

healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #5 ✨ JANUARY 2010

IDEAS FOR
HEALTHY
HOME-COOKED
FOODS

The Lowdown on Beans

WITH THE HOLIDAYS OVER and the cold weather having set in, what better way to nourish your body than with beans. First of all, beans are a great source of fiber, which is essential to our bodies because it helps eliminate waste. It also helps to regulate blood sugar levels because it slows the digestion rate and the release of sugar in the bloodstream. Fiber has also been shown to help lower the risks of cancer, heart disease, diabetes, and obesity.

Beans are also a great source of protein, which is one of the most important elements for the maintenance of good health and vitality and is crucial in the growth and development of body components. Protein is important to the structure of red blood cells, for the proper functioning of antibodies resisting infections, for the regulation of enzymes and hormones, and for grown and repair of body tissue and muscle. In combination with whole grains, beans are a perfect protein.



Three-Bean Chili

1 cup	Azuki Beans, soaked overnight
1 cup	Pinto Beans, soaked overnight
1 cup	Red Kidney or any other bean, soaked overnight
1 Tbsp.	Olive oil
1	Onion, chopped
3	Garlic cloves, chopped
2 tsp.	Cumin seeds
2 Tbsp.	Chili powder
1 tsp.	Dried oregano
1 tsp.	Dried basil
½ tsp.	Ground cinnamon
3	Cloves
2	Bay leaves
1	Jalapeno, sliced
1	Red pepper, diced
2	Celery ribs, diced
1	Carrot, diced
4 cups	Water
1 cup	Cilantro, chopped
	Salt and Pepper

1. Heat oil in pot. Saute onion and garlic, 2 minutes. Add cumin and continue to sauté 10 seconds.
2. Add remaining spices and herbs, jalapeno, beans, red pepper, celery, carrots and enough water to cover.
3. Bring to a boil, lower heat and simmer 1 hour until beans are tender.
4. If desired, puree cupful of beans and vegetables.
5. Remove bay leaves and stir in coriander. Season with salt and pepper.

“Beans are neither fruit nor musical.”

— NANCY CARTWRIGHT, AMERICAN ACTRESS, B. 1957



Raising Awareness on Eating for Optimal Health

Rachel Khanna is a Certified Health Counselor and a passionate advocate of organic and local food and a healthy lifestyle. She decided to become a health counselor to fulfill her passion of working with children and parents to improve their health and family life.

With a Master's Degree from Columbia University, she subsequently completed a diploma in Culinary Arts from the Institute of Culinary Education in New York, and received her

training as a Health Counselor at the Institute of Integrative Nutrition in New York City. Rachel owned and operated Tiffin Organic Dinner Delivery Service in Greenwich, CT.

Currently, she teaches cooking classes and holds workshops on eating for optimal health. She also offers individual health and nutrition coaching to parents and families.

Rachel is the mother of four daughters and has lived in Greenwich since 2000.

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The Importance of Sleep

WE TEND TO UNDERESTIMATE the importance of getting a good night's sleep. Sleep is crucial to our well-being because our bodies use the time to heal and revitalize, and lack of sleep can cause severe health problems, such as immune weakness, overweight, lack of focus, and blood sugar imbalances.

We should sleep 6-8 hours per night. If you have trouble sleeping, try the following natural remedies:

- Try to stick to the same bedtime every night.
- Disconnect from all electronics a few hours before going to bed.
- Take some time to unwind and relax in a cool, dark room.
- Drink some chamomile tea. Chamomile has a natural sedative that relaxes the body.
- Eat plenty of green vegetables. Leafy greens have magnesium, which helps relax muscles and nerves.
- Eat a bowl of oatmeal in the evening. Oats have properties that calm the body and nerves.
- Foods rich in tryptophan are also calming. This is because tryptophan gets converted to melatonin, which is the sleep hormone. Foods rich in tryptophan include: turkey, brown rice, peas, pumpkin seeds, oats, figs, bananas, fish and plain yogurt.



FORWARD TO A FRIEND

It's such a pleasure to help those closest to us to become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

UPCOMING EVENTS

HEALTHY SNACKS FOR YOU AND YOUR KIDS

(Hands-On Cooking Class) January 14, 2010, 10am-1pm

The New Year is here and it's time to turn over a new leaf! Join me for a hands-on cooking class where you'll learn how to make some healthy snacks for you and your children.

You'll learn how to make Maple Bars, Fig-Oat Bars, and Raisin-Dark Chocolate Granola Bars, and get some ideas of other healthy snacks to make for you and your kids. Workshop includes lunch.
Fee: \$50/per person
Limit 8 people
RSVP to Rachel@healthytiffin.net

HEALTHIER FOOD, HEALTHIER FAMILIES

(Lecture)
January 28, 2010, 10:00am-12pm

Did you know that since the 1970s, the obesity rate in the U.S. has soared among adults and children, and that the majority of us have detectable concentrations of multiple chemical pesticide residues in our bodies?

In this lecture, we will: explore some of the myths surrounding our food supply and discuss alternative choices to make; discover what it means to eat local, organic and seasonal and why these are important for our health; learn how to choose healthier food and improve your health and well-being. Lecture includes lunch.

Fee: \$30/per person
RSVP to Rachel@healthytiffin.net

A TASTE OF THAI

(Hands-On Cooking Class)
February 4, 2010, 10am-1pm

Tired of the cold? Take a culinary trip to Thailand. Join me at this cooking class and learn how to make some delicious Thai recipes you and your family will love. We will make Thai Vegetable Soup, Chicken in a Green Curry Sauce, Fragrant Jasmine Rice and Coconut Rice Pudding.

Fee: \$50/per person
Limit 8 people
RSVP to Rachel@healthytiffin.net

EATING FOR ENERGY

(Lecture)
February 11, 2010, 9:00am-11am

What would your life be like with an abundance of energy and vitality? What foods are best to eat to increase your energy? Join me for a lecture on how to boost your energy levels with healthy foods.

Fee: \$30/per person
RSVP to Rachel@healthytiffin.net

COOKING WITH WHOLE GRAINS

(Hands-On Cooking Class)
February 25, 2010, 10am-1pm

Not quite sure what to make of Quinoa, Millet, Amaranth? Whole grains are loaded with vitamins, minerals, fiber and anti-oxidants. They are a great source of energy and help support your immune system.

Join me for a hands-on cooking class where you'll learn quick and easy ways to incorporate whole grains into your diet. Learn how to make Creamy Farro and Chickpea Soup: Bulgur and Grape Salad; Quinoa with Chickpeas and Spinach; Warming Pear Congee.

Fee: \$50/person
Limit 8 people
RSVP to Rachel@healthytiffin.net

SPECIAL OFFER:

Free Initial Consultation with Rachel Khanna, Health Counselor

This free 45 minute to 1 hour session includes a full discussion of your health history and health goals, a chance to get your questions answered and the opportunity to find out more about a personalized health program, completely catered toward your busy lifestyle and needs.