

Dear Heart Friends,

Welcome to another year! Last year kept us all busy, with highs and lows, some new ideas and activities for our meetings, some interesting guests, some good laughs, an opportunity to do a good turn in raising money for the oxygenator, and a sad farewell. What will be in store for us this year?

Our first meeting will be held at Caldwell House on 17<sup>th</sup> February at 12.30pm. (Unfortunately Joan and I are due to attend the training session for "Guides" at the new hospital at the same time). This will be our last meeting at Caldwell House, as it prepares for the great move to the new site. We need to decide where we'll meet till our new space is ready. President Jim is also planning a special celebration, as well as a guest speaker - read all about it in his Ramblings.

The move to the new Hospital campus in a few weeks time will probably bring a whole of new changes, but it will also bring new opportunities, and new treatments. Of course there will be teething problems. But we who have survived various heart events know that with good will, persistence and willingness to adapt almost anything is possible. So let's not join the chorus of complainers who are sure to make their voices heard. Instead, let's make sure we offer positive and supportive words in the tricky days ahead.

Keep on keeping on (as the Berger paint ad used to say!)

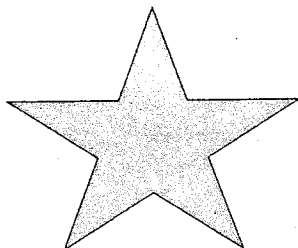
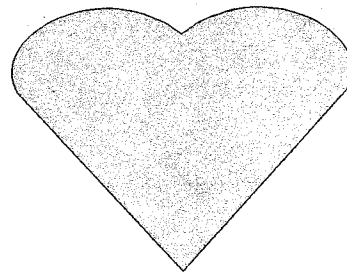
Howard

**Happy February Birthday**

to:

PAT FITZPATRICK 2<sup>nd</sup>

JIM NORMAN 12<sup>th</sup>



**Start Planning Now!**

**COME FOR A CAFÉ/ PUB  
CRAWL  
FOR LUNCH**

Every 5<sup>th</sup> Tuesday of the Month

First one: 29<sup>th</sup> March

## ***Ramblings from the President...***

A big hello to everyone for our first meeting of 2011. I have confirmed that our guest speaker will be Michelle Putnam from the Bathurst office of the NSW Trustee and Guardian, previously known as the Public Trustee. I am sure she will have plenty of useful information about wills and powers-of-attorney, etc., even if you don't have your will with the Public Trustee. I know that the different solicitors around town keep telling their clients how much better they are than the public trustee, but they would say that wouldn't they?

This will be our last meeting in the conference room of the Community Health Centre so I am hoping to have some sort of celebration (or wake?) to mark the end of an era. Champagne and cake sounds good, but leave that up to me. I hope to see as many of you there as possible.

Future meeting venues will be discussed, particularly in the interim until we know how the future lies with the conference/meeting rooms at the new Hospital. We might have to substitute pub lunches for meetings for a little while if we cannot organise a suitable interim venue. Now that sounds tempting, though it wouldn't be too good for my waistline.

Hope to see you at the next meeting – Thursday 17 February 2011, 12.30pm – 3.00pm. As we used to say, “Be there, or be square.” (Now that betrays my 1950's and 60's upbringing.)

Jim Norman

# **How sweet it is!**

How sweet is it? Keeping tabs on hidden sugar can take some detective work.

**F**or effective diabetes management, it is important to keep your intake of refined sugar in check. But figuring out how much sugar and other sweetening agents are in the food you eat sometimes seems like it requires a degree in science.

To sleuth out the sugar content of various food products, you need to recognize sugar's various disguises. On food labels, be on the lookout for honey, maple syrup, molasses and corn syrup, all of which contain sugars. Look for words ending in “ose,” such as dextrose, glucose, fructose and sucrose. These sugars are used in food processing.

Also scan food labels for sorbitol, xylitol, mannitol, maltitol, lactitol, isomalt, erythritol and hydrogenated starch hydrolysates. These are sugar alcohols, a popular sweetening agent made by adding hydrogen to sugar. Sugar alcohols raise blood glucose levels, but to a lesser extent than sugar. Although sugar alcohols contain calories, a percentage of the calories are not absorbed. The downside of sugar alcohols includes bloating, gas and diarrhea, but the severity depends on the type of sugar alcohol, individual to tolerance and the quantity consumed.

When consulting food labels, keep in mind that the ingredients are listed in descending order by amount, meaning that the first ingredient is present in the greatest quantity. Having glucose or another sugar listed at the top of the list means that the product is likely loaded with sugar. But don't be fooled by a product that lists several different sugars further down on the ingredient list. If you add up the different sugars, you could find that sugar is the prime ingredient.

Sugar substitutes, often called artificial sweeteners, are a smart option for individuals with diabetes. They provide a sweet taste, but contain no carbohydrates and don't affect blood glucose levels. However, sugar substitutes are often found in high-carbohydrate foods, such as yoghurt and muffins.

# goodhealth.



## Why and how to include **peanuts** in your diet

**H**ealthy eating is all about choosing a diet that contains a variety of nutritious foods each day. The good news is that nuts, including peanuts, are an important part of a healthy eating plan. In fact not only are peanuts packed with a wonderful balance of healthy fats, vitamins, minerals and fibre, research has shown that peanuts can play a role in keeping your heart healthy. The reasons for adding peanuts to your eating plan are endless and their versatility means you can enjoy peanuts anytime and in many tasty ways.

