

Newsletter - January 2017

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Products

Luke's MultiGrain and Seed Crackers

Luke's MultiGrain and Seed Crackers Protein + Fiber has 6 grams of fiber and 5 grams of protein for 140 calories (12 chips) and doesn't taste like cardboard!

Available at Amazon and a few grocery stores.

Ingredients: Luke's organic grain & seed blend (whole grain brown rice brown rice flour, quinoa, amaranth, millet), organic black beans, Luke's organic sustainable oil blend (sunflower and/or safflower oil and/or red palm olein), organic psyllium, sea salt

Note: many of the Luke's crackers have corn flour so if you are sensitive to corn make sure you check the ingredient list.



Recipe of the Month

Low in Amines and Benzoates, can be low in salicylates if you do not add black pepper or cumin

White Bean Dip

Ingredients:

- 2 cups drained cooked or canned cannellini or other white beans, still moist and liquid reserved
- 4 garlic cloves, or to taste, peeled
- 1/8 cup extra virgin olive oil
- Salt and black pepper to taste
- 2 teaspoons ground cumin, or to taste, if desired
- Fresh lemon or lime juice to taste

Preparation:

1. Put the beans in a food processor with the garlic, olive oil, salt, pepper, and cumin. Turn the machine on and process until the mixture is smooth, stopping and scraping down the sides if necessary and adding a bit more bean liquid or olive oil if necessary.
2. Taste and adjust the seasoning—add more garlic, salt, pepper, or cumin if you like—then transfer to a bowl. Add lemon or lime juice a tablespoon at a time, until quite tart.
3. Serve or refrigerate for a day or two. Bring back to room temperature before serving.

Thoughts

The recipe of the month, White Bean Dip along with Luke's chips is probably a snack for many people. But I would recommend eating them not as a snack but rather as a meal with the addition of vegetables. The chips, bean dip and veggies would be a healthy lunch high in protein, fiber, nutrients and taste!

I discourage snacking for my adult clients. Even healthy snacks add calories that most people don't compensate for by eating less at meals and this leads to weight gain. The

research on the health effects of snacking is conflicting and I am reading more and more about the potential harmful effects of snacking.

A 2015 study of 6851 adults looked to see if snacking increased the risk of developing metabolic syndrome. (Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke.)

The subjects were initially free of metabolic syndrome, and the study followed them for an average of 8 years. 35% of the subjects reported snacking between main meals.

The researchers found that snacking was significantly associated with a higher risk for developing metabolic syndrome. Their findings suggest that avoidance of snacking can be included among the preventive approaches to reduce the risk of metabolic syndrome development.

Snacking between main meals is associated with a higher risk of metabolic syndrome in a Mediterranean cohort: the SUN Project

Adriano M Pimenta 11 May 2015
