

# July



# 2016 News

## Eating for a healthy planet



Recently China announced that it aims to halve its meat consumption in an attempt to improve the health of the Chinese people and reduce their impact on climate change. Emissions from animal agriculture globally are estimated

to be at least 14.5% of total greenhouse emissions, and China is the world's largest consumer of meat. This move has been celebrated by climate change campaigners, and includes [promotional ads](#) from actor Arnold Schwarzenegger and director and New Zealand resident James Cameron (pictured). The announcement is a great reminder that it is the actions of individuals that can make a difference in addressing what can often be seen as an overwhelming issue. And it is an achievable challenge! Although many of us have been raised having meat as the centre of every evening meal, there are so many great vegetarian meal options available it is easy to swap out some of your meat-based dinners during the week for vegetarian feasts. Reducing portion sizes of meat is another simple way to cut down meat consumption. Reduced consumption also makes it more affordable to buy higher quality organic free-range meat, which is even better for the environment. If you are wanting to try some meat-free meal options or starting a vegetarian or vegan diet, come in and have a chat. We can show you the different options available, tips on how to prepare different foods and share some of our favourite meal ideas!

**Ecotip:** *If you drive, you can reduce your carbon footprint further by driving smoothly, keeping your revs low and driving to the speed limit. This will reduce your fuel emissions and is also great for your safety and your wallet.*

*NEW- Oh My Goodness breads are beautifully soft and tasty gluten-free breads made in the Hawkes Bay, and full of super nutritious ingredients. With flavours like sunflower and sesame, and Manuka Honey and Walnut, they are delivered fresh twice a week and are only \$11 a loaf.*



**Kawakawa** (*Macropiper excelsum*) is a New Zealand plant commonly called the Pepper tree. Its heart shaped leaves can be found in most New Zealand bush, and it has been used by Maori for centuries for many health benefits. It's analgesic effect has meant the leaves are commonly chewed for toothache, but it has also been used for the heart and circulation, to flush toxins from the body, for immunity, for digestion and inflammation, and for energy and vigour. The leaves can be made into a tea, or try it in our Oku range of New Zealand made cough and chest elixirs.



## Feature - Low FODMAP diet

Irritable Bowel Syndrome (IBS) is a condition that affects up to 1 in 7 adults. It is an unpleasant and sometimes debilitating syndrome that can cause lower abdominal pain, discomfort, bloating, wind and altered bowel habits (from diarrhea to constipation). The cause is unknown, although some treatments have been found to reduce the symptoms. Stress management can help, as can digestive enzymes or probiotics like Ethical Nutrients IBS Support. However

most people find the elimination of certain foods the best way to reduce symptoms.

Now Monash University has developed a diet that eliminates a group of foods that have been known to cause problems for those diagnosed with IBS. These foods are known as FODMAPs, which stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols. FODMAPs are short-chain carbohydrates that are poorly absorbed by the small intestine in 75% of people with diagnosed IBS. These carbohydrates then leach into the large intestine where they make great food for certain gas-producing bacteria. Some also draw water into the bowel causing diarrhea. The pain and discomfort is caused by the distention of the bowel from these gases and water. The aim of the low FODMAP diet is to restrict foods containing FODMAPS for a number of weeks to see if IBS symptoms improve. If so, foods can be slowly introduced to determine the tolerance level of the different foods for long-term management of IBS. Not all FODMAP foods will cause symptoms, and some foods are okay in small amounts - everyone is different. Here is a [list of foods](#) to initially avoid on a low FODMAP diet, and foods that can be eaten. Because FODMAPs are in so many foods, from common fruits and vegetables to wheat, dairy, legumes and sugar alcohols, this can be a difficult diet to follow. It can therefore be best to work with a health professional familiar with the FODMAP diet.

NEWS: We are sad to say goodbye to our fabulous Produce Manager Jasmine, but wish her all the best for her new organic adventures in the Hawkes Bay!

### **Special: Instant Miso sachets**



*Mitoku instant miso soups sachets are perfect for a portable warming snack at any time of the day. Try our Mitoku Mellow White sachets, for only \$8.95 for a pack of 4 (normally \$9.95), while stocks last.*

***NEW- Have you tried Little Island's flavoured coconut milks? If so you'll be pleased to see we now have the smaller 400ml bottles of chocolate milk and vanilla milk, perfect for drinking in one go! We highly recommend trying them in your coffee too... only \$5.95.***

