

GCC S.D.A. CHURCH AND LIFE DEVELOPMENT CENTRE HEALTH NEWS - NO.10

Did you read recently what the American Medical Association has reported on the eating of red meat? Real scary! It went on to say that eating a lot of red meat may shorten your life! Evidently red meat contains a number of compounds that are linked to the development of cardiovascular disease and cancer.

I checked out just one page from “**Councils on Diet and Foods**” by E.G. White, page 411. I quote “Disease in cattle is making meat eating a dangerous matter”. “Disease is contracted by the use of meat”. She goes on to say that the time will come when it will not be safe to eat anything that comes from the animal creation. This was written in the early 1900’s, what would she write today if she were still alive? There is so much written on this subject in her writings.

FRUIT:

We all love fruit! I grew up on a farm where we had a very large orchard. You name the fruit Dad had it growing. I remember those big Purple King plums, the Doris plums. The Satsuma were my favourite with their very juicy, sweet gold flesh. Name the apple we had it. Why don’t apples taste like apples today? OOOh to taste a delicious apple out of Dad’s orchard! They were delicious in name and taste! I was about 12 years of age when Mum came home one day, with a new looking fruit. It was called a **Persimmon**. I believe they had been introduced from Asia but they were not very popular They were soft and sloppy, awful messy to eat!

However of recent years a new variety has been introduced called the **Sweet Persimmon**.

Here in Queensland the state boasts around 30 growers of Persimmons. **Persimmons** come in the two varieties, **the Original and the Sweet**. They are a great source of Vitamin C and beta carotene, fat free and high in fibre. Best of all, the **Sweet Persimmons** are not soft and messy so they make a healthy mess-free snack for children’s lunches or for travellers. Every part can be eaten, except for the stem and they do look nice in your fruit bowl. They are best eaten while firm like an apple, as they can get soft but not like the Original persimmon.

Evidently Asians have been eating them for 1000’s of years and it was not until the late 1970’s that the sweet variety was introduced to Australia.

With more fibre than an apple and higher levels of many minerals and antioxidants, it may be that one day we will be saying “a persimmon a day keeps the doctor away”.

Try them, I think you will like them - like I do now!

And while on the subject of fruit, did you know that **KIWI FRUIT**, may help to reduce blood pressure? Also, they are rich in **LUTEIN**, which is beneficial for eye health and could help to prevent age-related macular degeneration. So it is suggested that 3 **KIWIFRUIT** a day, could keep the cardiologist at bay. This is all according to a Norwegian study which is saying the **LUTEIN-RICH FRUIT** could be more effective than an apple a day.

HERBS: Have you ever thought that by using everyday herbs such as parsley, rosemary, mint, thyme, etc., that they not only add flavour and enjoyment to your meals, but they could be adding nutritional benefits to bring physical relief from minor discomforts and perhaps increase your overall health. They are easy to grow in a tub in your backyard. I have just planted parsley, basil and coriander. Looking out my window, I see they need shifting to get maximum sunshine. To begin with, you may like to try a parsley plant in a pot on your kitchen window sill if you have a sunny one!

RECIPE:

What will we cook this month? With the Winter months just around the corner, we will be thinking of soups, hot breakfast cereals, perhaps more hot drinks rather than cold smoothies. We haven't discussed the benefits of oats but then I don't have to tell you how good they are and they can be used in so many ways. I'm sure you all like your rolled oats for breakfast, not matter whether it is Winter or Summer.

Until next month, God bless you with good health and strength.

Judy

Health Ministry Co-ordinator

Apple 'N' Raisin Porridge (This makes 2 servings)

2/3 cup Traditional Oats	2/3 cup apple juice
2/3 cup water	2 tablespoons raisins or sultanas
3 tablespoons low fat natural yoghurt	1/2 teaspoon cinnamon and 1 teaspoon sugar

1. Place oats, apple juice, water and raisins/sultanas into a saucepan. Bring to the boil, lower heat and stir for 3 or 4 minutes until oats are cooked and creamy.
2. Serve into bowls and top each serve with approximately 1 1/2 tablespoon yoghurt and sprinkle with combined sugar and cinnamon.
3. Serve with extra milk of choice (rice, oat, almond) and extra sugar if desired.

Banana, Coconut and Honey Porridge Delight: (This makes 2 servings)

2/3 cup Traditional Oats	1 tablespoon desiccated coconut
2/3 cup milk (rice, oat, almond are great)	2/3 cup water
1 tablespoon honey	2 medium ripe bananas

1. Place oats, coconut, milk and water into a saucepan and bring to boil. Lower heat and stir for 3 or 4 minutes or until oats are cooked and creamy. Remove from heat.
2. Mash one banana and mix it and the honey into the porridge. Divide mixture between two bowls.
3. Slice remaining banana and place on top of porridge.
4. Serve with hot milk of choice.

