

TOTAL HEALTH NEWSLETTER

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Sustainable Eating: **EATING FOR OUR PLANET**

Many people know that they should adopt a healthy diet for their health, but few are aware that what we put on our plates also has an impact on the health of our planet Earth. Food production and consumption are responsible for up to 29% of worldwide human-induced greenhouse gas emissions, 70% of freshwater use, and are a major driver of biodiversity loss. In order to meet the nutritional needs of a growing global population without continuing degradation of the planet's resources, it is important that we start practicing sustainable eating. Here are some guidelines on how to eat sustainably.

1. **SHIFT TOWARDS A PLANT-BASED DIET**

Animal farming for the production of meat and dairy demands land space, as well as a high amount of water and feed. Animal source foods, therefore, have higher ecological footprints. A recent study in 2021 estimated that global greenhouse gas emissions from animal-based foods are twice of those plant-based foods.

The 2019 EAT-Lancet commission proposed the "planetary health diet" as the healthy diet from sustainable food production: half of the plate is filled with fruits, vegetables and nuts, while the other half consists of primarily whole grains, plant proteins and unsaturated plant oils. Vegan diet is an example that not only optimizes your health but also supports a healthy planet.

2. **EAT MORE VARIETY OF FOODS**

We obtain a variety of nutrients from a diverse diet, while the Earth benefits from crop diversity. The soil is healthier and more fertile with the practices of crop rotation and multiple cropping, which reduce the use of fertilizers and pesticides.

3. **CHOOSE MINIMALLY PROCESSED FOOD**

The more processed the food is, the higher its environmental footprint is during its production, transportation and distribution. Moreover, in order to minimize the production cost, ultra-processed foods are usually manufactured using few high-yielding plant species, or animals that are fed with the same feed grains, causing the loss of agricultural biodiversity. These foods also lead to a higher risk of obesity, and cardiovascular and metabolic diseases. On the other hand, locally sourced, unprocessed, or minimally processed foods, such as vegetables and fruits, have a lower environmental impact and higher nutritional value with lots of vitamins, minerals and antioxidants.

4. **SHOP FOR SEASONAL PRODUCE**

Each type of fruits and vegetables has its own set of specific conditions for optimal growth and quality. Off-season foods likely have been stored longer and travelled a longer distance to get to the shop, and hence have a higher carbon footprint.

5. **REDUCE FOOD WASTES**

In Hong Kong, there are about 3,500 tonnes of food waste that end up in landfills each day. They not only take up our limited landfill spaces but also release methane gas which contributes to global warming.

You can reduce food waste starting by planning your meals ahead, buying/ordering only what you need, storing foods or leftovers wisely for later use, and putting your food waste to use. Try out the recipes on the next page, making use of some common food scraps.

6. **GROW SOME OF YOUR OWN FOOD**

By growing your own food, you help to reduce the amount of carbon emissions and packaging waste associated with food distribution and transport. Make use of your windowsill or balcony to grow some herbs or vegetables that you like to add to your plate. For small homes in Hong Kong, microgreens, basil and mint are some of the easiest things to grow indoors.

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Aquafaba is liquid in which legumes have been cooked or stored. Next time when you drain a can of chickpeas, or when you cook your chickpeas, don't throw the water away. Save it up and it can be used as an egg substitute, or turned into vegan cream cheese using the recipe below.

Vegan Cream Cheese

INGREDIENTS:

- 1 ½ cups raw unsalted cashews
- 2 tablespoons soy yogurt
- 2 tablespoons lemon juice
- A pinch of sea salt
- 3 tablespoons aquafaba

INSTRUCTIONS:

1. Add the cashews to a bowl, cover with water and leave to soak overnight or for at least 4 hours. Alternatively, add to a pan of cold water, bring to the boil, remove from the heat and soak for 15 minutes. Rinse under cold water to cool completely and drain.
2. Drain and rinse the cashews and add them to the jug of a high-speed blender (or food processor) with the lemon juice, aquafaba, soy yogurt and salt and blend until smooth. You'll need to scrape the sides down a few times.
3. Store in the fridge for up to 4 days. Enjoy on bagels, sandwiches, or in dips.

Reference: <https://veggiedesserts.com/vegan-cream-cheese/>



Do you know that broccoli stems are also edible just as its florets? Instead of throwing the broccoli stems away, you can use them to make your own vegetable stock or soup, or try this recipe and make use of the entire broccoli.



