

In this issue of **healthbites** we touch on raising a child on a vegan diet. The article below is a portion of a longer article with tips on keeping a balance in starting your baby on a plant-based diet.

Over the page is a brief discussion on eggs and a few replacement options. This month's recipe offers many nutrients commonly associated with eggs but without the detrimental effects.

Also note the details of the next What's Cooking series over the page. And of course you will also find a selection of interesting **littlebites** down the side column.

Vegan Baby Basics

Taken from NaturalNews.com, originally published Feb 9. By Sue Rodriguez. Complete article available on request.

If you have made the choice to center you and your baby's diet around plant based whole foods, then congratulations. You have chosen an educational and life transforming path. It has been shown that an optimal diet for people is one that is centered on plant foods. If you do it right you can expect many benefits. To get the most from this diet, be sure your baby gets plenty of calories from a wide variety of whole food sources. This is the best way to insure sufficient proteins as well as other nutrients.



In the first six months of life a baby should be nursing, and will receive the very best form of nutrition this way. Breastfeeding provides optimal immune protection, and reduces risks of allergies. It also reduces the risks of illnesses, not to mention that it is a bonding experience for the mother and baby. It is recommended, that if a substitute must be made, only an iron-fortified formula would suffice.

When your baby is ready to eat solids, they will usually tell you by reaching for what you're eating or staring at your food. Most fruits and veggies, in their raw state, are excellent for babies. For a baby under 12 months pureed fruit or veggies are perfect foods. Give your baby one new food at a time, and don't add anything new for a few days after. This will allow you to see if your baby has an allergic reaction to any new food. Start feeding your baby solids once per day, and gradually increase to 3-4 times per day. A normal serving for veggies and fruit would be 2-4 tablespoons, and for cereal grains, about 1 tablespoon to start, increasing to 1/4 to 1/2 cup over time.

You can introduce finger foods to your baby at around 9 months. They should be soft and/or easily dissolve in your baby's mouth. At 1 year old your baby will be ready to eat a lot of foods in their whole form as you do.

Let babies decide when they are finished eating. They will eat more and less on different days. They may not want to eat as much if they are teething or not feeling well. This is the time to encourage fluids, of which most should be water.

A wide variety of fresh organic fruits and veggies provide ample amounts of carbohydrates, amino acids, minerals and vitamins.

Some important nutrients to support your vegan baby's optimal health are Vitamin B12, DHA and Vitamin D. These 3 are the least easily acquired through a vegan diet.

There are some good plant based sources of Vitamin B12. Don't hesitate to give a B12 supplement to your toddler if you are concerned they are not getting enough from food.

Give yourself and your baby plenty of omega 3s from great sources. Our bodies can synthesize alpha linolenic acid (omega 3s) into DHA, which is essential for optimal health.

Get plenty of sunshine. At least 10 to 15 minutes a day to get plenty of vitamin D.

Quote of the Month

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted.

—Ministry of Healing, page 128

healthbites

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little bites

Risks of Obesity in Pregnancy

Journal of American Medical Association.

Studies showed that women who are obese at the start of their pregnancies have an increased risk of having babies with neural tube defects, particularly spina bifida.

Other well-known health problems associated with maternal obesity, include increased rates of gestational diabetes, hypertensive disorders, Caesarean delivery, and wound infection for the mother and greater risks of macrosomia, birth difficulties, and perinatal death for the child.

Energy Drinks Causing Caffeine Intoxication

NaturalNews.com, 5 Feb, 2009

The way that energy drinks are marketed and used places consumers at significant risk of caffeine intoxication, according to a study conducted by researchers from Johns Hopkins Medical Institutions and published in the journal *Drug and Alcohol Dependence*.

The symptoms of caffeine intoxication include anxiety, nervousness, restlessness, insomnia, pacing, tremors, rapid heartbeat and digestive upset. In particularly high doses, caffeine can be fatal.

Cellphone use Disorients Drivers

NaturalNews.com, 7 Feb, 2009

Government research has discovered that any cell phone use, including hands free, causes a disorientation which may increase the risk of accidents. This disorientation can last up to 10 minutes after the phone call is finished.

Researchers are not entirely clear as to why even hands free phones have such a negative effect on driving ability. They know that one is still exposed to harmful rays even when the phone is 2 to 3 feet away. Another reason may be that the brain must use abilities to create an image of a person who is not physically present, which distracts from driving.

www.whatscooking.co.nz

What should I use in place of eggs?

God's Plan Natural Foods Cookbook, Thomas Jackson, page 15.

Tofu products can be used in baking. Soy flour can also be used both as a binder and for a small amount of leavening action.

In whole grains, all varieties of greens and legumes supply the same nutritional needs.

Julius Gilbert White, in his book, *Abundant Health*, strongly urges the health benefits of a vegetarian diet. He realises many will find it difficult to discard many of the animal by-products. He discusses the advantages and disadvantages of several such foods. He lists four advantages of eggs; high quality of protein, source of Vitamin A, B1, riboflavin, nicotinic acid, and D; source of iron and phosphorus and also fat. The disadvantages are that they are acid-forming; they add to an excess of protein; they are quick to ferment in the digestive tract; they aid growth of germs, they are potential carriers of animal disease and they are a ready source of allergies. The advantages can be supplied by other foods from the plant kingdom and thus the overall effects of animal foods are detrimental.



Stevia Extract Powder

As a low-carbohydrate sugar substitute, stevia's taste has a slower onset and longer duration than that of sugar. Use where ever you would use sugar.

60gm pack **\$8.00**



Recipe of the Month

Cabbage Soup

- | | |
|---|---------------------------------------|
| 6c water (add more if needed) | 1/3 c cooked rice |
| 2 potatoes, cubed | 140g pottle tomato paste |
| 2 carrots | 1/2 t oregano |
| 3 stalks celery, cut thin diagonally | 1/4t garlic powder |
| 2 medium onions | 1/8t white stevia powder (opt) |
| 1/2 c cooked navy or pinto beans | 4c cabbage shredded |

Cook potatoes with carrots, celery and onions in the water. Add beans, rice and flavourings, bring to the boil. Add cabbage and cook until cabbage is cooked, but still a bit crunchy. Makes a real nice hearty soup. Yields 6-8 good servings. —Taken from *God's Plan Natural Foods Cookbook*, page 123.

Vegetarian Cooking Classes

Commencing Thursday 21st April



- Breadmaking and Dairy-free Cheeses
- Economical Protein Dishes
- Healthful Desserts
- Breakfasts
- Milk Replacements and Substitutes
- Sugar-free Jams, Dairy-free Butters
- Sugar-free Biscuits and Cakes
- How to prepare Vegetables attractively for health and flavour

Commencing: Tuesday 21st April
followed by: Tues 28th April Tues 5th May
 Tues 12th May Tues 19th May
 Tues 26th May Tues 2nd June

Time: 7:30pm

Venue: SDA Community Hall
Ilam Road, Ilam, Christchurch

Charge: \$5 per evening

To enrol or for more information go to www.whatscooking.co.nz or phone:
Korina or Angela 03 313 7701, John or Lois 03 318 1913