

There seems to be information coming at me from all sides and I want to tell you everything but I will just have to pick out what I hope may be of interest to you, the reader, and that may be beneficial for you in the present. However, I want you to read something that just arrived on my computer today. I trust it can put to rest in your minds, the issue still going on between **butter** and **margarine**, as to which is best. The following is interesting to say the least! In later issues we will have a look at fats and oils but for now, read this.....

PASS THE BUTTER ... PLEASE.

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research, wanted a payback, so they put their heads together to figure out what to do with this product to get their money back

It was a white substance with no food appeal so they added the yellow colouring and sold it to people to use in place of butter. *How do you like that ?* They have come out with some clever new flavourings... DO YOU KNOW the difference between margarine and butter?

Both have the same amount of calories. Butter is slightly higher in saturated fats at 8 grams; compared to 5 grams for margarine.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study. Ladies, there's something to think about to begin with! *Keep reading.....*

***Eating** butter increases the absorption of many other nutrients in other foods.

***Butter** has many nutritional benefits where margarine has a few **and only because they are added!**

***Butter** tastes much better than margarine and it can enhance the flavours of other foods.

***Butter** has been around for centuries whereas margarine has been around for less than 100 years.

And now for margarine. *Very high in trans fatty acids. *Triples risk of coronary heart disease ...

*Increases total cholesterol and LDL (this is bad cholesterol). *Increases the risk of cancers up to five times.. *Lowers quality of breast milk. *Decreases immune response.. *Decreases insulin response.

And here's the most disturbing fact ... the part that is most interesting!

Margarine is but one molecule away from being plastic.... aaand, wait for it shares 27 ingredients with paint. *What is food science doing to us? It's scary!!*

These facts alone were enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance). *Watch out for the peanut butter you buy! (I buy mine fresh made from the health food shop).*

Open a tub of margarine and leave it open in your garage or shaded area. Within a couple of days you will notice a couple of things:

- No flies, not even those pesky fruit flies will go near it (*that should tell you something!*)
- It does not rot or smell differently because it has no nutritional value.
- Nothing will grow on it. Even those teeny weeny micro-organisms will not find a home on it to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

Share this with your friends.... (If you want to 'butter them up' for better health)!

Chinese proverb: "When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others". Pass the **BUTTER PLEASE!**

Enough of the scary stuff,

LET'S GO NUTTY OVER NUTS.

NUTS. Research is telling us that there could be a positive relationship between nut consumption and the prevention of some of our nasty modern life-style related diseases.

Nuts are a real good food or snack as they contain - *protein, fibre, high in the good fats (that can lower cholesterol and help reduce heart disease risk), antioxidants, vitamins and minerals (including zinc) and no cholesterol.* As part of a healthy diet, do not cause weight gain, in fact, as part of an energy-controlled diet, can actually help reduce weight. What do you think of that point?

BUT remember that gorging on any food, including nuts, is not good. **Moderation** is the word we need to remember. The suggestion is that 30-50g of mixed nuts each day can be very beneficial.

NOTE: Only raw, plain/unsalted nuts should be used and for a special occasion, they could be dry roasted.

And to top it all off, research thinks that walnuts are rich in a compound that may reduce hardening of the arteries and keep them flexible. Sooo, at the end of a meal eat some walnuts, an ounce (28g) they suggest, may help cut the damage that fatty food can do to the arteries. I reckon it's worth a try and what an easy way to accomplish the problem. *If you try this idea, you would need to watch what other nuts you add to you day's calorie count, as they do have a high fat content, even if mainly healthy fat!*

Yes, Walnuts are approximately 70% polyunsaturated fat, 15% monounsaturated fat and 5% saturated fat. To those who know their nuts, they suggest we should include walnuts in our daily diet. *Now, that's not hard to do!*

"Thirty grams of Walnuts contain 1.8g of omega-3 oils, 12g omega-6 oils and around 1.9g of dietary fibre, all of which are significant in the diet for diabetes management". (Healthy & Heartwise, Vol 44.)

TIP: To keep nuts fresh "before the use by date" is reached, store your nuts in an air-tight container in the refrigerator. Just as apples go brown when cut, walnuts also oxidize and lose freshness when chopped, so it is best to only prepare your nuts just prior to using them.

For our recipe this month, let's try the following recipe which makes for a healthy snack or, for the children's lunchboxes. **And**, if you don't want to do any cooking, try a healthy snack of fresh or dried fruits and walnuts. Great for those late morning or afternoon hunger pangs. **Or** if you don't like raw walnuts as such, chop up and stir through pasta dishes for dinner. **Maybe** you would like your walnuts combined with yoghurt for a healthy dessert?

Till next time, happy and healthy eating.

Judy

Health Ministry Co-ordinator

DATE AND WALNUT LOAF

* 1 1/2 cups chopped dates	* 1/2 cup brown sugars	* 2 tablespoons butter
* 1 1/4 cups water	* 1 egg lightly beaten	* 1/2 cup chopped walnuts
* 1/2 cup self-raising white flour	* 1/2 cup self-raising wholemeal flour	* 3/4 teaspoon baking powder

1. Place dates, sugar, butter and water into a saucepan. Bring to the boil, then reduce heat and simmer for 2 minutes. Remove from heat and cool.
2. Add lightly beaten egg and mix well then mix through the walnuts.
3. Stir through sifted flours and baking powder. Place in a lightly greased 14cm x 21 cm loaf tin.
4. Bake in a moderate oven, 180 degrees Centigrade for 45-50 minutes. Tip onto wire rack to cool.

