propionate? Ammonium sulfate? If you wouldn't cook with them yourself, why let others use these ingredients to cook for you? The food scientists' chemistry set is designed to extend shelf life, make old food look fresher and more appetizing than it really is, and get you to eat more. Whether or not any of these additives pose a proven hazard to your health, many of them haven't been eaten by humans for very long, so they are best avoided.

Rule No.4 Avoid food products that contain high-fructose corn syrup

Not because high-fructose corn syrup (HFCS) is any worse for you than sugar, but because it is, like many of the other unfamiliar ingredients in packaged foods, a reliable marker for a food product that has been highly processed. Also, high-fructose corn syrup is being added to hundreds of foods that have not traditionally been sweetened – breads, condiments, and many snack foods – so if you avoid products that contain it, you will cut down on your sugar intake. But don't fall for the food industry's latest scam: products reformulated to contain "no HFCS" or 'real cane sugar.'" These claims imply these foods are somehow healthier, but they're not. Sugar is sugar.

Below is a recipe that helps you use up those over ripe bananas. It is easy and quick to make and I hope your family will enjoy it spread on crisp wholemeal toast for breakfast. The bananas need to be **really ripe**.

Until our next chat via our Health News article, enjoy food as your great-grand-mother prepared and ate it.

Until next time -

God bless you with good health and strength

Judy

Health Ministry Coordinator

HEALTHY & NUTRITIOUS RECIPE

BANANA SPREAD



Ingredients

Mix together -

1 tablespoon lemon juice

½ cup water

2 level tablespoons custard powder

3 large ripe mashed bananas

Method

1. Over medium heat, bring mixture to boil, stirring all the time.
2. Cook for 2 – 3 minutes or until bananas are well cooked.
3. Bottle and store in refrigerator.