

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

-1 Corinthians 6:19-20 NIV

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**Healthy Eating
FOR
Healthy Living**

Hello One Church Nation! Do you remember the saying, "Milk does a body good"? Well, for some people milk, and other dairy products, can seemingly do more harm than good. If you've ever experienced symptoms of bloating, gas, and diarrhea after a glass of milk or a healthy serving of Grandma's mac and cheese, your body may be telling you to cut back on the dairy. Did you know that dairy products are also a major source of saturated fat and contain cholesterol? Diets that are high in saturated fat and cholesterol can lead to heart disease and diabetes. Read on below to find out more about how dairy can affect your body and ways to still get healthy nutrients without the unwanted side effects.

The dairy food group includes milk, cheese, and yogurt. The calcium, potassium, protein, and added Vitamin D found in dairy are important for bone health and certain body functions.

However, the full-fat versions of these products are high in unhealthy saturated fat and cholesterol. In addition, products made with dairy such as cream cheese, sour cream, and butter are also high in saturated fat, but have very little nutrients in them.



What is lactose intolerance?

Lactose intolerance is caused by the body's inability to digest the sugar found in milk caused lactose. Lactose intolerance is harmless to the body, but the symptoms can be uncomfortable. Symptoms of lactose intolerance include gas, bloating, and diarrhea. It usually appears in adulthood and is most common among African-Americans, Hispanics, and Native Americans.

Ways to reduce dairy in your diet

- Switch to low-fat or fat-free dairy milk or yogurt, or lactose-free dairy or fortified soy versions
- Try dairy-free alternatives such as almond or oat milk
- Consume smaller servings of dairy
- Read product labels. You would be surprised what products have dairy in them.



Where else can I get calcium and other important nutrients?

Good news! Dairy products aren't the only way to get calcium in your diet. Other great sources of calcium include:

- Broccoli and leafy green vegetables
- Calcium-fortified products, such as cereals and juices
- Canned salmon or sardines
- Oranges
- Almonds, Brazil nuts and dried beans
- Fortified milk substitutes, such as soy, almond, and oat milk

Featured recipe! Dairy-free Creamy Cajun Pasta

Ingredients:

- 1 packed cup diced bell pepper, any color
- 1 cup water, separated
- 2 1/2 teaspoons salt-free Cajun seasoning (**recipe to the right**)
- 1 1/2 cups unsweetened plain almond milk
- 1 tablespoon roasted creamy almond butter
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon liquid smoke (*optional*)
- 1/4-1/2 teaspoon fine sea salt
- 1/2 cup frozen sweet corn
- 8 oz uncooked penne pasta
- 1/4 cup tomato sauce puree

Instructions:

1. In a large bowl, combine the almond milk, remaining 3/4 cup water, almond butter, soy sauce, liquid smoke (if using) and salt and whisk until really smooth. Make sure the almond butter is mixed thoroughly and not chunky.
2. Add the bell pepper and ONLY 1/4 cup of the water and a pinch of salt to a large deep pan over medium heat and cook for 5 minutes.
3. Stir the Cajun seasoning into the pan of bell peppers for about 30 seconds to toast them and release their aroma.
4. Add the almond milk mixture, corn and the pasta to the pan and stir very well. It will be very runny, but will thicken up.
5. Raise the heat and bring to a boil. Once boiling, cover and lower the heat to low to a gentle simmer. Cook covered for 10 minutes or until pasta is al dente. Stir once during the cooking process.
6. Remove from the heat.
7. Stir in the tomato sauce thoroughly until well mixed. Taste and add more salt if needed. It should have a nice kick of heat, but not overly spicy. Serve immediately and garnish with fresh green onion, if desired. Can be served as a main dish or as a side and is delicious topped with grilled shrimp.

2021 Throw-back recipe: Salt-free cajun seasoning

- 3 tablespoons regular paprika
- 2 tablespoons garlic powder
- 1 1/2 tablespoons onion powder
- 1 1/2 tablespoons dried thyme
- 1 1/2 tablespoons dried oregano
- 2 teaspoons ground black pepper
- 2 teaspoons cayenne pepper (use 1 1/2 for a milder heat)

Instructions: Add all the ingredients to a small bowl and whisk very well until well combined.