### Why make peanuts part of your day?

Peanuts are a rich source of vitamins and minerals including vitamin E, folate, niacin, magnesium and zinc. Peanuts are also rich in antioxidants which have been shown to help reduce the risk of heart disease. Resveratrol is a potent antioxidant found in peanuts that research is showing has an important role in maintaining healthy blood vessels. In addition to this, peanuts are a source of protein and fibre and contain a healthy balance of monounsaturated and polyunsaturated fats. All these nutrients make peanuts a powerhouse of nutrition.

While research shows the benefits of eating peanuts for heart health, many weight conscious people are often concerned about nuts being high in fat and energy. Well the good news is they needn't worry. Peanuts are high in the "good fats" which can help to reduce LDL cholesterol and research has shown that nuts can be included as part of a weight loss plan. So start including peanuts as part of your healthy eating plan today!

### Cooking with peanuts

Cooking with peanuts not only offers the benefits of curbing hunger; it also adds some crunch and a wonderful nutrition boost! Try these ideas:

- Toss a handful of peanuts in your favourite stir fry
- Add a handful of peanuts to your favourite lean beef, lamb or chicken curry
- Coat lean chicken fillets with crushed peanuts before cooking
- Add crunch to pasta and rice dishes with peanuts
- Toast crushed peanuts in a moderate oven and toss through your favourite salad
- Use crushed nuts in a delicious dipping sauce for Vietnamese rice paper rolls
- Make a tasty satay sauce and use it as a dipping sauce with vegetable sticks, in a stir fry or pour over grilled chicken or meat

### Other tasty ways to help you get your daily fix of peanuts:

- Wholegrain English muffins or toast spread with peanut butter
- A nutty smoothie - simply add some peanut butter to your banana smoothie
- Porridge sprinkled with crushed peanuts for some crunch
- Mix peanuts with dried fruit for a tasty power snack
- For a tasty treat mix light yoghurt with chopped fruit and crushed peanuts
- Snack on crisp bread with peanut butter and honey
- Grab a handful of unsalted peanuts in place of biscuits, muesli bars and crisps
- Try some fresh vegetable sticks with a peanut butter dip
- Top low fat ice cream with crushed peanuts for a delicious and healthy dessert
- For a tasty snack, top your favourite low fat yoghurt with crushed peanuts
- Mix dried fruit and peanuts and store in an airtight jar for a quick and tasty power snack
- Make a filling sandwich with peanut butter and chopped banana

### Peanut Oat Bars

#### Ingredients

- 1/2 cup honey
- 1/2 cup crunchy peanut butter
- 1/2 cup wholemeal self-raising flour
- 1 cup rolled oats
- 1/3 cup unsalted roasted peanuts, finely chopped
- 1/2 cup finely chopped dried apricots
- 1/2 cup finely chopped dried apples
- 1/2 cup currants
- 2 tablespoons sunflower seed kernels
- 2 eggs, lightly beaten

#### Method

1. Grease a 19cm x 29cm rectangular pan, line base and the two long sides with baking paper, extending the paper 5cm above the edge of the pan.
2. Combine honey and peanut butter in a small pan, stir over heat until melted. Remove from heat.
3. Combine remaining ingredients in a large bowl with honey mixture and mix well.
4. Spread mixture over base of the prepared pan with wet hands.
5. Cook in a moderate oven at 180°C for about 20 minutes or until lightly browned. Cool in pan before cutting into bars.

# Recipe of the Month Apple and Cinnamon Teacake

## Ingredients

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| Cooking spray                     | 2 egg whites                        |
| 4 Granny Smith apples             | 120 gm wholemeal self-raising flour |
| 60 ml water                       | 75 gm self-raising flour            |
| 1 cup Splenda (granular)          | 1 ½ teaspoons ground cinnamon       |
| 60gm reduced fat sunflower spread | 160 ml skim milk                    |
| 1 x 50gm egg                      | Ground cinnamon, for dusting        |

## Method

1. Preheat oven to 160°C (fan forced). Spray a 20cm (base) round springform cake pan with cooking spray. Line the base and side with baking paper.
2. Peel, quarter and core two of the apples. Thickly slice the apples. Put the sliced apples and the water in a large saucepan. Cover and bring to a simmer over medium heat. Reduce heat to low and cook, covered, for 8-10 minutes, or until the apples are just tender. Drain well. Transfer to a plate lined with paper towel. Chop.
3. Put the Splenda granular, sunflower spread, egg and eggwhites in a medium bowl. Using electric beaters, beat until well combined. Sift the flours and cinnamon into a small bowl, returning any husks to the bowl. Add half of the flour mixture and half of the milk to the Splenda mixture. Using a wooden spoon, mix until just combined. Repeat with the remaining flour and milk. Stir in the chopped apple.
4. Peel, quarter and core the remaining two apples. Thinly slice. Arrange in a circular pattern over the base of the lined pan. Carefully spoon the cake batter into the lined pan and smooth the surface. Bake for 40-45 minutes, or until a skewer inserted into the centre of the cake comes out clean. Set aside in the pan for 15 minutes before turning out onto a wire rack to cool.

## Nutrition information

Per serve: 481 kJ; protein 3.6gm; total fat 3.1gm; (saturated fat 0.6gm); cholesterol 16mg; carbohydrates 17.3gm; fibre 2.1gm; sodium 134.5mg. GI (glycemic index) is medium.

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## Joke Corner:

Three sisters ages 92, 94 and 96 live in a house together. One night the 96 year old draws a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?" The 94 year old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses "Was I going up the stairs or down?" The 92 year old is sitting at the kitchen table having tea listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful," she knocked on wood. She then yells, "I'll come up and help both of you as soon as I see who's at the door."

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