Broccoli Tater Tots

INGREDIENTS:

- 2 broccoli stems, grated
- 1 broccoli head, finely chopped
- 1 potato, grated
- 1 tablespoon flax meal, mixed with 2½ tablespoons water
- 1 tablespoon nutritional yeast
- ½ teaspoon sea salt

INSTRUCTIONS:

1. Preheat the air fryer/oven to 400°F and line a baking sheet with parchment.
2. Peel the woody skin off of the broccoli stems, and grate. Also grate the potato and finely dice the broccoli floret. Mix the flax meal with water, and set aside for five minutes to thicken to create a flax egg.
3. Add all listed ingredients in a bowl until completely mixed. Using wet hands, form the mixture into "tots" and set onto baking sheet.
4. Give them a liberal spray of olive oil, and place in the air fryer/oven for 10 minutes. After 10 minutes, flip them, and cook for an additional 8 minutes until they are browned on the outside. Enjoy with your favourite dip.

Reference: <https://plantyou.com/broccoli-tater-tots/>

ARE YOU LUCKY?

When Napoleon Bonaparte, the great French emperor, was criticized for winning battles simply because of luck, he famously retorted: "I'd rather have lucky generals than good ones." Napoleon felt that some people seemed to get better breaks than others no matter what their capabilities. More than a hundred years later the American president Dwight D Eisenhower reaffirmed this point by saying: "I'd rather have a lucky general than a smart general. They win battles."

It is true that some people seem to be born naturally luckier than others. You may have a family member who always seems to win at life, a colleague who always gets the promotion and praise at work or a friend who has a wild and life-changing experience that only one in a million people encounters. Some people always seem to be in the right place at the right time, always receiving **good fortune**. But does luck truly exist or is it a product of superstition?

The Cambridge English dictionary defines luck as 'the force that causes things, especially good things, to happen to you by chance and not as a result of your own efforts or abilities'. Many people believe that luck is something that you're naturally born with and is driven by a higher power.



A London-based psychologist, Dr. Richard Wiseman has spent decades studying the phenomenon. In one experiment, Wiseman asked 400 people if they considered themselves lucky or unlucky. He then gave all 400 participants a newspaper and asked them to count the number of photographs in it.

On average, it took the unlucky group two minutes to count. The lucky group was finished within seconds. Why? They found a note on the second page of the newspaper that read "stop counting." Wiseman says, in this example, the lucky group had certain characteristics associated with luck the other group did not: being skilled at creating and noticing opportunities. There are three remaining characteristics that have emerged over his years of study that people who consider themselves lucky have in common. They "listen to their intuition, create self-fulfilling prophecies via positive attitudes and adopt a resilient attitude that transforms bad luck into good." In the end, Wiseman says, people create their own good fortune by adopting the four key traits of self-described lucky people. If you don't consider yourself lucky, you're in luck because you have it in your power to change.

From an earthly perspective, things may seem to happen at random, but throughout the whole of Scripture, it is clear God is in control of all His creation and is able to take the random acts of natural law, the free will of both good and evil people and combine them all to accomplish His good and perfect will (Genesis 50:20; Job chapters 1 and 42; John 9:1-7). Christians, specifically, are given the promise that God works all things, whether seemingly good or bad, together for good to those who love Him and are called according to His purpose. (Romans 8:28)

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OUR *Prayer Room* AND *Worship* SERVICE

Caring for the whole person—body, mind and spirit — is an integral part of our hospital's approach to health care. Hong Kong Adventist Hospital takes every effort to look after your spiritual and emotional needs.

We have a prayer room which is located on the ground floor opposite to the entrance. It is opened to people of all faiths.

Our clinically trained chaplains are available 24-hours a day, seven days a week to offer guidance and counseling. For those who request, prayers are offered for the patients and their families.

Regardless of religious affiliation or the lack thereof, our chaplains are ready to offer spiritual and emotional support during your stay at the hospital.

A short inspiring morning message is offered every weekday from 8:40am to 9:00am in La Rue Building 7B. All patients are welcome to attend.

Please feel free to call upon our chaplains for emotional and spiritual support or to just have a listening ear.

May God bless you.

From the Chaplain's Office





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Through services and programs such as the Lifestyle Medicine Clinic, comprehensive lifestyle assessment, health screenings, delicious vegan cooking demonstration, fitness club and interactive educational programs, participants can begin to restore their own health through lifestyle modification.

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